

My MN Farmer

Our Family Blessed
To Feed Yours

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My Minnesota Farmer welcomes you!

Welcome to the 2019 CSA season! We are celebrating 10 years growing for Minnesotans who appreciate organically-grown vegetables, eggs, free-range chicken, pasture-raised pork, grass-fed beef, lamb and rabbit.

We, along with our seven children, are YOUR Minnesota farmers. In addition to being your farmers, our family is always busy with homeschooling, church retreats and camps, 4-H and family fun. We work hard and play hard, and we are so happy to grow for you!

We invite you to read this newsletter each week to learn about the healthful items you'll find in your share box. Each week this newsletter will also include a recipe or serving suggestion for your produce, and we'll occasionally share dropsite etiquette to make sure your CSA experience is the best it can be.



Your Minnesota Farmers, Jean and Dean Braatz, are excited to grow for you.

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, egg salad wraps, lettuce on a hamburger or a Caesar salad.



❖ **Radishes** - Radishes can be eaten raw, made into radish sandwiches (my grandma's favorite), or even broiled, where they lose their bite. Such a beautiful spring treat!



❖ **Kale** - 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. mymnfarmer.com/recipes/all/kale-chips



❖ **Spinach** - Spinach is a

superfood. It is loaded with tons of nutrients in a low-calorie package. Dark, leafy greens like spinach are important for skin, hair, and bone health. They also provide protein, iron, vitamins, and minerals.



❖ **Red Leaf Lettuce** - Red Fire lettuce is a light, pretty lettuce. The curly leaves make for a fun, attractive and delicious salad or wrap.



❖ **Bok Choy** - I love raw bok choy as a treat! The leaves work well for wraps, and the base can be eaten like celery 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."



eatingrules.com/bok-choy-chips

