



A Little Info from the Farms to Folks

CSA Deliveries for August 10

Berry Patch:

- Red Free apples

Iowa Fresh:

- Tomatoes
- Onions
- Basil
- Yellow wax beans
- Slicing cucumbers

Onion Creek:

- Watermelon?
- Potatoes
- Onions
- Garlic
- Basil
- Tomatoes
- Cucumbers?
- Summer squash
- Peppers- for full share

Small Potatoes:

- Potatoes
- Carrots
- Cucumbers
- Summer squash
- Onions
- Potatoes
- Carrots
- Tomatoes
- Garlic
- Storage onions
- Hot peppers & basil

Greens share

Iowa Organic Assn. needs volunteers

We would love to have Farm to Folk volunteers to help at the Iowa Organic Association booth. We have ten days Aug 12-22 to fill time slots of 9-12 am, 12-5 pm, and 5-9 pm. The Iowa Organic Assn is an all volunteer organization and this is our third year at the state fair where we are able to be the bright spot for sustainable agriculture information. We have lots of consumers with questions and it is rewarding to share our healthy and delicious food experiences with others. Last year we handed out 50,000 samples of organic roasted soy nuts. We will also be having an "Ask an Organic farmer" feature. Our space is at a large 30" booth at the top of the stairs in the Ag building with the famous butter cow. If you will be at the fair and can offer some time, please contact Donna Prizgintas

donnaprizgintas@earthlink.net or 310 666 3449.

All Volunteers will be gifted with a one year membership to the Iowa Organic Assn. Your help is appreciated.

Some reminders from the F2F distribution team:

For people that are splitting SPF veggie shares, the first person to arrive should take **all** of the produce for the share and then leave half for your share partner on the designated table. Some folks have been missing getting the extra items that are not in the box provided by SPF, like tomatoes, herbs etc. Please pick those items up and add half of them to the box for your share partner.

Also, everyone please note the signs in front of each box of veggies on the tables and take the specified number of items from each box. Leave anything you don't want/can't use on the sharing area of the table for other shareholders to enjoy.

News from Iowa Fresh Produce

Modern technology- isn't it great? Sunday evening we were treated to yet another rain drenching electrical storm...nothing amiss outside but our internet was down once again. Luckily I had retrieved Marilyn's ala carte email early Sunday (she's such an efficient and proficient person) but no way to check for any new emails. That's what is so nice about modern technology. I grabbed the cell phone and called Laurinda at her office, she called up our home email on her computer and read the new posts to me and then responded to them for me from her desk. AND that is why IF you received an email from me lately they have been short and concise. You see my wife is a lot like Marilyn- proficient and efficient.

With the turn of the page of the calendar and football season less than a month away I am now spending my hours between harvesting and trying to get in a Fall/Winter planting. The rains have dampened that notion somewhat; however, as each time a crop germinates we have been getting a pounding rain that buries the new plants so that I begin the process all over again. Hopefully we'll get a bit of a relief from that scenario soon. The mower would welcome a rest as well. With everything else it seems hard to find the time to spend mowing every 5 days and yet miss it and I can hardly get the mower through some places. Keeping crops watered has NOT been one of the problems this year.

This week look for:

tomatoes
onions
basil
yellow wax beans
slicing cucumbers

In addition there will be items either added to the list or available at the sharing area depending upon time and quantity available.

Enjoy your weekend!

Bruce

News from Berry Patch Farm

The summer apples are ripe and we'll bring a bag of Red Free for the Fruit subscription on Aug 10.

It's a great time to come out to the Berry Patch for Pick your own raspberries, blueberries and apples. We're open 8 till noon Monday through Saturday during the month of August.

To Contact
Farm to Folk

Marilyn Andersen

Coordinator

Email:

marilyn@farmtofolk.com

www.farmtofolk.com

News from Onion Creek Farm

For the CSA share: Watermelon?, Potatoes, Onions, Garlic, Basil, Tomatoes, Cucumbers?, Summer squash, Peppers(for full shares)

Watermelon! We cut into our first melon last week and were delighted with a sweet and juicy red core. I'm hoping there will be quantities for at least half of the csa members next week. Tomatoes are in their full ripeness and peppers are coming along. I have been working hard to keep the tomatoes disease free and so far it has been successful even with all the rain. We will be replanting salad mix, spinach, radishes, and arugula soon for fall harvest.

Welding, cutting, drilling and grinding. This week has been full of machinery work. I brought back a truck load from Waterloo of useful steel shapes to construct a tillage implement. I am slowly (or quickly depending who you ask) recycling old steel from equipment grave yards and putting them to good use.

We want to hear from you. If you have any comments or suggestions please don't hesitate to call or e-mail: corbincdc@gmail.com or 641-780-5446.

One last thing. I need a Job for the winter. It may be a bit early, but starting in October things on the farm will be winding down and I'll be getting bored. Let me know if you hear of anything.

Thanks,
Chris

Local Grains Project Update from Tomoko

As I mentioned a couple months ago in the newsletter, my bread contains some Iowa grown grains, about 15 %. The rest is from Heartland Mill, an organic flour mill in Marienthal, Kansas.

I've run out of buckwheat for now, which was from Earl Hafner (Hafner, Inc., Panora, Iowa) So this month, my ciabatta bread contains whole-wheat flour from Margaret Smith (Ash Grove Farm, Hampton, Iowa) instead.

For those of you who are bakers, I have some wheat berries from five different PFI farmers. Two bakeries in Des Moines are testing our samples, and if you like to try baking with Iowa wheat, please let me know. I will provide free samples in exchange with your feedback (I'll give you a survey to fill out along with the sample). I can also grind them for you if needed. Please let me know if you are interested, or if you have any questions.

