



# My MN Farmer

Our Family Blessed  
To Feed Yours

Vol. 11, Issue 7

July 11-14, 2020

## Photo farm tour

In past years, we've loved having our CSA members come tour the farm to see how we grow their food. Because we haven't been able to do that this year, here are a few pictures from around our farm.



This chard offers a pop of color in high tunnel 8.



A red kohlrabi grows on our new landscape fabric system.



Onions weeded in the foreground; onions not weeded in the background. Our weeding tractor weeds well around the rows, but we still need to hand-weed between the onions.



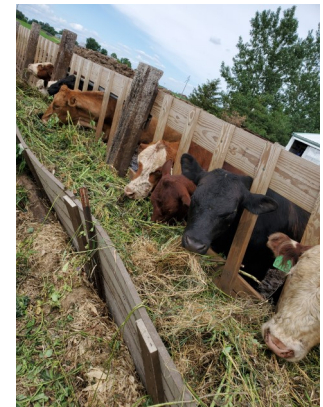
These are new baby plants that were sprouted in the greenhouse and transplanted with our two-row, water-wheel planter into the field. Pictured are 200-foot rows of celery, broccoli and cauliflower. Peppers, chard, celeriac, herbs and beans also grow in this field.



Andy and Sam load greens gleaned from the high tunnels into a trailer to bring them to the cows for a special treat.



We suspect our American Shepherd Daisy will present us with puppies in the near future (Aug. 15?). Are any of our members in the market for a new puppy?



Happy cows eat the plants gleaned from a high tunnel. When a tunnel is harvested, the animals enjoy the greens and the farmers get busy with subsequent plantings into that high tunnel. Though most of our cows are pastured on grass off the farm, these few are staying on the farm until they visit the butcher shop.



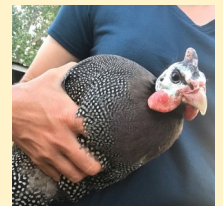
Andy purchased this used lawn mower to help pull the small trailers and wagons around the farm. The purchase continues to be a lesson in money management and equipment maintenance.



## Farm News

**WEIRD AND WONDERFUL GUINEA FOWL** - We recently brought 10 new birds to the farm to wander the acreage and help us with insect control. Guinea hens eat a variety of insects and arachnids including mosquitoes, ticks, beetles, spiders, slugs, worms and caterpillars.

It is reported they may consume as many as 4,000 ticks a day, which makes us and our dogs very happy. Guinea fowl also consume some greens in order to maintain good digestion, and so eat some grass, dandelions weeds and weed seeds. These new farm friends also make the weirdest sound!



Follow this link to hear the call of a guinea fowl: [https://www.youtube.com/watch?v=o\\_B2IMEyBsk](https://www.youtube.com/watch?v=o_B2IMEyBsk)

# In Your Share Box this Week

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



◆ **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.



◆ **Summer Squash and/or Zucchini** - Summer Squash and Zucchini are excellent sliced and sautéed with onions as a side dish. Or either of these squash can be shredded to make a moist zucchini or squash bread.



◆ **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 BLCs instead of BLTs.



◆ **Spring Onions** - Every bit of these onions is totally edible, including the occasional flower at the top. You may eat them raw on salads, add them to your veggie tray or use them in your favorite hot or cold dishes.



◆ **Tomatoes and/or Peppers** - Our tomatoes and peppers are very close to maturity! As soon as we have them, we will be including them in your share boxes. With luck, we will start including them this week!



◆ **Kale, Chard or Lettuce** - You will likely receive a green of one kind or another in your box. We are evaluating what looks best and will send it along to you!



◆ **SURPRISES!** This list is our best guesstimate of what you will receive in your share box. Farming is dependent on weather, and that can be unpredictable. Please be assured we have packed into your box the value you've paid even if the items don't exactly match the items we've listed in the newsletter. Thank you for your understanding!

Now We're Cookin'!



## Farmer's Breakfast or Lunch

Swiss or Rainbow chard  
Garlic scapes  
Farm fresh eggs

We hope you are combining the produce, meat and eggs you receive from My Minnesota Farmer to make delicious meals like the one pictured. This member's Instagram post included the photo at left and comment: "Favorite lunch: farm fresh eggs fried over a bed of Swiss chard and garlic scapes with buttered toast on the side." Member submitted—Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).



## Farm News

**BREAK AT THE LAKE** - This week 8 of your 9 farmers from the Braatz family escaped to a resort in northern Minnesota to fish and swim. Farmer Dean was the super farmer and dad who stayed home to manage the livestock, produce and farm business, while Farmer Jean and the seven kids stayed with extended family up north. Dean and Jean usually send their children to week-long summer camps, but their favorite camp was closed for the season. The resort with extended family wasn't the same experience as Big Sandy Camp, but the kids appreciated the break from chores and enjoyed fishing, swimming and relaxation.

Right - All seven Braatz kids enjoy a swim off the dock at Morning Star Resort.

Far right - Lucas (13) enjoys fishing at sunset.

