

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Grass-fed, pasture-raised, free-range

### The life of an animal on the My Minnesota Farmer farmstead

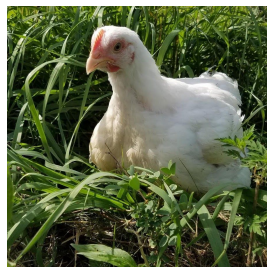
In addition to produce, My Minnesota Farmer offers for sale grass-fed beef and lamb, pork, free-range chicken, eggs and granola.

Our beef cattle are pastured on several neighboring farms, with just a few being permanent residents on our farmstead.

Our lambs stay close to home, and are pastured in the fields around our farmstead. The lambs are very friendly, and they love Farmer Dean. They follow him everywhere as he resets moveable fencing to accommodate their move from one pasture to the next. Their chorus of "baaas!" is funny as they get very excited to move from one location to another. You can see a video of him moving sheep on our My Minnesota Farmer Facebook page. (Click on this link:

<https://www.facebook.com/mymnfarmer/videos/1804392202971121/>).

Our broiler chickens are raised in "chicken tractors." These are large enclosures with wheels that are moved over the grass as the chickens grow.



A broiler chicken sitting in the grass.

In addition to the bugs and minerals the chickens enjoy pecking from the soil, the broilers diet is supplemented with chicken feed.

Our free-range laying hens have a good life, with lots of room to roam outdoors and inside our open-sided livestock pavilion. In the pavilion there are plenty of roosts for sleeping and nesting boxes for getting down to the business of laying eggs.

Our cows, lambs, pigs and chickens also eat any excess produce we grow or produce that doesn't sell at market. As we clean the vegetables for your shares, the outer leaves of lettuce and cabbage heads, onion tops, peppers or tomatoes that have spots, and any produce past its prime are set aside and then brought out to the animals. So, just like you, our animals enjoy our organically grown produce!

If you would like to learn more about our farm practices, or purchase meat and eggs, visit [mymnfarmer.com](http://mymnfarmer.com) or call or text Farmer Jean at 612-245-6271.



The sheep follow Farmer Dean as he moves the sheep from one pasture on the My Minnesota Farmer farmstead to another.

Grass Fed Beef per Pound		1/12th Beef 30 lbs	\$195.00
Hamburger	\$6.99 SALE \$6.00		
Soup Bone	\$3.00	10-12 lbs Hamburger	
Chuck Roast	\$6.00	1 Soup Bone or Short Ribs	
Rump Roast	\$6.00	1 package Rib Steaks	
Short Ribs	\$3.00	2 Beef Roasts 3 lbs each	
Chuck Steak	\$6.00	1 Pkg T-Bone or Porterhouse	
Round Steak	\$6.00	1 Pkg Chuck Steak	
Sirloin Steak	\$7.75	1 Pkg Round Steak	
Porterhouse	\$10.75	1 Pkg Sirloin Tips	
T-Bone	\$10.75	1 Pkg Sirloin Steak	
Rib Steak	\$10.75		
Pork Options per Pound		Quarter Pork 35-37 lbs	\$150.00
Pork Chops	\$4.50		
Pork Steaks	\$4.50	8 lbs Smoked Ham	
Pork Ribs	\$4.50	3-4 lbs Ground Pork	
Ground Pork	\$4.50	7 lbs Pork Chops	
Ribs	\$3.50	4 lbs Roasts	
Ham	\$4.50	4 lbs Steaks	
Bacon	\$8.00	4 lbs Bacon and more	
Liver or Tongue	\$2.00		
Farm Raised Lamb per Pound		Half Lamb 30 lbs	\$200.00
Chops	\$10.00		
Shanks	\$10.00	6 lbs Lamb Chops	
Leg of Lamb	\$7.00	8 lbs Leg of Lamb	
Ribs	\$7.00	6 lbs Steaks	
Ground	\$9.00	3 lbs Shanks	
Steak	\$10.00	4 lbs Ribs	
Soup Bone	\$4.00	2 lbs Soup Bones	
Liver or Tongue	\$2.00	1 lb Ground Lamb	
Chicken per Bag		Mixed Meat Basket	\$110.00
Whole	\$15.00		
Cut	\$15.00	1 package Lamb Chops or Steaks	
Necks and Backs	\$4.00	1 Cut Chicken	
Whole or Half Beef		1 package Hamburger Patties	
		3 lbs Ground Beef 1 lb packages	
		2 packages Pork Chops	
		1 Ham	
		1 package Bacon	
		1 lb Ground Pork	
\$3.05 Hanging Weight You choose and pay for processing.			

Our meat price list can be found on  
[mymnfarmer.com/prices](http://mymnfarmer.com/prices).

# In your share box this week

- ❖ **Tomatoes** - You will receive either a round slicing variety of Tomatoes or Heirloom Tomatoes this week. You will know you've received Heirlooms if they have an odd, bumpy shape, dark red/green or dusky red color, and a real old-fashioned tomato taste. Many of our market customers want to purchase only Heirlooms. They say that's what they remember REAL tomatoes tasted like when they were kids.



- ❖ **Cucumbers** - Enjoy cucumbers in salads, on your relish tray or as refrigerator pickles. One member told us they use cucumbers on their sandwiches instead of tomatoes, making BLs instead of BLTs.



- ❖ **Onions** - Enjoy these tasty onions in salads, hotdishes, grilled, or store them for later use.



**Garlic** - Garlic adds depth and flavor to your dishes. Enjoy it in your casseroles, garlic roasted or mashed potatoes, or grill the cloves with your grilled veggies.



- ❖ **Red Cabbage** - Red cabbage is a pretty addition to your salads or slaws and is a yummy just steamed and served with butter.



- ❖ **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.



**My Minnesota Farmer and Pizzeria 201** in Montgomery will be among the participating farms and restaurants presenting at Minnesota Cooks Day at the **Minnesota State Fair Sunday, Aug. 25.**

The program will be held in Dan Patch Park on the Fairgrounds (in front of the grandstand) and will include demonstrations and tasting foods grown on Minnesota Farms and served in local restaurants.

My Minnesota Farmer and Pizzeria 201 will be making their presentation at 11 a.m. For a full schedule of Minnesota Cooks Day at the Minnesota State Fair, visit <https://www.minnesotacooks.org/minnesota-cooks-day/>.

## Cowboy Caviar

Cowboy Caviar is a great fresh addition to a weekend buffet or picnic. Serve with tortilla chips.

### INGREDIENTS

- 3 tomatoes seeds removed, diced
- 2 ripe avocados diced
- 1/3 cup red or yellow onion diced
- 1 15 oz can black beans rinsed and drained
- 1 15 oz can black eyed peas rinsed and drained
- 1 1/2 cups frozen sweet corn thawed
- 1 small cucumber, seeded and diced
- 1 bell pepper diced (color doesn't matter - can be yellow, orange, red or green)
- 1 jalapeno pepper seeds removed, diced into very small pieces
- 1/3 cup Cilantro finely chopped

### DRESSING

- 1/3 cup olive oil
- 2 Tablespoons lime juice fresh preferred
- 2 Tablespoons red wine vinegar
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon garlic powder

*Now we're cookin'!*

