

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## My Minnesota Farmer welcomes you to the 2019 season!

This marks the first week of our deliveries to our regular season members!

Like you, we know the benefits of eating locally- and organically-grown vegetables, free of chemical pesticides and herbicides. Because of this, in addition to your organically-raised produce, we also offer free-range chicken, eggs, pasture-raised pork, grass-fed beef, rabbit and lamb.

We, along with our seven children, are honored to be YOUR Minnesota Farmers. Our family works hard, with the help of our faithful volunteers, to grow good food for you and your family.

Beginning this week, your share boxes will be delivered as you have designated each week throughout the growing season. Read the section on Drop-Site Etiquette to learn how to make your CSA experience the best it can be.

Every week we will email you a newsletter that will include farm news, a list of your share box contents, and recipe links and/or serving suggestions for your produce.



Jean and Dean and their seven children - Abby, Sam, Andy, Lucas, Joshua, Jonathan and Ellie - are your Minnesota Farmers.



## Come to our FREE Farm Party June 23!

On Sunday, June 23, from 2 to 7 p.m., we will host a free Farm Party! Come visit your Minnesota Farmers, and see where your produce, eggs and meat are grown. Our address is 35100 191st Ave., in Montgomery.

At the farm party you can:

- Tour the fields, high tunnels and the greenhouse
- Meet and pet baby chicks, kittens and bunnies
- Hand-feed grass to cows and sheep
- Purchase fresh produce, plants, meat and eggs
- Purchase and enjoy brick oven pizzas from Pizzeria 201
- Enjoy **FREE** ice cream



## Abby's Bok Choy Saute

- One large head of bok choy, washed and cut in ½-inch chunks, including greens
- One large onion, diced or sliced
- 3 or 4 radishes sliced
- 2 garlic cloves, minced
- Olive or coconut oil

Lightly saute chopped bok choy ribs, onion, garlic and radishes in oil. When vegetables are tender crisp, add bok choy greens and cook until the greens are wilted. This is a great side dish with any meal.

*Original recipe by Farmer Abby*

Now we're cookin'!



