



My Minnesota Farmer CSA

My basket this week may include

- ❖ **Honey Gold Apples or Squash**– These apples are amazingly delicious, at least we think so. ☺ I hope you are enjoying them as much we are. They bruise so easily but they are so juicy and sweet. Hope they are not too bruised up when you get them. These are definitely not perfect store bought apples. I am sending out ones that have marks and funny shapes because I am assuming you would like to have imperfect apples rather than no apples. If I am wrong sorry. Cut them up and enjoy their deliciousness.
- ❖ **Red Romaine Lettuce** – High tunnel four is just beginning to reap it’s rewards. The lettuce and bok choy in there is delicious and beautiful. Hopefully the frost Sat morning won’t affect it too much. It shouldn’t since they are cool season crops and are in a tunnel. This is wonderful lettuce and so crisp and wonderful. It isn’t as large as the lettuce in the beginning of the year but just as tasty if you ask me!
- ❖ **Bok Choy** – Do you remember bok choy from this spring? This is very similar but is small and tender. It still has the juicy crisp stalks though. Great for cutting up in your salad, eating raw with humus or dip or sautéing in a stir fry.
- ❖ **Celery** – Home grown celery doesn’t look the same as the ‘store bought’ celery but the taste is very nice. It has more leaves and has very little stems. If this is too much celery for you to use right now you can chop it and freeze it. It doesn’t even need to be blanched. Then you can use it in soups or stews whenever it works for you.
- ❖ **Green beans (I think we will have enough beans for Monday shares)** – We went out and harvested our last couple boxes of green beans. They are young tender and delicious. I am so glad we had a late frost so we got a crop off of these.
- ❖ **Turnips or Radishes** – Our planting of turnips are ready and delicious. I really like these for fresh eating but you can cook them or sauté them instead if you like. I love the soft texture of turnips and simple flavor.
- ❖ **Sweet Peas or Peas Shoots (Wednesday)**– As long as we don’t have too much frost these will be sent in Wednesday Shares. We were so happy that they grew large enough before the frost really got them. These can be eaten shell and all. The children don’t always like picking these but they sure love eating them. ☺
- ❖ **Kohlrabi** – Enjoy our crisp sweet kohlrabi fresh or try the kohlrabi frittata recipe listed below. These will also last for a long time in the fridge.
- ❖ **Kennebec or Rose Potatoes** – We will be sending out either the white Kennebec or Rose, pink inside, potatoes. They are both wonderfully delicious. We are just rejoicing that all of our potatoes are dug!
- ❖ **Onions** – We still have some onions in the ground! We are working a little each day to get them out. We are down to only needing to grab the yellow onions. The red and white ones are done already. We need to finish this so we can get onto planting garlic already! We can do it!!
- ❖ **Garlic** – This amazing piece of a meal stores well in your fridge. Garlic bread anyone?



Thank You So Much!!!

We really appreciate your support of our farming adventure. We feel so blessed to have members who continue to invest in our farming family. We have had so many wonderful comments this year which help us make it through when the fields aren't cooperating. Thank you again for your support! You are very much appreciated! Sincerely,
Dean and Jean



Sign up for more deliveries at <http://csa.farmigo.com/join/myminnesotafarmercsa/fal12015>

Our children just bought bunnies for 4-H and had their first litter of kits. Want some? ☺ Some are for sale.



Thank you from all of us!
Hope you enjoyed our produce!
Sincerely, Jean, Dean, Abby, Andy, Sam,
Lucas, Joshua, Jonny, and Elizabeth.

Happy Bees

This is one of our 3 hives on the farm. The bees had a great 1st year and now we are praying they do well through the winter. We only took a bit of honey so they have food too. Hope they continue their happy life here. They are great pollinators for all of our plants.



Next Delivery November 22nd

Two box options for the delivery the Tuesday before Thanksgiving....

Fresh and Preserved Produce Box

- ❖ Beets
- ❖ Yukon, Rose and Yukon Potatoes
- ❖ Celery
- ❖ Red and Yellow Onions
- ❖ Pumpkins
- ❖ Homemade Granola
- ❖ Frozen Cantaloupe
- ❖ Saskatoon Jelly
- ❖ Spaghetti Sauce
- ❖ Pickled Beets*
- ❖ Apple Butter*

* If I get them made. ☺

If you need eggs, beef, pork, granola, chicken or fresh Thanksgiving turkey you can order those for the 22nd too.



It's not all work around here. Andy and Abby are sword fighting with their home made swords in the Swiss Chard patch. They were careful around the produce as always.

