



## UPDATES

### April 13 Deliveries

#### *Iowa Fresh Produce*

Spinach  
Lettuce mix  
Radishes  
Turnip greens (sharing table)

### New Newsletter Editor

To clear Marilyn's plate a bit, Corry Bregendahl (that's me) will be your new Farm to Folk newsletter editor this year. Long-timers may recognize me as I've been a volunteer, member, and champion of Farm to Folk and its predecessor, Magic Beanstalk, for 11 years now.

Please send me any items of interest at [corry@iastate.edu](mailto:corry@iastate.edu) or [corrybreg@yahoo.com](mailto:corrybreg@yahoo.com) and I will include them in the newsletter. Thank you!

## Iowa Fresh Farm News

Good afternoon everyone! What a change in weather has occurred! AND not to my liking at all... I was hoping that with those few days of 70 (pushing 80) degree weather, we would see the last of the snow for the year. I realize that snow isn't far off any weather forecast for another 5 weeks or so but I was at least hoping that I wouldn't have to look at it every day yet. We still have a few drifts lurking about here and though they are not as formidable as they were a few weeks ago they still are 'ugly' reminders of a winter I would just as soon forget.

The rain we got the other day/night just didn't get rid of those stubborn piles and yet without the benefit of the sun to dry things out a bit more, all planting has been curtailed for the time being. Fortunately, prior to that I had gotten in all the potato, leeks and onions which all benefited from the rain. I've turned my attention to a more mundane agenda of cleaning buildings and pruning the last of the trees that had before been inaccessible because of the snow. I still haven't decided if I will cut all our lilacs shrubs in the grove completely back or not but they did suffer severe breakage taking the brunt of the snows that blew this winter past. Time will most likely dictate this.

It was nice to get back into the routine Tuesday--seeing new faces and reacquainting with others. Be sure to check your e-mail notices each week as delivery will depend upon what is available until we get more into the season. Initially I figured that an every other week might occur this month but from the appearance of the crops it looks like I will be making a delivery next week for sure---beyond that, I will take it week by week for now.

For Tuesday, March 13, I'll be bringing:

Spinach  
Lettuce mix  
Radishes and  
Turnip greens at the end of the table (take what you want/need)

I will also bring a few more jade plants for those who want one but didn't get one last week. A few spider plants may appear looking for a new home too

## Iowa Fresh Produce News, cont.

as they have resided in my plant house the past 2 seasons. They may need to be cleaned up a bit and will surely look better when repotted. For those who took jade plants last week - you should water them but I would wait to transplant for another month or so as I just put them in the cups the other day.

For the turnip greens- add some young dandelion leaves to the greens for a good spring tonic of greens. Just make sure that the dandelions haven't been sprayed! I like to place 2 or 3 slices of bacon in a large skillet and render out the fat, reserving a tablespoon in the pan and adding the greens. Just the water from the rinsed greens in a covered skillet is enough to wilt them. Add the crumbled bacon to the greens and a splash of balsamic vinegar and you have a fantastic taste of spring. Spinach is equally as tasty with this method if you want something new.

Have a nice day and if it's nice, get out and enjoy it!

Bruce

## Update from Onion Creek Farm

We got a surprising amount done by volunteers last Saturday. Thanks to everyone. There are only two things on the agenda for nice weather coming up.

1. Help plant onions - they should arrive tomorrow and can take up to two weeks to plant.
2. Enjoy the spring wildflowers while pulling garlic mustard in Onion Creek bottoms.

My neck injury is progressing well and I am much more comfortable and am looking forward to removal of neck brace and doing some physical therapy in May. Call them to schedule helping with that at 292-0117.

Thanks to all for your support, Joe

### Reusing Picket Fence Ice Cream Containers

Several Farm to Folk members have expressed an interest in acquiring used Picket Fence ice cream containers and lids. If you have any containers and lids you're not using, please bring them to the site and we'll distribute them to members who are interested in reusing them.

### No April Delivery from Audubon Family Farms

Cindy Madsen will not be delivering to Farm to Folk in April. She will resume deliveries in May.

**New Site Pickup Procedures.** To ensure that members pick up what you order, we will be staffing a check-in/check-out station at each site entrance. For arriving members, we will have a list of all products you have ordered for the week, including CSA produce and dairy shares, greens shares, fruit shares, and a la carte orders. We will review this list with you or your agent as you arrive and depart. We expect this process to be helpful for neighbors or friends who occasionally come to the site to pick up on your behalf. When you or your agent leaves the site, we will go over the list with you again as a checkout procedure to ensure that you have picked up everything your ordered. By instituting a checkout process, we hope to eliminate member errors and oversights and to provide better assistance to new members and your agents. Thank you in advance for your patience in helping us implement this new procedure!

## To Contact Farm to Folk

If you have any questions,  
please contact:

Marilyn Andersen  
Coordinator

Email:  
marilyn@farmtofolk.com

[www.farmtofolk.com](http://www.farmtofolk.com)

Phone: 515-388-5501  
Cell: 515-460-7273

## Update from the Berry Patch

We have already planted the major portion of strawberries, (40,000 plants last week) and also completed the apple pruning. The blueberries are almost 1/2 done, as well as the gooseberries and currants. Hot weather is a concern, because it hastens bloom which is then tender to late frosts. :( The greenhouse lettuce is almost over for the season, however the tomatoes are doing well and should be turning red this month. :) Our strawberries in the greenhouse will keep producing a few boxes / week.