Looking forward to hearing from you!

Tomoko
tomoko@practicalfarmers.org 515-509-3744

Small Potatoes Farm Update

Hello Everyone,

I gave Brian the week off from newsletter writing. He'll be back next week.

Deliveries

Looks like your box will likely include potatoes, carrots, peppers, cucumbers, summer squash, tomatoes, garlic and storage onions. I'll set out as many hot peppers as I can pick, plus bulk basil. Greens share.

It seems the week has gone quickly. We had several more inches of rain, but we are adapting to the environment. Our weeding in rainy weather is has become rather commonplace. We now remove the weeds from the field, thatch them (lay roots on tops in organized rows) or pile them. All allow weeding without those weeds re-rooting again. Cucumbers are coming on strong, new beans are flowering and most of what I planted last week is up.

Despite the rain we had a good garlic year. It has dried down nicely and we are beginning to weigh, inventory and select seed for replanting. Here is a picture of our first variety, 'Music' after it is cleaned, sorted and ready to deliver to you.



Plump bulbs of 'Music'; A beautiful heirloom porcelain-type hardneck garlic at Small Potatoes prior to delivery to CSA members at F2F.

Your farmer,

Rick

Wild Greens Farm

Sprayed

Last Thursday evening around 6pm, a crop duster got a little too close to the veggies.

My field is surrounded by conventionally grown corn on three sides, which wasn't a problem until the crop dusting company didn't follow the part of the map that said "NO SPRAY" over the entire northeastern section of the field, or the online sensitive crops registry which the affected field. Rather than keeping the fungicide at least 100 yards from the previously residual pesticide-free veggies, the pilot thoroughly coated every cornstalk on the border of the field. If you've seen a crop duster soaring tightly over crops in the countryside, you've probably noticed that the billow of white spray that trails behind rarely stays exclusively in the path of the plane.

As I watched in horror from the basil patch (which is fortunately in a smaller garden, sufficiently far from the fungicide spray), the duster swung, back and forth, from east to west, coming increasing closer to the vegetables, until it coated the row of corn just 14 feet north of my veggies. It didn't stop at the end of the corn--the mist coated the grass strip, and very possibly, the edges of the vegetables. I continued to observe as the West and South borders of the corn were also thoroughly sprayed.

Friday afternoon was filled with phone calls to the national pesticide hotline, the Iowa Department of Agriculture and Land Stewardship, and the company which was contracted to aerial spray.

"What exactly was sprayed?"

A fungicide called Quilt.

"How far does spray from a crop duster travel?"

Hard to say. In one documented case, it traveled several hundred feet on a windless day.

"How can I know if my vegetables received drift?"

Plant and soil samples can be taken by the Iowa Department of Agriculture and Land Stewardship, and the results come out about a month later.

"Is it 'safe' to consume veggies that may have received drift?"

It is legal to spray Quilt fungicide on both apples and green onions on the same day of harvest, meaning that it is not very toxic. However, it has not been tested on any kinds of produce that are growing in the plot that may have been drifted on, so it's safety is not absolutely certain. Quilt is not organic, and has not been tested for its affect on ailments that could be slower to develop.

Today an Iowa Department of Agriculture and Land Stewardship pesticide investigator came to my farm and took 20 lbs of tissue samples from both tomatoes and butternut squash plants, as well as 2 soil samples. In a month I will find out the result of the tests, and if they are positive, I may be able to receive compensation for lost revenue (from the crop dusting company's liability insurance). In the meantime, I am disposing of all the veggies with edible skin or leaves within about 25 feet of the corn that were on the plants at the time of spraying. Vegetables that did not have fruit set at the time of spraying, have thick inedible skin (such as melons and winter squash), or have edible parts below ground (such as potatoes) should still be very safe for consumption, with very little pesticide residue.

Sally

Distribution Notes

Site Open from 4:30-6:00

For the next couple of weeks, UCC will be preparing for their annual rummage sale. We will be sharing the Fellowship Hall with them, so please bear with us as we temporarily reorganize our distribution set up. We'll be using the east end of the room.

Recipes

Submitted by Wild Greens Farm

Short-Term Cucumber-Onion Pickles from *Local Flavors* by Deborah Madison

Makes about 3 cups

Here's a great use for all the different cucumbers and onions that find their way into the farmers' market. And what a nice dish to have at the ready, for these sweet pickles keep for about 5 days in the refrigerator. For vinegar, scout around your market and try what's locally made. Perhaps there's some lovely apple cider vinegar infused with herbs. Usually a lighter-style vinegar is desirable with cucumbers so that their delicate flavors aren't overwhelmed. Since vinegar dulls the herbs, you might refresh the pickles with a new sprig just before serving.

2/3 cup white wine or apple cider vinegar

1/3 cup sugar

Pinch salt

2 shiny fresh red or white onions

2 cups thinly sliced cucumbers, peeled only if the skins are tough

a few lovage leaves, fennel greens, or dill sprigs

1 teaspoon mixed whole peppercorns

3 Tablespoons olive oil

1. Mix the vinegar, sugar, and salt and set aside, stirring occasionally until the sugar is dissolved.
2. Thinly slice the onions into rounds, and then toss them with the cucumbers, herb, and peppercorns in a noncorrosive bowl.
3. Add the oil to the vinegar, stir well, and then pour over the vegetables. Toss well, then cover and refrigerate. It's best if the pickles can sit for a day before being used.

Volunteers Needed!

It looks like we have volunteers signed up for August 10, but need people for later in the season. Please indicate your availability by going to:

<http://www.doodle.com/62ztb2isdc2db7gb>.

Thanks to last week's volunteers: Jeannette Johannsen and Lea Johannsen