

My MN Farmer

Our Family Blessed
To Feed Yours

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New puppy!

Two weeks ago we shared a story about our WWOOFers - our volunteers from the World Wide Organization of Organic Farmers. This week we'd like to introduce you to our newest "woofer" - a sweet little Australian Shepherd puppy named Diesel.



Our kids are excited about the newest addition to the farm - our Australian Shepherd puppy named Diesel.

Our seven children were offered a challenge not to argue amongst themselves with the reward being a new puppy. Well, we can't say there was no quarreling, but they did earn a chance to bring a new, little puppy to the farm.

Diesel is loved by all nine of us here at My Minnesota Farmer and, as he is a "sheep dog," in addition to being a fun, faithful companion, he also has the potential to be a working dog for the cattle and sheep.

We traveled a distance across the state to pick up our newest family member, and are happy to report that he loves car rides. The first nights with him have gone well, and we anticipate a good transition into our family because we have so many loving arms to cuddle, train and share puppy responsibilities.

Diesel is pleasant, playful and friendly. Everyone loves him. We are potty training and teaching basic commands and, when the basics are done, we hope to train him to herd our livestock. (That may have to wait a while, though, as right now he is a little afraid of the farm cats!)

OTHER FARM NEWS

- **Farmer Jean is in the news!** Farmer Jean was pictured on the front page of the *Prior Lake American* in an article promoting "The Little Market That Could" which runs every Thursday at Tractor Supply Company in Prior Lake. My Minnesota Farmer has a booth there from 4 to 7 p.m. Thursday evenings throughout the growing season. Come visit us if you are in the area! Farmer Jean was also interviewed and photographed at the Mankato Farmers Market last week for a feature that will run in the *Mankato Free Press* in August.
- On Wednesday, **Minnesota Cooks** will visit the farm to photograph the Braatz family for their annual calendar. Also featured will be Troy and Diane Domine from Pizzeria 201, a local restaurant that purchases produce from My Minnesota Farmer.
- Our last **lamb** of the lambing season is due to be born this week.
- Due to last week's **buckets of rain** there was a lot of mud and we had to really wash the lettuce to get it clean enough to go in the share boxes.
- **New varieties of produce are coming soon!** We are getting one or two cucumbers per day, and we harvested our first ripe tomato. No other tomatoes are blushing yet, but it won't be long! Also, the garlic is almost ready for harvest.
- **The weed battle continues!** Early this week we spent three hours weeding thistles from the cabbage ... that's six 300-foot rows of cabbage, broccoli, kale, chard and red cabbage weeded! Field one is pretty well weeded. Field two is so wet we are praying for a short dry spell so we can kill some weeds. If you like to pull weeds or scuffle hoe for fun and exercise, come join us for **Weeding Wednesdays!**

In your share box this week

❖ **Romaine** - Fresh and crisp, Romaine Lettuce is great in salads, tuna or egg salad wraps, on a hamburger or Caesar salad.



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



Bok Choy - Bok choy leaves work well for wraps and the base can be used like celery. The greens can also be used as a substitute for lettuce, chopped up and sauteed, or used in soups for stews.



Parsley - Often thought of as "just a garnish," Parsley is a wonderful flavor enhancer and is full of antioxidants. There are so many uses for this herb which is related to the celery family. Combine chopped parsley, garlic and lemon zest, and use it as a rub for chicken, lamb or beef. You can use it in soups and tomato sauces. Chopped fresh parsley can enhance the favor of salads, vegetable sautés or grilled fish.



Rainbow Chard - Rainbow Chard is great to saute or stir-fry. For the evenest cooking, remove the colored ribs/stems from the leaves, then chop the stems and start cooking them before you add the leaves. Chard can also be eaten raw in salads. If eaten raw, complement its earthy flavor with apples, raisins or dried cranberries.



Spring Onions - We are harvesting our great storage onions at their "teenage" stage. The whole onion is edible, all the way up to the green top. Use it as you would any onion. Great for sautees, burgers, in salads, casseroles or as a side dish.



Beets in Half Shares -

Yummy beets will be in your box this week. Boil them and eat with butter and salt, or slice and grill them.



Surprise in Full Shares - There will be a surprise item in full shares this week, the surprise depending on what is ripe and ready!



Now we're cookin'!



There are so many uses for your Parsley! Visit our website to see several recipes that will combine your Parsley with the other vegetables you've received this week! <http://mymnfarmer.com/recipes/parsley>



Kids Corner

Farmer Ellie wants to show you how excited we are about the produce that is just starting to ripen at the farm! The Braatz children would also like to share some clever farm humor:

- As a farmer, I hear lots of jokes about sheep. I'd tell them to my dog but he'd herd them all.
- What do you get when you cross a robot and a tractor? A transfarmer.
- Did you hear about the magic tractor? It turned into a field.
- Who tells chicken jokes? Comedi-hens. (Twins Sam and Andy, with their crazy antics, are My Minnesota Farmer's resident comedi-hens.)
- What did the farmer say when he lost one of his cows? What a miss-steak!



P.S. If you'd like to purchase beef, pork, chicken, hamburger, lamb, a grill or slow cooker share, a mixed meat basket, or granola, visit mymnfarmer.com or call 612-245-6271, and we will get you set up!