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With your CSA you eat seasonally, locally

By purchasing a CSA share from My Minnesota Farmer, you have made a commitment to **eating seasonally**. That means you eat whatever is ripe and ready for harvest at that point in the growing season. Seasonal food is fresher, tastier and more nutritious than food picked early and ripened as it is trucked across the country.

Eating seasonally with a CSA offers an opportunity to use some new types of produce and to cook creatively. As you bring home your produce each week, we encourage you to visit the mymnfarmer.com/ website and click on "Recipes." Search by types of produce for recipe ideas, or explore the Internet for recipes for types of produce you've never cooked with before.

At right is a graphic representation approximating the Minnesota growing season and when different varieties of produce are ready.

People refer to the teen and young adult part of life as the "salad days," because that's when we're young, tender, "green," and have a lot to look forward to. Similarly, we refer to the early part of the CSA season as the "salad season."

So far, your share boxes have been filled mostly with tender green lettuces and kale with tiny pops of color like radishes and chard. However, we will soon embark on the heart of the season, when the colors in the boxes turn from predominantly green to the bright reds of tomatoes and peppers, deep red of beets, bright whites of onions and garlic and, before you know it, the oranges of carrots and pumpkins.

Though you've seen a lot of green so far, watch the next few weeks as your share boxes become heavier and more colorful!



This graphic from Minnesota Grown offers a seasonal look at the Minnesota growing season.

Visit our online store for meat, eggs, canning produce



We have a wide variety of produce, meat, eggs and granola for sale through our online store.

The link to our My Minnesota Farmer online store is mymnfarmer.com/barn2door.

We make online store deliveries to your door the first Thursday of each month, and deliveries to the CSA drop sites on the second Tuesday of each month.

The "to your door" August delivery date is Thursday, Aug. 6. For members who wish to have delivery made to their drop sites, the August delivery date is Aug. 11.

In Your Share Box this Week

♦ **Baby Red Potatoes** - Our potato crop is looking good. It's been carefully tended by Farmer 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.

♦ **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. See the recipe below for Farmer Jean's grandma's traditional cucumber recipe.

♦ **Tomatillos, Okra or Eggplant** - These crops are getting ready to harvest, and offer members lots of opportunities to get creative in their cooking. You'll find recipes for these and all our produce at mymnfarmer.com/recipes.

♦ **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.

♦ **Green Frilly Lettuce** - We are planning to put a light, frilly green lettuce in your share this week. Enjoy it in a salad or as a burger garnish.

♦ **Heirloom Tomatoes** - Heirloom tomatoes often have an odd, bumpy shape, are dark red/green or dusky red color, and they have a real old-fashioned tomato taste. Many of our farmers market customer purchase only Heirlooms. They say that's what they remember REAL tomatoes tasted like when they were young.

♦ **SURPRISES!** 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!



Farm News



FARMER JEAN IN THE NEWS!

Last week an issue of the Mankato Free Press featured a story about the Mankato Farmers Market. The article included a picture of Farmer Jean. You can see Farmer Jean at the Mankato Farmers Market Tuesdays, Thursdays and Saturdays.

DRIVING LESSON

Farmer Ellie (5) pretends to steer while big brother Farmer Andy (14) sits in the family's Gator. The two took a break from pulling a trailer with totes of baby red potatoes freshly dug from the field. Being a farm kid is lots of work but lots of fun.



Now We're Cookin'!



Mom's Traditional Cucumber Salad

2 or three large cucumbers

1 c. white vinegar

1 c. sugar

1 c. water

Salt

Pepper

Peel cucumbers. Run a fork along the sides the long way to make a pretty edge, and then slice the cucumbers thinly.

Salt the cucumber slices lightly and set aside.

Combine vinegar, water, and sugar in saucepan on the top of the stove. Heat to boiling.

When vinegar-sugar-water mixture is slightly cooled, pour over cucumber slices, salt and pepper to taste, and cover and chill in the refrigerator for several hours.

Reader submitted recipes are always welcome. Email your recipes, tips and photos to

csa@mymnfarmer.com.



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 Egg Share." If you've ordered two dozen eggs per week, it will read "2 Egg Share."

