

My MN Farmer

Our Family Blessed
To Feed Yours

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County Fair success! Off to the State Fair!

Your young Minnesota Farmers enjoyed great success at the County Fair! The two youngest boys, Joshua and Jonathan, who are 4-H Cloverbuds, received green participation awards for the cows, rabbits, chickens and sheep they showed.

The four oldest siblings, Abby, Sam, Andy and Lucas, brought home lots of ribbons for their animals, vegetables and educational displays. All four were specially recognized in the Showmanship category, in which they handle their animals before a judge and answer myriad questions about the species.

In a large field of candidates, Abby was named Reserve Champion in Showmanship (Intermediate Division). Sam and Andy, who were competing against each other and their sister in that same category, received Honorable Mentions.

Lucas, who competed in the Junior Division of Rabbit Showmanship, received a Championship ribbon and plaque.

You wouldn't want to compete against these kids in Rabbit Bowl! (Yes, Rabbit Bowl is a real thing.) They have vast knowledge about bunnies!

Abby also received recognition in the Interview areas for Rabbits and Sheep.

Abby, Sam and Andy received Le Sueur County Fair honors high enough to earn State Fair trips. They will spend five days at the Minnesota State Fair - Abby showing her Market Rabbits, Sam showing his Junior Doe Rabbit, and Andy showing a Sheep. Though Lucas received much recognition for his efforts, he is still too young to earn a State Fair trip.

If you'd like to see more pictures of County Fair competition, visit the My Minnesota Farmer Facebook page.



In top photo, Sam, Abby and Andy show off their ribbons from the 4-H Rabbit Showmanship competition. Lower left, Lucas received a Championship Ribbon and plaque in his category of Rabbit Showmanship. In the middle right photo, Jonathan and Joshua show their rabbits during the Cloverbud exhibition. And lower right, Joshua proudly displays his laying hens.



Your Vegetables were County Fair Winners, too! - My Minnesota Farmer Vegetables were winners at the Le Sueur County Fair, too! Andy won a Reserve Championship Ribbon for the very same Baby Red Potatoes that grace your dinner plates! My Minnesota Farmer cucumbers and assorted vegetable baskets also received special recognition, including blue ribbon awards at the County Fair

In your share box this week

- ❖ **Cucumbers** - Enjoy these in your favorite cucumber salad, refrigerator pickles or cucumber sandwich! Or dress up your salad with fresh cucumber chunks.



- ❖ **Summer Squash or Zucchini** - Slice and saute with onion for a quick, easy side dish. Or eat raw, sliced into rods with salt, hummus or ranch dressing. Or cut them up in chunks for a salad. Or bake them in casseroles or spaghetti.



- ❖ **Baby Red Potatoes** - Baby Reds are so good roasted with a little garlic. Or slice or chunk them, wrap them in foil with onion, and put them on the grill. Or boil them whole for a simple side dish with butter and salt and pepper.



- ❖ **Tomatoes and Heirloom Tomatoes** - So many possibilities for these summer treats! Add to your favorite recipe or slice and eat with a bit of salt or sugar.



- ❖ **Peppers** - Slice these up for your relish dish, grill with potatoes and onions, or incorporate them into your Denver omelette. Yum!



- ❖ **Orange Blaze Peppers** - These sweet, bright orange peppers make up for flavor what they lack in size. We have many repeat customers at our Farmers Markets who come just for these sweet treats!



- ❖ **Apples** - Because our apples are organic, they are better cut than chomped. They sweet, soft and great for applesauce..



- ❖ **Bok Choy - Full Shares Only** - I love raw bok choy as a treat. The leaves work well for wraps and the base can be eaten like celery. The greens can also be used as a substitute for lettuce or chopped up and sautéed. You can also use it in soups or stews.



- ❖ **Yellow Onions** - Great for sautees, burgers, in salads, casseroles or side dishes.



Cucumber Side Salad

- 3 large cucumbers
- 1 tsp salt
- ¼ cup white sugar
- 2 tbsp water
- ¼ cup distilled white vinegar
- ½ tsp celery seed
- ¼ cup chopped onion

Slice cucumbers very thin. Sprinkle with salt and let stand 30 minutes if desired. Squeeze the cucumbers to release moisture. Mix the sugar, water, vinegar, celery seed, and onions. Add the cucumber to the mixture and refrigerate. This is best if left in refrigerator for an hour or more.

Recipe from mymfarmer.com

Please practice drop site etiquette

We are so happy to have you as part of our community! We are looking forward to a great year. As this may be new to some of you, here are a few tips to make everything go smoothly when you pick up your box:

- Check the list of names at your pickup site. Verify you are on the list, and see exactly what items you ordered. Pick up the items you ordered and sign behind your name so we know you've received them.
- **Half or Whole Share?** Please double check that you are taking the right size share. The majority of the calls I receive about drop site issues are because someone orders a half or whole share box and only the other size is there when they get to the drop. **Black boxes are half shares** and **white boxes are whole shares**. Thank you for being considerate to your fellow members by double checking you are picking your produce out of the correct sized box.
- Please bring your own container to transfer your produce into for the trip home.
- Stack the boxes in the shed - one pile of half share black boxes, one pile of whole share white boxes and one pile of lids. This will help keep the shed clean for people coming after you.
- Go home and enjoy your fresh goodies!
- Please call or text with any questions. I try to always have my phone with me. **612-245-6271**. Thanks!