

# My MN Farmer

Our Family Blessed  
To Feed Yours

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## Garlic Harvest Time!

On Wednesday our whole family spent the majority of the day harvesting garlic. After spending the very early morning planting new crops elsewhere on the farm, at 9:30 a.m. we set up a tractor sprayer to blow air to fan the bugs away, and got to work in the garlic tunnel.

We harvested 20 80-foot rows of garlic which yielded between 220 and 250 pounds, and everyone helped. Even 4-year-old Ellie worked with us, collecting the garlic as we harvested it.

We harvested until about 4 p.m. and then from 4 to 7 p.m. we clipped, cleaned and sorted the garlic. The oversized heads are saved for seed, and the "table garlic" will be sent out to you and sold at market.



We are excited about the nice crop of garlic we have this year. This is a great storage crop that you can use to season your dishes throughout the coming year. Garlic can be used fresh or dried, or the cloves can be cleaned and frozen for future use. At left, Dean and 13-year-old twins Andy and Sam work in the garlic tunnel.



The month of August is here, and we find ourselves evaluating our season's progress. The early-season rain set us back quite a bit and caused some challenges regarding the field crops. As many of the fields were wet, the growth of some field crops has been slow, and all that rain caused fields to be too muddy to cultivate with the tractor. That put the food crops in competition with weeds, so there's not as much yield. Crops that were compromised included tomatillos, eggplant and some herbs.

We did have some surprises when we were able to get into Field 2 (the wet field). We found some flowering cantaloupe, winter squash, summer squash and zucchini. Also, the carrots and cabbage in the field look good, but they aren't quite ready.

We are thankful for our high tunnels where we can control the amount of water and the level of heat (to a point). Several of the crops you receive in your boxes are grown in the tunnels. These include tomatoes, cucumbers, chard and some beets and lettuce. These are much less likely to be affected by the weather.

Because we've had to send out boxes that are lighter than we'd like, we've been spending extra hours planting and replanting crops in hopes that we can fully stuff your share boxes with organic goodness as the season progresses.

Thanks for being understanding as we take on the challenges the weather presents. After 10 years doing this we've learned, "That's farming, and you just roll with it."

# In your share box this week

❖ **Kale** - Kale, that powerhouse of nutrients, is great in salads, kale chips, or as a healthy addition to your fruit smoothie. Or saute it lightly in olive or coconut oil and, when finished, add a dash of apple cider vinegar for a tasty side dish.



❖ **Tomatoes** - It is BLT season, and we have a great tomato harvest! You will receive slicers or heirloom tomatoes.



❖ **Garlic** - Garlic adds depth and flavor to your dishes. Enjoy it in your casseroles, garlic roasted or mashed potatoes or grill the cloves with your grilled veggies.



❖ **Hot or Green Peppers** - You will receive Anaheim, Jalapeno or Green Peppers in this week's boxes. Jalapenos are the hottest of these three varieties, the Anaheims less spicy, and the Green Peppers are a nice mild pepper for stuffed peppers, grilling or your favorite pepper recipes.



❖ **Onions** - We are enjoying a great onion harvest again this year. Enjoy these tasty onions in salads, hotdishes, grilled or store them for later use.



❖ **Cucumbers** - Enjoy cucumbers in salads, cucumber sandwiches, on your relish tray or as refrigerator pickles. What are some of your favorite recipes for cucumbers? Share them on our My Minnesota Farmer Facebook page. We love to learn what our members are doing with their produce!



❖ **Red Frilly Lettuce** - We are keeping a close eye on the Red Frilly Lettuce. We are hoping it will be ready (and not too ripe) to put in next week's share boxes.



## Chicken with Tomatoes and Garlic

- 1 cut-up chicken
- Salt and pepper, to taste
- 3 tbsp. olive oil
- 1 tbsp. butter
- 3/4 cup white cooking wine
- 3 medium-large tomatoes
- 6 oz can of tomato paste
- 1 medium onion
- 1 package of fresh, sliced mushrooms
- Fresh basil
- 8 cloves garlic

*Now we're cookin'!*



Preheat oven to 375° F. Salt and pepper chicken.

Heat ovenproof skillet or dutch oven over medium-high heat. Add olive oil and butter. When oil/butter is hot, add chicken to the pan. Using tongs, brown on all sides, about 2 minutes. Remove chicken from pan.

Pour in wine (very carefully!), scraping the bottom of the pan to loosen any bits. Cook for 1 minute. Pour in tomatoes and tomato paste. Add salt and pepper to taste, stirring to combine. Bring sauce to a boil, then turn off heat. Add plenty of fresh basil, 8 cloves of peeled (but whole) garlic, and the onion and mushrooms. Stir to mix all together. Add the chicken. Put lid on pot and cook in the oven, checking the doneness of the chicken after 30-35 minutes. Continue to cook until the chicken is cooked through, about 45 minutes total.

Remove lid and check sauce. If it's overly thin, remove the chicken from the pot and boil the sauce on the stovetop for 5 to 10 minutes. Check seasonings and adjust as needed. To serve, pour sauce over cooked pasta, rice, or mashed potatoes, then arrange chicken pieces over the top.

*Member Submitted Recipe*



**P.S.** If you'd like to purchase free-range chicken, pasture-raised pork, grass-fed beef, hamburger, lamb, a grill or slow cooker share, a mixed meat basket, granola or eggs, visit [mymnfarmer.com](http://mymnfarmer.com) or call 612-245-6271, and we will get you set up!