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## More new farm babies: guinea fowl hatchlings

While some of your farmers were at the lake last week, guinea fowl eggs were incubating back on the farm. The farmers returned just in time for the hatching.

As stated in last week's newsletter, the folks at My Minnesota Farmer love guinea fowl because the birds have an insatiable appetite for insects. While they particularly enjoy ticks, insects such as beetles, mosquitoes and grasshoppers are also on the menu. They also go after millipedes and spiders, providing chemical-free pest control as well as reducing the incidence of Lyme disease, which is spread by ticks. As an additional benefit, they eat fleas, reducing the chances of infestation of the farm's cats and dogs.

As your produce is grown organically, without conventional pesticides, guinea fowl are great helpers with pest control.

We sure would love it if all these baby guineas would grow up quickly and chow down on the bumper crop of mosquitoes we have at the farm right now! See Farmer Jean's report about those biting pests in Farm News below.



### Farm News

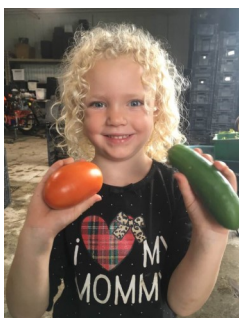
#### SWARMED! - MOSQUITO REPORT FROM FARMER JEAN

"When we say the mosquitoes are bad very few people actually understand the severity of it. Walking out the front door even brings a good 40 a-buzzing. In the field, I have given up on my peas and beans because there is no way I'll sit in one space that long. They even bite when I'm driving up and down the rows with the tractor.

"I had a volunteer say, 'When you said the mosquitoes were bad I packed my bug spray and knew I could muscle through. Then I got here. This is insane!'

"I joked about sending a note saying I wasn't packing boxes this week and members could come out pick as much produce as they wanted. I knew that would be mean and no one would last any time out here.

"So, we apply the bug spray, use a mosquito fogger, tie up the hooded sweatshirts, and cover every inch of skin possible. Farming really is awesome, and this too shall pass!"



### Kids Corner Kids Corner Kids Corner Kids Corner

Farmer Ellie, age 5, would like to share these farm jokes ...

- Knock, knock. Who's there? Lettuce. Lettuce who? Lettuce in and you'll find out!
- Why did the tomato go out with a prune? Because he couldn't find a date.
- What did the Father Tomato say to the Baby Tomato when they were out for a walk? Ketchup!
- Why don't eggs tell each other jokes? Because they'd crack each other up!
- Why shouldn't you tell a secret on a farm? The potatoes have eyes, the corn has ears, and the beans stalk.

# 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.



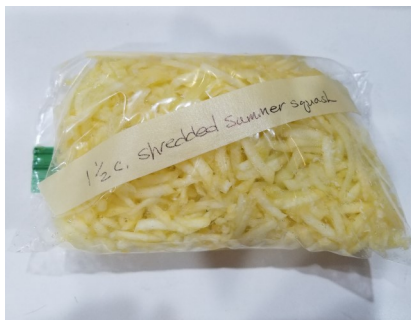
♦ **Rainbow Chard** - Rainbow Chard is great to sauté or stir-fry. For the evenest cooking, remove the colored ribs/stems from the leaves, then chop the stems and start cooking them before you add the leaves. Chard can also be eaten raw in salads. If eaten raw, complement its earthy flavor with apples, raisins or dried cranberries.



♦ **Baby Red Potatoes** - Baby Reds potatoes are delicious boiled with butter or roasted on the grill.



♦ **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!



At this point in the season, you may be receiving small to medium size zucchini and summer squash in your boxes. As the season progresses, you may receive larger versions of these fruits, and they can be used in lots of different ways. Zucchini boats filled with sausage, onions and other veggies are delicious! Or seed, shred and freeze your larger zucchini and summer squash for wonderful moist breads later in the season. We suggest you freeze your shredded zucchini in the amounts required for your recipes. **Did you know?** In a culinary context, the zucchini is treated as a vegetable; it is usually cooked and presented as a savory dish or accompaniment. But botanically, zucchinis are fruits!

Now We're Cookin'!



## Fresh Pico de Gallo



**Tomatoes**  
**Garlic**  
**Onions**  
**Peppers (we use a combination of green and jalapeno)**  
**Cilantro**  
**Lime juice**  
**Salt**

Chop everything (we like it by hand for a more chunky consistency, but you can use a food processor or food chopper for a finer consistency. Mix and enjoy. We put this on everything and like to use it as a dip for raw veggies.

Recipe submitted by member Lisa Vasquez—Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).

## Kohlrabi Slaw



**3-4 medium size kohlrabi, grated matchstick sliced or very small dice**  
**1/2 c. plain Greek or ordinary yogurt, sour cream or mayonnaise (or mixture)**  
**1-2 cloves garlic, minced (your discretion as to how much you like garlic)**  
**2 tsp. lemon juice**  
**1 tbsp. olive oil (or oil of choice)**  
**2 tbsp. fresh mint, minced OR 1 tsp. of dried mint**  
**Pinch of sumac (optional, but good if you have it)**  
**Salt and pepper to taste.**

Mix everything but the kohlrabi in a medium size bowl to make the dressing. Add in the kohlrabi and toss to coat.

Recipe submitted by member Lori Terwilliger—Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).