



# My MN Farmer

Our Family Blessed  
To Feed Yours

Vol. 11, Issue 14

August 29-Sept. 1, 2020



## Farmers market season in full swing

In addition to packing shares for over 200 CSA member families each week, we sell our produce, meat, eggs and granola at the Mankato Farmers Market on Tuesday and Thursday evenings and Saturday mornings.

We invite you to enjoy this fun, safe shopping experience where you can purchase My Minnesota Farmer products along with baked goods, craft items, coffee, tea, honey, cut flowers and so much more!

For more information, visit <https://www.mankatofarmersmarket.com/>.



Farmer Andy (15) enjoys his part-time job at the Pie Peddler booth at the Mankato Farmers Market.



## Farm News

**PUPDATE!** - The puppies' eyes are open and we think they score a 10 on the "Cutemeter." We couldn't resist sharing a few pictures. All the pups are sold, so we are enjoying photo fun while they are still here on the farm. In the bottom photo, look at those blue eyes on the little puppy that closely resembles our Diesel!



**CANNING SEASON** - 'Tis the season for putting food by. The farm kitchen is busy as Farmer Jean and the kids can applesauce, apple butter, spaghetti sauce and pickles! They are also dehydrating apple slices for sale and for their apple cinnamon granola.

# In Your Share Box this Week

◆ **Corn** - Once again, we were able to do our trade with Guldán Family Farm for their delicious sweet corn!

◆ **Peppers** - You'll receive green bell or hot peppers in the share box this week. Enjoy these on your relish tray, for stuffed green peppers, as garnish in a salad or in your homemade salsa!

◆ **Beans** - Some members were surprised by fresh green beans in their boxes last week! Members may find them again this week. Eat them as a vegetable side dish, pickle them, or use them in the Czech soup Vomacka, one of the recipes with the highest hits on our recipe website! <http://mymnfarmer.com/recipes/all/czech-vomacka-soup>

◆ **Zucchini and/or Summer Squash** - They're still coming! Shred them for your sweet breads or make zucchini boats or zucchini fries!



◆ **Cucumbers** - Enjoy your cucumbers in a salad, on a sandwich, or shred them to make cucumber bread.

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

◆ **Honeydew Melons or Cantaloupe** - Sweet, juicy, delicious!

◆ **Eggplant?** - If you receive eggplant, use it and several other share box ingredients to make ratatouille! <http://mymnfarmer.com/recipes/all/ratatouille>

◆ **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'!



## Kabocha Squash 101



Have you already prepared and eaten the Kabocha squash you received in your share box last week?

Kabocha is a type of winter squash, a Japanese variety of the species *Cucurbita maxima*. It is also called Japanese pumpkin in North America.

Kabocha is hard on the outside with knobby-looking skin. It is shaped like a squat pumpkin and has a dull-finished, deep-green skin with some celadon-to-white stripes and an intense yellow-orange color on the inside. Kabochas can be stored and eaten later. And as they are a winter squash, they'll get sweeter as they age off the vine.

Learn more about your Kabocha here: <https://www.youtube.com/watch?v=4-CWN6PSMSE>.

*Reader submitted recipes are always welcome. Email your recipes, tips and photos to [csa@mymnfarmer.com](mailto:csa@mymnfarmer.com).*



**HAPPY BIRTHDAY!** - Two of your hard-working, fun-loving Minnesota Farmers celebrated their 15th birthday last week. To celebrate their birthday, twins Andy (left) and Sam enjoyed a family party at the farm, fishing, swimming, biking and even a few video games at Grandma and Grandpa's.