

My MN Farmer

Our Family Blessed
To Feed Yours

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October 12-15, 2019

Regular delivery season ending

Extend your season with special buys of meat, storage crops, turkey

Our regular delivery season is drawing to a close. This week (Oct. 12-15) **Regular Season** members will receive their last share boxes. Next week (Oct. 19-22) will be the last delivery to **Extended Season** members. **Regular Season** members can add one more week by going to their account at mymnfarmer.com, texting Farmer Jean at 612-245-6271, or emailing her at csa@mymnfarmer.com.

There are even more opportunities for you to purchase our locally- and organically-grown produce and meat outside of the regular delivery season. If you need more potatoes, carrots, onions, garlic, tomatoes, peppers, or squash, please text or email us and we will provide you with these crops at bulk prices.

If you want to stock your freezer with meat for the winter, we have beef, pork, chicken, hamburger, lamb, chicken for soup stock, and mixed meat or grill baskets available.

You can still order a fresh -- never frozen -- free-range Thanksgiving turkey for \$3.25 per pound. Your 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 the Sunday afternoon or Monday before Thanksgiving.

We also have available a special Thanksgiving box that can be delivered along with your Thanksgiving turkey. Our Thanksgiving box is a huge box of storage crops that includes potatoes, squash and carrots, along with some fun surprises from our end-of-season bounty. Eggs are also available.

For meat price information, visit mymnfarmer.com/prices. To place your order, text Farmer Jean at 612-245-6271 or email csa@mymnfarmer.com.



Farmer Joshua, age 9-½, delivers shares to the Jordan dropsite.

Butternut Bisque

3 T. butter	1 medium onion, coarsely chopped
2 garlic cloves sliced	½ t. dried thyme
¼ t. ground cinnamon	⅛ to ¼ t. cayenne pepper plus more for garnish
Coarse salt	1 large butternut squash, peeled, seeded and cut into 1-inch cubes
2 c. chicken broth	1 c. half-and-half
1 T. lemon juice	Sour cream for serving

In a large saucepan, heat butter over medium. Add onion, garlic, thyme, cinnamon and cayenne. Season with salt and cook, stirring occasionally, until onion is softened, 5 to 7 minutes. Add squash, broth, half-and-half, and 3 c. water. Bring to a boil; reduce to a simmer and cook until squash is tender. Working in batches, puree in a blender or blend with an immersion blender until smooth. Stir in lemon juice; season with salt. Serve with sour cream, garnished with cayenne, if desired. - *Recipe from Martha Stewart Living*

Now we're cookin'!



In your share box this week

❖ Tomatoes or Green Tomatoes -

Slice up these late-season tomatoes in sandwiches or salads, add them to a hotdish recipe, or freeze for future use. You may also like to try your hand at classic southern cuisine with fried green tomatoes.



❖ Peppers -

You may find bell or hot peppers in your box this week. Slice these up for your relish dish, season your favorite rice or salsa, grill with potatoes and onions, or freeze for your winter casseroles and chili.



❖ Kale -

Use Kale in salads, kale chips or as a healthy addition to your fruit smoothie. Or saute it lightly in olive or coconut oil and add a dash of apple cider vinegar for a tasty side dish.



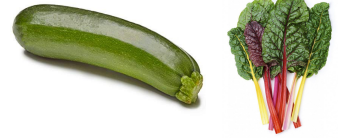
❖ Butternut Squash -

Butternut squash is sweet and fine textured, so perfect for a side dish or butternut squash soup. See recipe on first page of this newsletter.



❖ Chard or Red Radishes or Zucchini or Summer Squash -

These favorite crops are available in limited quantities at the end of the season.



❖ Gourds (for decoration) -

We grew a number of gourds of different colors and shapes. Enjoy these for your fall decorating.



❖ Carrots or Potatoes or Onions -

Our root crops and tubers are still producing and are being harvested. You will find some of these crops in your share box this week.



❖ Daikon Radishes -

A special late season treat, you can think of Daikon Radishes like carrots. You can steam, blanch, braise, simmer, boil, or stir-fry them for a delicious flavor. Or you can eat them raw or in salads like a red radish.



Featured Farmer

Our Featured Farmer this week is Farmer Dean.

It's hard to begin to list the responsibilities of Farmer Dean. One could go on and on!

In addition to doing the field work, driving the tractors, and working with the produce each week, Farmer Dean makes the weekly deliveries throughout the Twin Cities.

Farmer Dean is in charge of the care and feeding of the farm animals (with chore help from his wife and children), he maintains all the farm equipment and buildings, and he is the overseer of the financial workings of My Minnesota Farmer. He is also the My Minnesota Farmer representative at Thursday's Little Market That Could in Prior Lake (while Farmer Jean works the Mankato Farmers Market).

Left: Dean receives recognition for being one of the cornerstone farmers at The Little Market That Could. **Top right:** Dean helps Ellie show a sheep for the first time at the Le Sueur County Fair. **Lower right:** Dean and Jean enjoy a fun afternoon cheering on the Minnesota Vikings.

