



My MN Farmer

Our Family Blessed
To Feed Yours

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Farm News

NEW PONY ON THE FARM - The My Minnesota Farmer acreage includes the Braatz family's home and three adjoining rental properties. My Minnesota Farmer's renters enjoy country living and are able to board animals on the property. One of the renters has a pony, two dogs and several other animals. She recently took in another rescue pony. Pictured at right is Farmer Jonathan with the new addition to the farm.



FARM GIRLS - Now that Farmer Abby (16) has her driver's license, she can drive herself to PSEO classes at the University of Minnesota-Mankato and run errands for the farm. At left, Abby and Ellie pose for a quick photo before a special sister outing.



PREPPING FOR THE COWS TO COME HOME - Your farmers are laying cement on the property in preparation for their pastured cows' homecoming. Pictured is Farmer Ellie assisting Farmer Jean laying rebar for the cement pads. It's a huge project, and the whole family has been involved in leveling earth, laying sand, placing rebar and smoothing concrete. One job the kids have undertaken is to stand guard while the cement is wet so the free-range chickens and cats don't cover the new surface with footprints. Overall, they've done a good job, though they've discovered a few chicken footprints. Tricky chickens!

PUPDATE - The last weekend in September your farmers had to say good-bye to the Mini-Australian Shepherd puppies. It was a great experience for their dogs, kiddos and the pups. They are already looking forward to another litter, maybe next spring.



In Your Share Box this Week

◆ **Butternut Squash** - Butternut squash is sweet and fine textured, so perfect for a side dish or butternut squash soup.

◆ **Potatoes** - You will receive red, white or Yukon Gold potatoes in your boxes this week. You can use your potatoes right away or store them for future use.

◆ **Eggplant** - Eggplant is rich in fiber, low in calories and provides a range of nutrients. Here's one of our favorite recipes for farm supper—so simple our kiddos can make it! <http://mymnfarmer.com/recipes/all/my-mn-farmer-supper>

◆ **Peppers** - Enjoy the peppers you receive in your box this week! You can stuff your peppers, slice and put them on a relish tray, use them to spice up a salad or freeze for future use.



◆ **Red or Green Tomatoes** - We hope there will still be plenty of red tomatoes to send out this week. This week or next we may also send out green tomatoes, so you can try your hand at classic southern cuisine with fried green tomatoes. <https://www.allrecipes.com/recipe/16760/best-fried-green-tomatoes/>

◆ **Spicy Peppers** - You'll receive Anaheims or Jalapenos in your share box this week. Use these fresh or slice and freeze them.

◆ **Apples** - We will send out apples if we have enough "firsts."

◆ **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!**



Visit our online store for turkey, meat, eggs, produce



Delivery to your door TUESDAYS, NOV. 3 and NOV. 24!

Though the regular CSA season is drawing to a close, you can visit our online store to order your Thanksgiving turkey, special meat packages, eggs, granola, and storage crops.

We will make online store deliveries to your door on Tuesday, Nov. 3 and Tuesday, Nov. 24 (the same day we deliver our fresh, never frozen, Thanksgiving turkeys).

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

Now We're Cookin'!



Cinnamon Roasted Butternut Squash

- 1 large butternut squash, peeled, seeded and cut into 1-inch cubes
- 1-1/2 Tbsp. olive oil
- 1-1/2 Tbsp. pure maple syrup
- 1-3/4 tsp. Kosher salt (not table salt—use only 3/4 tsp. if you use table salt)
- 3/4 tsp. cinnamon
- 1/2 tsp. ground black pepper
- 1 Tbsp. chopped fresh Rosemary (optional)

Position racks in the upper and lower thirds of your oven and preheat the oven to 400 degrees F. Generously coat two baking sheets with nonstick spray.

Place the squash cubes in a large bowl. Drizzle with olive oil and maple syrup, then sprinkle the salt, cinnamon and pepper over the top. Toss to coat, then divide between the two baking sheets, discarding any excess liquid with that collects at the bottom of the bowl. Spread the cubes in a single layer on the prepared baking sheets, taking care that they do not overlap.

Place the pans in the upper and lower thirds of your oven and bake for 15 minutes. Remove the pans from the oven, turn the cubes with a spatula, then return to the oven, switching the pans position on the upper and lower racks. Continue baking until the squash is tender, about 10 to 15 additional minutes. Remove from the oven and sprinkle the rosemary over the top. Serve warm.

Recipe credit to <https://www.wellplated.com/cinnamon-roasted-butternut-squash/>. See this website for more information.

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

