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## How much more lettuce there will be romaines to be seen

Do you see a recurring theme in the form of a big head of romaine lettuce in your share box every week?

Well, My Minnesota Farmer also grows produce for direct sales, and one of our regular customers, the Minneapolis School District, would have purchased lettuce and kohlrabi from us throughout the month of June. As it turns out, the district no longer required the produce as students were distance learning instead of eating school lunches. So you, our members, are receiving a portion of that bonanza.

We also had to find homes for the 300 dozen eggs per week we had planned to sell to Gustavus Adolphus College.

We ended up donating 1,500 heads of lettuce (and counting), along with bok choy, salad mix and 500 dozen eggs to area food shelves, local food distributions and Second Harvest Heartland.

To say the least, world health circumstances are making it an interesting growing season.

We hope you are enjoying your romaine in salads, sandwiches and wraps. We invite you to follow this link for more delicious ways to use your lettuce: <https://www.bonappetit.com/test-kitchen/ingredients/slideshow/lettuce-recipes>.

And we also invite you to share with us pictures of and recipes for the dishes you've created with the produce you receive in your share box. Email pictures and recipes or links to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com) and we'll share them with others through our newsletter or website.



Twins Andy (left) and Sam (far right) scuffle-hoe weeds with two of My Minnesota Farmer's volunteers from the WWOOF program.

## Our efforts to make My Minnesota Farmer even more earth-friendly



Last week's kale, bok choy and lettuce heads were not packaged in plastic bags before they were packed into the share boxes. This was done intentionally, and is something we've been thinking a lot about.

We are making an effort to use less plastic when packing your share boxes. There are some crops (herbs and salad mixes) that we will still need to continue to package in plastic, but we are making an effort to bag as few as possible.



# In Your Share Box this Week

## ♦ Green Forest Romaine Lettuce -

Green Forest is a great green lettuce. Fresh and crisp, romaine is great in taco salads, egg salad wraps, lettuce on a hamburger, a sandwich or a Caesar salad.



♦ **Zucchini and/or Summer Squash** - Summer squash and zucchini are excellent sliced and sautéed with onions as a side dish. Later in the season, you may like to make squash boats with these versatile fruits. Additionally, each of these squash varieties can be shredded to make a moist zucchini or squash bread.



♦ **Rainbow Chard** - You can sauté or stir-fry rainbow chard. For the evenest cooking, remove the colored ribs from the leaves. Add the leaves during the last few minutes of cooking. Chard can also be eaten raw in salads. If eaten raw, complement its earthy flavor with apples, raisins or dried cranberries.



♦ **Another Lettuce Variety** - You will receive another head of lettuce in your box, most likely red butterhead or red romaine. Butterhead has a soft buttery texture and slightly sweet flavor. Red romaine has a sweet, crunchy texture.



♦ **Surprises** - As we move further into the season, our field crops are starting to produce. As later-season crops start to ripen, you may receive peas, broccoli, cucumbers and/or pea shoots.



**NOTE:** We make every effort to pack into your box the items listed in the newsletter. However, as farming is dependent on weather and growing conditions, we sometimes get surprises and pass them on to you. This list is our best guesstimate. You may not receive every item listed AND you may receive some surprises that are not listed.

Please be assured we have packed into your box the value you've paid even if the items don't exactly match the items we've listed in the newsletter. Thank you for your understanding!

Now We're Cookin'!



## Sauteed Rainbow Chard

- 1 tbsp. butter
- 1 tbsp. olive oil
- 2 garlic cloves, minced
- 1 pinch dry crushed red pepper
- On bunch rainbow chard, stems trimmed, leaves cut into 1/2-inch-wide pieces.
- 1/2 lemon



Melt butter and oil in frying pan over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant. Add rainbow chard; stir to coat. Cover and cook until tender (stirring occasionally) about 8 minutes. Squeeze juice from lemon onto chard. Season to taste with salt.

*Recipe from mymnmarmar.com*



## Interested in extra produce, granola, beef, pork, chicken or eggs?

We grow lots of extra produce along with beef, pork, chicken, rabbit and eggs. Visit our **Barn2Door** website to order these items. **Barn2Door** deliveries are made free to drop sites on the *second Tuesday* of each month. Orders can be delivered to your door on the *first Thursdays* of each month for a \$7 fee for orders less than \$100.

For more information, visit <https://app.barn2door.com/e/3DyXQ/all>

## 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