

My MN Farmer

Our Family Blessed
To Feed Yours

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Eating Seasonally: Your Rainbow of Produce to Come

By purchasing a CSA share from My Minnesota Farmer, you have made a commitment to **eating seasonally**. That means you eat whatever is ripe and ready for harvest at that point in the growing season. Seasonal food is fresher, tastier and more nutritious than food picked early and ripened as it is trucked across the country.

Eating seasonally with a CSA share offers an opportunity to use some new types of produce and to cook creatively. As you read about what is going to arrive in your share box each week, you can visit the mymnfarmer.com website and click on "Recipes" or explore the Internet for recipe ideas.

Several members take their produce home and immediately clean and prep the food for easy use during the week. They wash and spin the lettuce, rinse and tear the kale from the stems, peel and slice the kohlrabi, chop the onions and garlic scapes and clean the radishes so they only need to reach into the refrigerator and grab these pre-prepped ingredients when dinner prep time approaches.



A side dish made of sauteed bok choy, celery, kale strips and onions.

Members have also told us they have become more comfortable and creative as they combine their ingredients. They find themselves using more spices, and they feel a bit like contestants on "Chopped" or "Master Chef" as they create their own culinary masterpieces.

COMING SOON - COLOR! People refer to the teen and young adult part of life as the "salad days," because they're young, tender, "green," and have a lot to look forward to. Similarly, we refer to the early part of the CSA season as the "salad season."

So far, your share boxes have been filled mostly with tender green lettuces and kale with tiny pops of color like radishes and chard. However, we will soon embark on the heart of the season, when the colors in the boxes turn from predominantly green to the bright reds of tomatoes and peppers, deep red of beets, bright whites of onions and garlic and, before you know it, the oranges of carrots and pumpkins.

Though you've seen a lot of green so far, watch the next few weeks as your share boxes become heavier and more colorful!

Where's the Beef?

Looking for some protein to complement your delicious salads and side dishes? If you'd like to purchase grass-fed beef, pork, chicken or hamburger or a mixed meat basket, visit mymnfarmer.com or call 612-245-6271, and we will set you up!



