



# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Reserve your turkey for your Thanksgiving table

Our free-range turkeys are strutting around, munching their feed and growing like crazy in preparation for Thanksgiving. Have you ordered your Thanksgiving turkey yet? If not, order now while we still have some available!

Our free-range turkeys cost \$3.25 per pound. And when you purchase a turkey from My Minnesota Farmer, your fresh—never frozen—turkey will be delivered to your home on the Tuesday before Thanksgiving for a \$5 delivery charge.

Or, if you prefer, you can pick up your turkey at the farm on Sunday afternoon or Monday before Thanksgiving.

Turkeys will weigh between 12 and 25 pounds, and can be reserved with a \$25 deposit. That deposit will be applied to the total price of your bird.

To reserve your Thanksgiving turkey, text Farmer Jean at 612-245-6271 or email [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).

### Other Meat Packages Available

- ⇒ **1/4 Pasture-raised Pork** - The mixed 1/4 hog is 35-40 lbs., and will contain smoked ham, ground pork, pork chops, roasts, steaks, bacon and more. Ready in October. Price: \$150.
- ⇒ **1/12 Grass-fed Beef** - Our Herford/Angus cows are pasture raised, 100% grass fed and finished. The share is 1/12th of a steer (25-30 lbs.). About 11 lbs. are hamburger, the remaining is steaks, roasts, soup bones and ribs. Price: \$195.
- ⇒ **Half a Young Lamb** - The lamb share includes leg of lamb, ground lamb, shoulder, top round and lamb chops. This is a delicate, delicious meat. Price: \$200.
- ⇒ **Hamburger (Grass-fed)** - We have grass-fed Herford/Angus beef hamburger shares available. Shares are 20 lbs. (20 1-lb. packages). The hamburger is very lean, about 93-98%, and wonderfully delicious. Our cows are raised on grass. They are NOT finished on corn. Price: \$130.
- ⇒ **Mixed Meat Basket** - This package is a showcase of our favorite meats: 1 package of tenderloin or sirloin; 1 cut chicken; 8 hamburger patties; 3 lbs. ground hamburger in 1 lb. packages; 2 packages of pork chops (2 chops in each package); 1 ham; 1 package bacon. Price: \$110.

To order any of the above items, 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.



Farmer Sam poses with one of the turkeys that My Minnesota Farmer is growing for our members' Thanksgiving tables. Turkeys are delivered to your door fresh, never frozen, on the Tuesday before Thanksgiving.



# 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.



♦ **Acorn Squash** - Butter and brown sugar are all you need to turn acorn squash into a baked treat your whole family will love. See this recipe on our website: [mymnfarmer.com/recipes/all/roasted-acorn-squash](http://mymnfarmer.com/recipes/all/roasted-acorn-squash)



♦ **Potatoes** - You will receive red, white or Yukon Gold potatoes in your boxes this week.



♦ **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. It has a slightly bitter taste when eaten raw, so you may want to add some apple, dried cranberries or raisins to complement its earthy flavor.



♦ **Basil or Parsley** - Depending on the weather, we hope to put either Basil or Parsley in the boxes next week. We are watching these plants closely, and hope the Basil doesn't "bolt" before we can send it out.



♦ **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

**FARM PHOTO FUN!** - From left: Josh and Ellie mug for the camera; Farmer Sam enjoys a visit from a Monarch butterfly; member-submitted photo of a "farmer breakfast" of tomatoes, eggs and salsa verde; "WWOOFer" Cecelia is attacked by a giant fennel!



Now We're Cookin'!



### Parmesan Crusted Acorn Squash



1 large acorn squash (or 2 small)  
1/3 cup shredded parmesan cheese plus more for garnishing  
2-3 Tbsp. fresh herbs or 1 tsp. dried (we suggest: *thyme, sage, rosemary, or oregano*)  
1 Tbsp. ghee or butter, melted  
1/2 tsp. garlic powder  
1/4 tsp. salt + more to taste  
1/8 tsp. black pepper

Preheat oven to 400.

Cut acorn squash in half and scoop out the seeds. Then slice each half into 1/2-inch thick slices.

In a large bowl, combine all of the ingredients and toss to combine.

Transfer to a large sheet pan. Using your hands, gently press parmesan cheese onto the squash for maximum coverage.

Bake in the oven for 25 minutes or until squash is cooked through and parmesan cheese is crispy and slightly browned. Garnish with additional parmesan cheese and herbs, if desired.

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