



My MN Farmer

Our Family Blessed
To Feed Yours

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Heavenly Harvest

Your farmers enjoyed a beautiful afternoon harvesting pears at Farmer Jean's cousin's farm. Some of our younger farmers scaled the treetop, while others picked from the low branches or gently caught the little, green gems as they were dropped from above.

As in the case of last week's sweet corn, we occasionally like to share with our members produce that our neighboring farmers grow. This way, we can offer an even greater variety of produce in your share boxes.



Farm News

HALFWAY THERE - We are just over halfway through the 2020 season! At right is a picture of the half share one of our members received last week. This member also receives an egg share (one dozen eggs) each week. What do you see when you look at this picture? Salsa? A summer squash, onion and zucchini side dish? A frittata with broccoli and eggs? Caprese salad with the tomatoes and basil? We'd love to know what you do with your box contents each week! Send us a report of your culinary masterpieces by emailing us at csa@mymnfarmer.com.



PROTEIN REPORT: WHERE'S THE BEEF? OR PORK, CHICKEN, HAMBURGER OR THANKSGIVING TURKEY? - We have four cows going into the butcher shop in the next two weeks, so members who have ordered beef will be getting their beef shares soon. There will be more grass-fed hamburger available, as well, for those who would like to place an order. Our Thanksgiving turkeys are strutting around and growing nicely, so if you haven't placed your order for one, now would be a good time to do so. We have only a couple of pork shares left, so first come-first served! If you are interested in ordering meat or poultry, you can place your order at mymnfarmer.com/barn2door.

In Your Share Box this Week

♦**Pears** - This year we find ourselves with a pear bonanza! Pears should be in both full shares and half shares this week.



♦**Apples** - We grow a variety of apples in our backyard orchard, and are currently harvesting sweet green apples, pie apples and Sweet 16 apples. All are good for fresh eating, but best to cut first. Grown organically, sometimes they look perfect on the outside, but you may find the occasional surprise on the inside, so we consider them "perfect with a knife." *Note:* They all make excellent applesauce, and Farmer Jean and the kiddos made 30 gallons of applesauce last week!



Tomatoes - You will receive heirloom or round hybrid tomatoes in your box this week. These are great in salsa, grilled, or just sliced and eaten fresh seasoned with sugar or salt.



♦**Spaghetti Squash or Kobucha**

Squash - Two delicious squash varieties are ready for harvest. You'll find a Spaghetti or Kobucha squash in your box this week.



♦**Beets** - Beets are delicious boiled and eaten with butter or shredded for a slaw or salad.



♦**Peppers** - You'll receive green bell or hot peppers in the share box this week.



♦**Cucumbers** - The cucumbers are still coming! Enjoy them in a salad, on a sandwich, or shred to make cucumber bread. Check out this recipe from our website: <http://mymnfarmer.com/recipes/all/zucchini-or-cucumber-or-pumpkin-bread>



♦**Broccoli** - Our broccoli continues to produce. Enjoy in salads or as a side.



♦**Honeydew Melons** - Sweet and subtle, the flavor of the honeydew is similar to its cousin the cantaloupe.



♦**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!

Now We're Cookin'!



Spaghetti Squash

1 spaghetti squash
2 tsp. extra virgin olive oil
Sprinkle of salt and pepper

To prepare the spaghetti squash, preheat oven to 400 degrees and line a large, rimmed baking sheet with parchment paper for easy clean-up. Cut off the tip-top and bottom end of the spaghetti squash. Standing the squash on a cut end, slice it in half lengthwise, scoop out the seeds and discard them. Drizzle the insides of each half with 1 tsp. olive oil and rub it all over the inside, adding more oil if necessary. Sprinkle salt and pepper lightly over interiors of the squash, then place them cut-side down on the prepared baking sheet. Bake 40 to 60 minutes, until the cut sides turn golden and interiors are easily pierced through with a fork. Smaller squash may take less time. When squash is fully cooked, fluff the interiors with a fork to make the insides spaghetti-like. Serve as desired.



Reader submitted recipes are always welcome. Email your recipes, tips and photos to csa@mymnfarmer.com.

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" September delivery date is Thursday, Sept. 3. For members who wish to have delivery made to their drop sites, the August delivery date is Sept. 8.