



# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Fall food preservation: easy-peasy, freezy

If canning summer and fall produce isn't your "jam" (pun intended), freezing is an excellent way to preserve your produce for use during the long winter months. Following are some simple methods for freezing your produce so you can enjoy it well into the winter season.

- ⇒ Put whole tomatoes in the freezer in Ziploc bags (remove just the stems). When you are ready to use them, pull them out and run them under hot water, slip the skins off, and they are ready for your soups, hotdishes or stews.
- ⇒ Slice peppers and freeze them on a cookie sheet so they freeze individually. Then put them in Ziploc bags in the freezer and use only as much as you need for each recipe. Some members dice them into bite-sized pieces, dump them in large Ziploc bags, and freeze them without that initial flash freeze. Then, when ready to use them, they just drop the Ziploc on the floor to break up the pepper pieces, pour out the amount required for the recipe, and return the remaining peppers to the freezer for the next time.
- ⇒ Puree squash or pumpkin (see directions in our Sept. 5 newsletter) and then freeze in the measurements you most frequently use for your pumpkin or squash bread or pie recipes.
- ⇒ Peel, seed and shred zucchini or summer squash and freeze in Ziplocs or reusable bags the amounts you use for your recipes.
- ⇒ Herbs, fennel and cabbage can all be chopped and frozen for future use.
- ⇒ Apples can be cored, made into sauce and then frozen. No need to peel the apples! Just core and chunk the apples, cook down until soft, and then use an immersion blender or food processor to blend to a smooth texture.



Freeze fresh tomatoes in Ziploc or reusable bags for easy use in soups or stews.

*Below left*—Freeze squash, zucchini and pumpkins in amounts most frequently used for recipes. *Below right*—Flash freeze peppers on a cookie sheet. Then bag them in Ziploc or reusable bags and use as needed throughout the winter.



### Winter is coming!

- To purchase additional produce for freezing or canning, text 612-245-6271 or email [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).
- Members can also order by visiting <http://mymnfarmer.com/>, clicking on 2020 CSA Store (the icon with the green and white striped awnings), selecting their regular drop site, then scrolling down to select the item(s) they wish to purchase. Click the green "Next" button on each page as you move through the ordering process. For non-members and/or Thursday, Oct. 1, delivery to your door, visit [mymnfarmer.com/barn2door](http://mymnfarmer.com/barn2door)
- You may also purchase bulk produce from our booth at the Mankato Farmers Market on Tuesday and Thursday evenings and Saturday mornings.

# In Your Share Box this Week

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



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



◆ **Green Kabocha Squash** - Green Kabocha can be stored and then prepared and eaten later in the season.



◆ **Yukon Gold Potatoes** - The flesh of Yukon Gold Potatoes is richly flavored and fairly firm and moist, with medium starch content. A perfect compromise between dry, fluffy russet potatoes and the moist potato varieties, Yukon Golds are incredibly versatile. They're superb for mashing and in soups and chowders, and they're great for roasting and sauteeing, too.



◆ **Cauliflower** - Enjoy your Cauliflower on a relish tray or steam it for a yummy side dish.



◆ **Beets** - We hope to have enough beets for all members this week. Enjoy them boiled and eaten with butter, salt and pepper or shredded to make beet cake.



◆ **Parsley** - Often thought of as "just a garnish," Parsley is a wonderful flavor enhancer and is full of antioxidants. There are so many uses for this herb which is related to the celery family. Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb or beef. You can use it in soups and tomato sauces. Chopped fresh parsley can enhance the flavor of salads, vegetable sautes or grilled fish.



◆ **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

**MILES OF SMILES!** - Farming is hard, dirty work. Nonetheless, Farmer Jean (far right) and her crew of kids and faithful volunteers find lots of reasons to smile as they grow and pack your produce. With just over a month left of our 2020 season, we want to take this opportunity to thank you for being a My Minnesota Farmer CSA member! We appreciate your support of our family farm!



Now We're Cookin'!



### Garlic and Parsley Roasted Cauliflower

- 4 cloves garlic, minced
- 2 Tbsp. fresh minced parsley
- 1/4 c. olive oil
- 1 head cauliflower
- Salt and pepper to taste

Preheat the oven to 400 degrees. Line a baking sheet with aluminum foil. In a small bowl, whisk together the garlic, parsley and olive oil. Combine the cauliflower and garlic mixture in a re-sealable bag or covered bowl and shake vigorously to coat. Pour onto the prepared baking sheet. Bake for 30 minutes, stirring once. Remove from oven and serve.

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