## Update from Crooked Pine Farm

Crooked Pine Farm is enjoying the arrival of spring weather! We are busy preparing brooding rooms in the barn for the arrival of spring and summer broiler chicks, Cornish game hens, and turkeys! If you'd like to reserve a set quantity of turkeys or full-size roasting chickens, please let us know and I'll be sure to add that to our ordering plans. As always, our Cornish game hens are available on the ala carte menu and we look forward to providing additional meat products this summer. Thank you!

## Update from Prairie Sky Homestead

At Prairie Sky Homestead, our winter chicken losses were fewer than in previous years. We credit this in part to our faithful dog, Teddy, who caught and killed two possums! Here, Teddy and our daughter Selena pose proudly.

Our flock has an ongoing relationship with the folks at Emergency Residence Project. Director Vic Moss and one of his assistants, Cynthia, have each had an egg share for more than a year. Any extra eggs we can't sell are donated to the several families they are helping to foster to economic independence. To complete the circle, when they receive bags of stale bread that no one else will touch, our chickens get first "peck" at it.

Our daughter Selena, who is new to our farm, also enjoyed the miracle of new birth in January, when our ewes doubled the size of our flock to 10. All of our sheep have been "rescues", but none so obviously flawed as our lame ram, Elmer, who arrived last year on 3 legs with a long bushy tail. Nonetheless, he accomplished his mission in life. The ewes never looked so lovely as when caring for their young. Here is Princess with Arnold and Apollo.



# News from Picket Fence

## Happy Spring from Picket Fence Creamery!

Hello BEAUTIFUL weather! The forecasters are calling for a 70 degree weekend with plenty of sunshine...great for grazing cows, pony rides, and being in the great out-of-doors! Around here, we are busy hauling the "natural fertilizer" out of the barns and onto the corn and bean fields, so that it can be turned under and planted. Nova, our only spring calf so far, anxiously awaits our customers to venture over and say hello to her! With all of this in mind, we'll invite you to take a little day trip to the beautiful countryside and join us for our monthly 2-farm tour and...

### Springtime Sample Sunday!

**Sunday, April 11 Noon to 5 p.m.**

Woodward FREE admission!

(This event is being held in conjunction with our great neighbors across the highway to the north, Prairieland Herbs ([www.prairielandherbs.com](http://www.prairielandherbs.com)), and Flowers by Donna Jean in town.

**\*FREE local food samples:** Very berry (black and red raspberry) ice cream, Iowa wines, Neva's cheeseball, elk sticks, creamed honey, fresh almond and peanut butters, cheese curds, roasted and salted peas, caramel pecan apple butter, corn cob jelly, spring salad, our own sour cream, "the best chocolate milk this side of the Milky Way," and more!

**Guest Vendors!** Penoch Winery, Adel; the Taste of the Town salsa, Waukee.

**\*Lunch is served!** Grilled brats \$2, hot dogs, pop or chocolate milk, only \$1. Music provided by HB Productions, Altoona.

**\*Kids!** Take a pony ride in the front pasture (free will donation), see Nova, and get FREE pencils! See our neighbor's Jack Russell puppies (call 515-438-2641 for information).

### SUPER DEALS!

**\* Our own 90% Lean Ground Beef...\$2.99/lb w/10 lb. purchase**

**\*Any steak - \$8.99/lb.**

**\*2 dozen farm fresh eggs - \$5 (reg. \$2.99/dozen)**

**\*Iowa wines - 2 for \$22 (back by popular demand!)**

**\*Pella's VanderPloeg Bakery pie and quart ice cream - \$10**

**\*Grill Pack - \$45 - includes: 1 lb. steak, 5 lbs. ground beef, 2 lbs. Iowa chops, 1 lb. buffalo hot dogs, and 1 bottle Picket Fence sauce.**

**FREE 1/2 Pint of Ice Cream with \$25 Purchase!**

**FREE COOLERS WHILE THEY LAST!**

### *Just arrived...*

**\*FRESH SPINACH** - grown in Woodward with no chemicals!!!

**\*FRESH CHOCOLATE PEANUT BUTTER** - made in Dallas Center - it's delicious!

**\*TOM THUMB POPCORN** - this is the hullless variety grown in Perry. We've been waiting for this!

**\*PELLA'S VANDERPLOEG BAKERY GOODS** - Choose from apple, cherry, peach or blueberry pies, apple cinnamon pecan bread, peanut butter monster cookies, Dutch letters, and fresh cinnamon rolls!

**\*TRAFFIC JAM and CAMEL PECAN APPLE BUTTER** from Amish territory in Missouri. Absolutely delicious!

Browse our store full of local and chemical free meats and foods from 90 Iowa families! Try our new s'mores snack mix, and veggie chips.

**That's the update from our farm for now.** You are welcome to forward this message to anyone in your address book who may be interested in an enjoyable afternoon in the country! And if you get a chance, check out our new facebook fan page: <http://www.facebook.com/pages/Woodward-IA/Picket-Fence-Creamery/349752903164?ref=ts&v=wall>.

Hope to see you this weekend. We'll have lots of food and wine samples for you Friday and Saturday as well! All specials start as soon as you receive this email!

### **Easy Wilted Spinach in Bowtie Pasta**

This is something I frequently make that even my kids will eat. My mother is the source of the recipe. It's quick, easy, and delicious.

A bunch of spinach  
Feta cheese, crumbled (I prefer sheep or goat)  
Olive oil  
1 box of farfalle (bowtie) pasta  
Grape tomatoes  
Olives of your choice  
Salt and pepper to taste

Wash and stem the spinach. Boil the pasta and drain. Toss the washed spinach in a bowl and put the hot, drained pasta on top. Toss in grape tomatoes, olives, and crumbled feta. Drizzle liberally with olive oil and add salt and pepper to taste.

Submitted by Corry Bregendahl