



# My MN Farmer

Our Family Blessed  
To Feed Yours

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## What's new at the farm? Tomatoes and turkeys!

It's been a crazy-busy week at My Minnesota Farmer. There are new animals, new produce ripening, new volunteers, and lots of work to do. Farmer Jean offers these updates from the farm:

- **SCHEDULED HARVESTING** - Tomato season is just beginning. The first picking is always so exciting! After 11 years in business, though, we realize that picking every other day for three hours a day is what we've been "looking forward to." We also pick cucumbers, summer squash, zucchini, eggplant, okra, broccoli and peppers on this schedule for the rest of the season. It's necessary to do this so the produce doesn't get overripe or too big! We harvest all the other crops in on the off days. Here comes the produce!
- **TURKEYS ARE HERE!** - We just received 100 turkeys that will grow on our farm until November. Let us know if you need a fresh, never-frozen pasture-raised bird to grace your table this Thanksgiving!
- **MOSQUITO REPORT** - The mosquitoes are still bad but the wind has been incredibly helpful! Thank you, Lord!
- **VOLUNTEERS FROM THE WWOOF PROGRAM** - We currently have a WWOOFer from California volunteering on our farm for three weeks. Alice is here to learn about the crazy world of farming, and we fit that bill very well. Another WWOOFer, Angie, is from Eden Prairie. Angie spent the last two weekends with us, plans to do some version of homesteading, and is here to learn some tricks of the trade. *Note: Our amazing WWOOFers are volunteers from the World Wide Opportunities for Organic Farms program.*
- **HOT! HOT! HOT!** - We tackled a pretty weedy tunnel this week and found some beautiful pepper plants hiding underneath. One of our volunteers got way too hot and I had to quickly bring out ice cold water with the Gator. The heat was pretty hard on the animals and people. We were taking care of our poor animals in 109 heat index last Saturday. We lost a couple of broiler chickens in the heat. So hard to see this happen! The water, shade and fans just were not enough. The majority of our animals handled the heat very well, though.
- **VISIT OUR ONLINE STORE FOR HAMBURGER, CHICKEN, BEEF, PORK AND CANNING PRODUCE** - We are starting to list more produce on our online store now that more produce is ready to harvest. The link to our My Minnesota Farmer online store is [mymnfarmer.com/barn2door](http://mymnfarmer.com/barn2door). We make online store deliveries to the CSA drop sites on the second Tuesday of each month and deliveries to your door the first Thursday of each month.



Farmer Ellie helps harvest the Baby Red Potatoes.



The tomatoes are here! If you need extras for canning, you can buy them by visiting our online store.

# In Your Share Box this Week

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



◆ **Summer Squash and/or**

**Zucchini** - Summer Squash and Zucchini are excellent sliced and sautéed with onions as a side dish.

Or either of these squash can be shredded to make a moist zucchini or squash bread.



◆ **Cucumbers** - Enjoy cucumbers in salads, on your relish tray or as refrigerator pickles. One member told us they use cucumbers on their sandwiches instead of tomatoes, making BLCs instead of BLTs.



◆ **Kale** - Kale is a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies or make kale chips.



◆ **Baby Red Potatoes** - Our potato crop is looking good. It's been carefully tended by our son Lucas who is 13 and has been the master potato weeder and potato bug police. Our plan is to send out baby red potatoes again this week.



◆ **Broccoli or Cabbage (full shares)** - You may receive broccoli or cabbage this week. If you receive a cabbage you can make coleslaw, cooked cabbage as a side dish or add it to a salad. Broccoli is great as side dish or addition to a pasta or lettuce salad.



◆ **Tomatoes** - You can enjoy these tasty treats in salads, BLTs, and everywhere you use these amazing fruits.



◆ **SURPRISES!** This list is our best guesstimate of what you will receive in your box. Farming is dependent on weather, and that can be unpredictable. 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'!



## Garlic Roasted Potatoes



- 3 lbs. small red potatoes
- 1/4 c. olive oil
- 1-1/2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 2 tbsp. minced garlic
- 2 tbsp. minced fresh parsley

Preheat oven to 400 degrees. Cut the potatoes in half or quarters and place in a bowl with olive oil, salt, pepper and garlic; toss until the potatoes are well coated. Transfer the potatoes to a sheet pan and spread out into one layer. Toast in the oven for 45 minutes to one hour or until browned and crisp. Flip twice with a spatula during cooking to ensure even browning. Remove potatoes from the oven, toss with parsley and season to taste. Serve hot!

Reader submitted recipes are always welcome. Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).

## 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