



My MN Farmer

Our Family Blessed
To Feed Yours

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Farmer Jean (right) plants seeds into flats with one of the farm volunteers, Connor (in yellow shirt), and her oldest son Sam. These seeds will start to grow in the greenhouse and then the baby plants will be moved to one of the high tunnels or to the fields to finish growing.

Your food from seed to harvest

The Braatz family at My Minnesota Farmers begins heating their greenhouse in February and then starts planting. Planting continues throughout the summer and early fall so CSA members can enjoy a variety of organically-grown produce throughout the Minnesota growing season.

1) Seeds are planted into flats; 2) Plants sprout and grow into baby plants in the greenhouse; 3) Plants are moved into the high tunnels or fields to finish growing before they are harvested.



2



3

Now We're Cookin'!



Garlic Scape Dressing

- 2 garlic scapes, coarsely chopped
- 2 green onions, coarsely chopped
- 1 tsp. honey
- 2 tsp. Dijon mustard or similar brown mustard
- 4 tbsp. red wine vinegar
- 2 tbsp. lemon juice
- Dash salt
- 1/8 tsp. fresh ground black pepper
- 1/2 c. extra virgin olive oil

In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Blend until smooth. With blender on low, slowly add the olive oil until well blended.



Farm News

We are excited to tell you about our new helpers on the farm!

This week we welcomed two volunteers who come to our farm through the WWOOF program. WWOOF stands for World Wide Opportunities on Organic Farms.

"WWOOFers" Connor and Maria come to My Minnesota Farmer with a love for the land and an excellent work ethic. We are blessed to have their help as we plant, harvest and pack your produce.

In Your Share Box this Week

♦ **New Red Fire Lettuce** - Red Fire lettuce is a light, pretty lettuce. The curly leaves make for a fun, attractive and delicious salad or wrap.

♦ **Parsley or Basil** - Often thought of as “just a garnish,” parsley is a wonderful flavor enhancer and is full of antioxidants. Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb or beef. Or you can use it in soups and tomato sauces. Chopped fresh parsley can enhance the flavor of salads, vegetable sautés or grilled fish. Fresh parsley offers many health benefits. *We'll feature parsley in an upcoming sidebar story later in the season.* Basil is a versatile herb. You can combine it with mozzarella cheese and tomatoes for a Caprese salad or add it to sauces, salads or stews for that fresh basil kick.

♦ **Green Forest Romaine Lettuce** - This is a great green lettuce. Fresh and crisp, Romaine is great in in taco salads, egg salad wraps, lettuce on a hamburger, sandwich or a Caesar salad.



♦ **Garlic Scapes** - Garlic scapes have a mellow, garlicky flavor. Chopped scapes are delicious sautéed in olive oil for an easy side dish, can be tossed with olive oil and grilled, or added to a stir-fry or creamy pasta.

♦ **Radishes (in full shares)** - Eat radishes raw, add them to your relish tray or make radish sandwiches. They can also be broiled or grilled. When grilled, radishes lose their bite.

♦ **Kohlrabi** - Kohlrabi is a tasty, healthy choice when you're looking for a yummy crunch! Cut off the outside and slice to eat fresh. Can also be grilled or added to salads.

♦ **Kale** - Kale is a green that's a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies, or make kale chips. Find a recipe for kale chips at mymnfarmer.com/recipes/kale.



Please practice drop site etiquette

We are so happy to have you as part of our community, and we look forward to a great year. Here are a few tips to make everything work smoothly when you pick up the contents of your share box:

- Though it's unlikely, should you arrive to pick up your share when others are at the drop site, please **maintain appropriate social distance**.
- **Find your name and products on the drop site checklist.** At the drop site, there will be a clipboard with your name and what you are scheduled to pick up (whole share, half share, eggs, chicken, etc.). Pick up the items you ordered and initial behind your name so we know you've received them.
- **Be sure to take the correct size share.** **Black boxes are half shares** and **white boxes are whole shares.** Please double check that you take your food from the right size share box. Calls I receive regarding drop site concerns are usually because someone has ordered a half or whole share box, and only the other size share is there when they go to pick it up. Thank you for being considerate to fellow members by double-checking you are taking your produce out of the correct box.
- **Bring your own containers** (box or reusable bags) to transfer your food into for the trip home.
- **Stack the boxes in the shed** - one pile of half-share black boxes, one pile of whole-share white boxes, and one pile of lids. This will help keep the shed neat and clean for people coming to the dropsite after you.
- **Go home and enjoy your fresh goodies.**
- **Call or text with any questions.** I try to always have my phone with me. **612-245-6271.**

Thanks! - Farmer Jean

Egg questions ... answered!

As a note of clarification, an “Egg Share” consists of one dozen eggs. If you've ordered one dozen eggs per week, your drop site checklist will read “1 Extended Season Egg.” If you've ordered two dozen eggs per week, it will read “2 Extended Season Egg.”

