



UPDATES

April 20 Deliveries

Iowa Fresh Produce

Spinach
Lettuce
Arugula
Radishes

Newsletter Submissions

If you have any information or news that might interest Farm to Folk members, please send it to corry@iastate.edu or corrybreg@yahoo.com and I will include it in the next newsletter. Thank you!

Iowa Fresh Farm News

First and foremost we will be delivering to the CSA again this week. At this time of year until we are fully into the season, it is a week-by-week decision dependent on produce availability. Be sure and check your e-mail each week for further updates on this matter.

This week in the plant starting house we began flats of melons, both watermelon and muskmelon. I will be trialing a Japanese melon again this year, one I believe we grew years ago which had a mild flavor and went over quite well in Des Moines once people knew what they were. Basically they about look like an over mature pickling cuke. You'll get more info on them later if they become a part of the weekly delivery. We also are finishing up repotting tomato plants- this is normally done two to three times depending up available time and plant growth requirements so that they continue to grow vigorously until they are in their final setting for the season. Even with this weather, it will be several weeks before it is safe to set them outside without worry of frost. Some circumvent this by covering with cloches but here that is a major undertaking ("jugging" as we used milk jugs which then requires a vigilant eye to keep them from blowing away and later on the enormous task of collecting and storing them again). For later season tomatoes we now just wait a few weeks for the calendar to catch up to the weather.

We also made some major steps in cleaning out buildings. It seems this is a never ending chore, however, as items seem to somehow end up in a particular building where the next job begins.

We've begun seeding outside as well. I normally try to wait a bit on this as over the years I've always been antsy to get some seeds in the ground on one of the first nice Spring days only to watch the weather turn for the worse and hence the seeds either sit in the ground or grow slowly. This would be fine. However, for some reason weeds don't seem to follow this as well and can quickly become problematic and overtake the tender veggies. Far better (and easier) to wait and run over the area with a disc another time to further disrupt the weeds and get at them when they are most vulnerable. By week's end I hope to have the first planting in as well as a start on transplanting broccoli, cabbages, etc. Luckily Nick (my son) is studying at ISU and is receptive to the idea of coming home a night for this as it really takes

Iowa Fresh Produce News, cont.

the three of us to get them in the ground. Laurinda, our reluctant tractor driver, tows Nick and I slowly back and forth aboard the transplanter which makes the task so much easier..... well at least faster than planting them all by hand. And most likely only my own! *ha*

For this week: More salads on the horizon in the form of spinach, lettuce, arugula and radishes.

A bit about the "sharing table": At the prerogative of each CSA grower's tables there may be space allocated for "sharing". If you come to the delivery and your family doesn't want a particular item please pick it up anyway and you can place it on the sharing table. Likewise if you find that you want or need extra produce look here. Depending on several factors, I may or may not contribute to this each week. In years past if there is sufficient quantity I have just included it in your regular distribution. To me, this makes the most sense as then the first patron as well as the last person has an opportunity to receive it. Sometimes I will bring some extra and just place it on the sharing table.

Periodically I confer with the coordinators about how much was left at the end. If it seems there is too much I will cut back (in the midst of summer I really don't need to try and create more work)... So in other words IF you see something there that you can use by all means take it or feel free to leave something that someone else might want if your family can't.

Hopefully, if you missed out on the jade plants last week you were able to get one yesterday. My plant house looks emptier now without all of those and the spider plants but I am sure by next season I will have found something to replace them. It seems that is one good thing about farming--a barren area is soon overtaken so it's best to fill it before the weeds get the chance! Enjoy your weekend!

Bruce

Reminder: 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.

Volunteers Are Needed

Next week, I will be e-mailing all of you who indicated a mild interest in volunteering at the site. Volunteers are needed to help restock CSA tables with produce, guiding members around the site to ensure they find what they order, and answering members' questions.

If you don't receive an e-mail but are interested in volunteering once or twice throughout the season, please send me an e-mail at corry@iastate.edu or corrybreg@yahoo.com and I will contact you to find a time in your schedule that works.

Thank you!

To Contact Farm to Folk

If you have any questions, please contact:

Marilyn Andersen
Coordinator
Email:
marilyn@farmtofolk.com

www.farmtofolk.com

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

Clarification of Site Pickup Procedures

Last week, we included a blurb on new site pickup procedures regarding check-in and check-out. We will be more fully implementing this process as the season gears up to ensure that you (or your agent, such as a neighbor, spouse, child, friend, etc.) pick up what you order. After friendly feedback from several of you last week, we want to clarify that this procedure is NOT a policing project. We will not be conducting a search of your bags; we simply want to ensure that items you pay for do not remain on-site unclaimed and that you have not accidentally taken the wrong items (which tends to happen mostly with the dairy shares). In these instances, Marilyn tries to call forgetful members before adding unclaimed items to surplus produce boxes designated for the food pantry. However, as our membership grows to nearly 200 households, it is time-consuming to call each member who forgets to pick up any items so we prefer this new procedure to avoid making personal phone calls.

This is the way we hope this will work: For both check-in and check-out, we have printed an alphabetical list of all members and the CSA shares ordered, as well as a weekly, updated list of a la carte recipients. Several members found it helpful last week to consult the list themselves after forgetting what they ordered during the sign-up period. We encourage you to do a self-check if we are unavailable but we do plan to be there to assist you or your agent. Thank you for your understanding and cooperation as we begin to implement this new procedure. We hope it will better serve our members and reduce the transaction costs associated with distribution.

Food Around Town

Wheatsfield Grocery (413 Northwestern) is holding cooking classes and demonstrations every Tuesday evening from 7 to 8 PM. Here is their schedule for the rest of April.

April 20

Asparagus: Part of our seasonal cooking series

Wheatsfield Produce Manager, Adam Calder

Local Asparagus Grower(Iowa Asparagus LLC), Lynn Nixt

Asparagus is in season! Lynn will talk about her family's asparagus cultivation in Mitchellville. And Adam will share a few classic cooking techniques and recipes that Chef Donna recommended we give a try including roasting asparagus to concentrate it's flavor, a spring asparagus appetizer with prosciutto and Hollandaise sauce and a raw asparagus salad.

April 27

Have Your Cake and Eat It Too!

Madhu Gadia

Join nutrition counselor and registered dietitian, Madhu Gadia as she helps sort through the latest in nutritional jargon so you can enjoy eating again! Her warm personal presentation style and practical experience will provide useful information – regardless of your health concerns.

Arugula and Pear Salad (From www.seasonalchef.com)

Dressing:

2 tablespoons minced shallot
3 tablespoons vegetable broth
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon salt or to taste
Freshly ground pepper to taste

Salad:

1/2 cup chopped walnuts
2 firm red Bartlett pears
5 cups lettuce washed, dried and torn into bite-size pieces
4 cups arugula, trimmed, washed and dried

1. To prepare dressing, whisk shallots, broth, oil, vinegar, mustard, salt and pepper in a small bowl.
2. To prepare salad, toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
3. Just before serving, cut pears into 16 slices each. Place in a large bowl. Spoon on 1 tablespoon of the dressing and toss to coat. Add lettuce, arugula and the remaining dressing; toss well. Divide among 8 plates. Top with walnuts.