



# Welcome to the 2020 CSA season!

My Minnesota Farmer is celebrating 11 years growing for Minnesotans who appreciate organically-grown vegetables, eggs, free-range chicken, pasture-raised pork and grass-fed beef. In the past few years we've added lamb, rabbits and granola to our products offered. We also feature ground beef, a mixed meat pack of our favorite cuts, Thanksgiving turkeys, homemade granola and greenhouse plants for home gardeners.

To our long-time and continuing customers, we say welcome back! We appreciate your continued loyalty. To our new customers, welcome the world of CSA (Community Supported Agriculture). We are excited to grow for you!

This year finds our family especially busy as we work to meet additional demands necessitated by the COVID-19 virus.

As CSA members, you will receive this newsletter by email each week on the Friday before you pick up your produce. In the newsletter, you will find the following:



Your Minnesota Farmers are Jean and Dean Braatz and family. They are pictured here with their five oldest children.

- In Your Share Box This Week** - Descriptions and pictures of the produce you'll receive in your box.
- Now We're Cookin'** - A recipe or a serving suggestion for an item or two in your box.
- Drop Site Etiquette** - Guidelines for picking up your produce to make your CSA experience the best it can be.
- Farm News** - Updates from your Minnesota Farmers including family news, growing practices, and weather and pests updates and how they impact growing your food.
- Quick Tips/Food Prep Tips** - How do you refresh droopy greens?

How do you cut up a kohlrabi? How do you tell a cucumber from a zucchini? These question and many more will be answered!

•**Links to recipes, food prep tips and farm sales** - Now and then you'll find, sprinkled throughout your newsletter, clickable links that will take you to recipe sites, food prep sites, and the My Minnesota Farmer and Barn-to-Door websites for product information.

## In Your Share Box this Week

♦ **Green Forest Romaine Lettuce** - This is a great green lettuce. Fresh and crisp, this has been a staple food for my family the last couple of weeks in taco salad, eggs salad wraps, lettuce on a hamburger or a Caesar salad.



♦ **Bok Choy** - Bok Choy leaves work well for wraps, and the base can be eaten raw or used as a substitute for celery in soups or stews. The greens can also be used as a substitute for lettuce or chopped up and sautéed. Some members may choose to use the leaves to make bok choy chips



♦ **Carrots** - A bonus this week is our storage carrots from our fall harvest. Enjoy these on a salad, in a soup or stew or slice and eat fresh.



♦ **Kohlrabi - (full shares)** - Kohlrabi is a tasty, healthy choice when you're looking for a yummy crunch! Cut off the outside and slice to eat fresh. Can also be grilled or added to salads.



♦ **Kale or Rainbow Chard - (half shares)** - Kale is a green that's a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies, or make kale chips. 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. If eaten raw, complement its earthy flavor with apples, raisins or dried cranberries.



♦ **Salad Mix** - Our salad mix is a tasty combination of our leaf and head lettuces.



## Please practice drop site etiquette

We are so happy to have you as part of our community, and we look forward to a great year. Here are a few tips to make everything work smoothly when you pick up the contents of your share box:

- Though it's unlikely, should you arrive to pick up your share when others are at the drop site, please **maintain appropriate social distance**.
- **Find your name and products on the drop site checklist.** At the drop site, there will be a clipboard with your name and what you are scheduled to pick up (whole share, half share, eggs, chicken, etc.). Pick up the items you ordered and initial behind your name so we know you've received them.
- **Be sure to take the correct size share. Black boxes are half shares and white boxes are whole shares.** Please double check that you take your food from the right size share box. Calls I receive regarding drop site concerns are usually because someone has ordered a half or whole share box, and only the other size share is there when they go to pick it up. Thank you for being considerate to fellow members by double-checking you are taking your produce out of the correct box.
- **Bring your own containers** (box or reusable bags) to transfer your food 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 neat and clean for people coming to the dropsite after you.
- **Go home and enjoy your fresh goodies.**
- **Call or text with any questions.** I try to always have my phone with me. **612-245-6271.**

Thanks! - Farmer Jean



## Washing Your Lettuce

Your lettuce heads are picked and packed right from the field or high tunnel, so you'll want to wash them to remove any soil or little insect "friends" who may have hoped to share your pesticide-free, organically-grown greens.

The easiest way to clean your greens is to chop off the bottom inch of the lettuce head, fill your kitchen sink with very cold water, separate the leaves from the head, and submerge them in the cold water. Then swoosh them around to remove any soil, put them in your salad spinner, and give them a good spin.

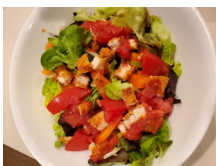


We have found that it works best to store the clean, spun greens in your salad spinner in your refrigerator. Then they are clean, crisp, cold and ready to grab for wraps or salads throughout the week.

If you don't have a salad spinner, you can wrap the leaves in paper towels and refrigerate them in a Ziploc bag or large container.

*Now we're cookin'!*

## Chopped Salad with Grilled Chicken



- Chicken breasts
- Your favorite rub or seasonings
- Fresh greens (your romaine, salad mix, chard and/or kale)
- Tomato and shredded cheese

Apply rub or seasonings liberally to chicken and grill until done. Wash and spin greens. Then chop chicken and greens into bite-sized pieces and garnish with tomato and shredded cheese. An easy-peasy summer supper.



## Farm News

Pictured at left is My Minnesota Farmer's youngest farmer, Elizabeth.

At age 5, Elizabeth (known as Ellie) has fewer chores than most of your Minnesota farmers, but one of her "chores" is snuggling six new kittens that arrived this spring.

Her big brother Jonathan (age 8) has the responsibility of feeding the other farm cats.

