



# My MN Farmer

Our Family Blessed  
To Feed Yours

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## HAY! Look what's happening at the farm!

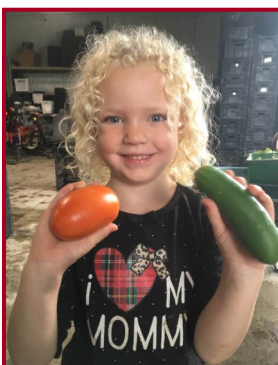
Fall is the season for putting up food for the winter. Like many of you, we have been canning, freezing and dehydrating like crazy so we can enjoy our produce during those cold winter months!

Fact is, we are doing the same thing for our cows! Although our cows are still out on pasture right now, they will come home to the farm in the next month or so, whenever their pasture grass source is depleted.

These pictures show us unloading 250 hay bales on an evening last weekend. Now we've got all those square bales and more than 300 round bales so that our cows will have food to eat during the cold winter.



Farmer Jean and her enthusiastic crew unload hay bales that will be fed to the cows during the winter. *Below left: Ellie and Jean get ready to move the bales with the Bobcat. Below center: Sam stacks the bales. Below right: Farmer Jean and Ellie move the bales.*



### Kids Corner Kids Corner Kids Corner

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

- What is a sheep's favorite game? Baa-dminton!
- Why did the cabbage win the race? Because it was a head!
- Why was the cucumber mad? Because it was in a pickle!
- What do you call it when it rains chickens and ducks? Foul weather!
- Which side of a chicken has the most feathers? The outside!
- How do chickens bake a cake? From scratch!
- Why isn't a rooster ever rich? Because he works for chicken feed!





# In Your Share Box this Week

♦ **Fennel** - The base of Fennel's long stalks weave together to form a thick, crisp bulb that grows above ground. Fennel can be eaten raw or cooked. Though the stalks and leaves are edible, fennel recipes most often call for the bulb. When raw, it has a crisp texture similar to celery and a fresh licorice flavor. It caramelizes as it cooks, taking on a sweeter flavor and tender, melt-in-your-mouth texture. To soften the flavor of the bulb, try braising, sautéing, roasting, or grilling it.



♦ **Radicchio** - Radicchio (pronounced ra-DEEK-ee-o) is a leafy member of the chicory family, often called Italian chicory, which explains its bold, bitter flavor. Although it's compact like red cabbage, Radicchio's leaves are thinner and more tender unlike red cabbage's firm and waxy texture.



♦ **Red Kabocha** - Another delicious winter squash, the Red Kabocha can be stored and then prepared and eaten later in the season.



♦ **Peppers** - You'll receive green bell or hot peppers in the share box this week. Slice these and freeze them in Ziploc bags for winter recipes, soups and stews.



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



♦ **Okra or Tomatillos** - You can stew, fry or roast okra for a southern treat. Or you can make Salsa Verde with your tomatillos. (See recipe below.)



♦ **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!**



## Order a late-season egg share

At left, Farmer Jonathan, neighbor Rufus and Farmer Ellie show off baskets of eggs they've collected. They'd love to share this egg bonanza with you!

Early in the season, we had to curtail the number of egg shares we sold due to the high demand associated with COVID-19. Those egg shares are now available.

We invite you to order some farm-fresh eggs, and let your neighbors know they can order some, too! To order, visit <http://mymnfarmer.com/>, click on 2020 CSA Store (the icon with the green and white striped awnings), select your regular drop site, then scroll down to select the item(s) you wish to purchase. Click the green "Next" button on each page as you move through the ordering process.

*Note:* Due to our overwhelming surplus, in the last week we donated more than 800 dozen eggs to area food shelves and Second Harvest. Thank you to everyone who is donating egg cartons and money to help cover the cost of egg cartons, labor and feed for this act of blessing!

Now We're Cookin'!



### Salsa Verde

- 5 or 6 tomatillos
- 1/2 c. chopped onion
- 1/2 c. chopped cilantro leaves
- 1 Tbsp. lime juice
- 2 jalapeno peppers or Anaheim peppers, stemmed seeded and chopped
- 1 or two cloves garlic, if desired

#### Salt to taste

Remove papery husks from tomatillos and rinse well. Boil in saucepan for 4-7 minutes. Remove tomatillos with a slotted spoon. Place tomatillos, lime juice, onions, cilantro, peppers, salt and garlic in a food processor and pulse until all ingredients are finely chopped and mixed. Cool in refrigerator. Service with chips or as a salsa accompaniment to Mexican dishes.

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