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# Welcome 2020 Regular Season members!

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.

This is the first week of drop site deliveries to our 2020 Regular Season members. Thank you for supporting our CSA (Community Supported Agriculture) farm. We are excited to grow for you!

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



Farmer Jean (left), daughter Abby and son Sam pose for a picture after packing last week's share boxes. White boxes are full shares; black boxes are half shares.

Regular features of our newsletter are:

- **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.



## 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 few inches 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 recipes, 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.

# In Your Share Box this Week

◆ **Green Forest Romaine Lettuce** - This is a great green lettuce. Fresh and crisp, Romaine is great in in taco salads, egg salad wraps, lettuce on a hamburger, a sandwich or a Caesar salad.



◆ **Bok Choy** - Bok Choy can be eaten like celery or used as a substitute for celery in soups or stews. The greens can also be used as wraps or chopped up and sautéed (as with Rainbow Chard). Some members use the leaves to make Bok Choy chips.



◆ **Rainbow Chard or Kale** - 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 until they soften a bit. Add the leaves during the last few minutes of cooking. Chard can also be eaten raw in salads. If eaten raw, complement its earthy flavor with apples, raisins or dried cranberries. Kale is a powerhouse of nutrients. Cooked kale offers more iron per ounce than beef. Enjoy kale in salads, smoothies, or make kale chips. Find more kale recipes at chips at <http://mymnfarmer.com/recipes/kale>.



◆ **Radishes** - (Full shares) Depending on heat and harvest, you may receive radishes in your share box this week. Eat radishes raw, add them to your relish tray or make radish sandwiches. They can also be broiled or grilled. When grilled, radishes lose their bite.



◆ **Garlic Scapes** - Garlic Scapes have a mellow, garlicky flavor. Chopped scapes are delicious sautéed in olive oil for an easy side dish, can be tossed with olive oil and grilled, or added to a stir-fry or creamy pasta.



◆ **Kohlrabi** - 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.



◆ **A Red Lettuce Variety** - Your box will include either Red Fire (a light frilly lettuce), Red Romaine or Red Butterhead lettuce. Pair any of these with your Green Romaine for a pretty salad.



◆ **Pea Shoots** - Pea Tendrils are great eaten raw, can be cut up for a salad or sautéed and added to any dish to which you'd like to add a sweet pea flavor.



**IT'S SALAD SEASON!** - Welcome to eating seasonally! Your CSA share boxes will include produce that reflects what is ripe and ready as we move through the Minnesota growing season. You'll see greens in spring, tomatoes in summer and squash and pumpkins in the fall. Your early season share boxes will feature lots of fresh greens including kale, rainbow chard and a nice variety of different lettuces. Though romaine is the go-to for salads, you may also receive Butterhead, Summer Crisp, Red Romaine, Salanova Salad mix or Red Butterhead. *See story on the front of this newsletter for lettuce*

*washing tips.* If you're feeling overwhelmed by greens, here's a link to a some creative ways to use your them:

<https://www.thekitchn.com/lettuce-is-so-much-more-than-salad-here-are-10-more-ways-to-eat-it-tips-from-the-kitchn-220136>.

## 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