



My MN Farmer

Our Family Blessed
To Feed Yours

Vol. 11, Issue 12

August 15-18, 2020



Farm News

PUPPIES! - We are proud to announce the arrival of five bundles of joy at the Braatz farm!

Daisy and Diesel, our purebred mini Australian shepherds, also called “mini Aussies,” are the proud parents of five new pups!

Daisy is a great mother, although giving birth to her first puppy outside in the grass made us think otherwise at first! For the most part, Diesel wants absolutely nothing to do with them.

The puppies have about doubled their weight in this first week, and they just keep getting rounder. Although their eyes aren't open yet, they love to snuggle in our children's arms and nuzzle into their necks.

One of the pups had a Blue Merle coat like Diesel, and the other four sport the beautiful tri-colored coat like Daisy.

Three of the puppies are already sold, but I have two tri-colored pups available for purchase if anyone is interested. These two are puppies are both female.

I will try to post pictures of the pups periodically on Facebook and Instagram as the puppies grow and become more rambunctious.

Our family is enjoying the puppy experience, and snuggling with a puppy is so great after a long day of harvest or working a farmers market!



Andy (age 14, in top photo) snuggles a pile of puppies. These pups will be very comfortable with children when they go to their new homes because they are getting plenty of cuddles from our seven kiddos. Diesel (bottom left) is only mildly interested in the new pups and misses running around the farm with Daisy (second from left). Diesel will need to be patient as his herding partner is busy taking care of her puppies. Jonathan (age 8, in blue shirt) snuggles a puppy the family has called “Diesel Jr.” because its Blue Merle coat.



DO YOU HAVE EMPTY EGG CARTONS? WE NEED THEM! - Our chickens have been laying eggs like crazy, so much so that we don't have enough egg cartons! If you have extra egg cartons (dozens, please, not 18s), please consider dropping them off in the shed at your drop site when you pick up your shares. Thank you in advance!

In Your Share Box this Week

◆ **Tomatoes** - You will receive heirloom or round hybrid tomatoes in your box this week. These are great in salsa, grilled, or just sliced and eaten fresh seasoned with sugar or salt.

◆ **Peppers** - To accommodate our "Salsa Week" celebration (see below), our plan is to include green bell, jalapeno and/or Anaheim peppers in share boxes this week! Jalapenos are short with rounded ends, while Anaheims are longer peppers with pointy ends. Anaheims are one of the milder hot peppers, while jalapenos are a bit higher on the Scoville scale (the scale that reports the heat of hot peppers).

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

◆ **Basil** - Basil is such a versatile herb. Combine it with mozzarella cheese and tomatoes for a Caprese salad or add it to sauces, salads or stews for that basil kick.



◆ **Onions** - Onions are great for your salsa, sautés, in salads, casseroles or side dishes.

◆ **Broccoli** - Though the amount is limited, we still have some broccoli ripening in the field, so members may receive broccoli this week.

◆ **Kale** - At this point in the season, you may consider kale the "packing peanuts" that cushion the tender tomatoes in your share box. But don't give up on this versatile green! Try something new with this superfood! Follow this link for some ideas: <https://www.nomeatathlete.com/eat-more-kale/>

◆ **White Potatoes** - White potatoes are high in starch, which makes them light and fluffy, perfect mashed or baked, but they can be used in all your favorite potato recipes.

◆ **SURPRISES!** Farming is dependent on weather, and that can be unpredictable. 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'!



It's SALSA Week!

This is the time of year we get excited about salsa! The hot peppers and sweet peppers are producing, and the tomatoes are plentiful. Whether your desire is a single bowlful on with chips or bushels of tomatoes and peppers to can salsa for the long winter ahead, we can help.

Do you need more tomatoes and peppers than you are receiving in your share? If so, we have half bushels and full bushels of

tomatoes and lots of peppers that you can order by texting 612-245-6271 or emailing csa@mymnfarmer.com. After you place your order, we can deliver them with next week's share, you can come pick them up at the farm, or you can pick them up at the Mankato Farmers Market Saturday mornings or Tuesday or Thursday evenings.

A Google search for "salsa recipes" will yield millions of hits, but we are sharing a couple of our favorite tried and true recipes. The first is from <http://mymnfarmer.com/recipes>. The second is from <https://www.allrecipes.com/>.



Farmer Jean's Salsa

Farmer Jean's very favorite salsa recipe is quick and easy!

- 6 medium sized tomatoes
- 1 large onion
- 1 large bell pepper
- 1 small head garlic or a clove or two
- 1 Anaheim pepper



Wash all produce and blend it in quick bursts in a food processor. It works well to process the garlic and onions first and then add the peppers and tomatoes. This is super easy and so fresh and wonderful. To add an additional burst or flavor, add some cilantro or basil. Absolutely delicious!

The Best Fresh Tomato Salsa

- 3 cups chopped tomatoes
- ½ c. chopped green bell pepper
- 1 c. onion, diced
- ¼ cup minced fresh cilantro
- 2 tbsp. fresh lime juice
- 4 tsp. chopped fresh jalapeno pepper (including seeds)
- ½ tsp. ground cumin
- ½ tsp. kosher salt
- ½ tsp. ground black pepper



Stir the tomatoes, green bell pepper, onion, cilantro, lime juice, jalapeno pepper, cumin, salt and pepper in a bowl. Serve.