

A Little Info from the Farms to Folks

CSA Deliveries for August 17

Berry Patch:

-3# bag of apples

Iowa Fresh:

- Potatoes
- Garlic
- Onions
- Tomatoes
- Summer squash
- Cucumbers
- Peppers

Onion Creek:

- Onions
- Garlic
- Potatoes?
- Basil
- Tomatoes
- Peppers?
- Hot peppers
- Watermelon/ melons
- Cucumbers

Small Potatoes:

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

No Greens share

Small Potatoes Farm Update

Hello Everyone,

Deliveries

Next week your box will likely include potatoes, cucumbers, carrots, peppers, summer squash, tomatoes, garlic and storage onions. We'll also try bringing some bulk basil and hot peppers.

No greens share next week.

Thanks for all the compliments on the tomatoes. Stacy is very strict about never letting a split, damaged, or even slightly diseased tomato out for a delivery.

Here are the descriptions again for those of you that requested them. The red slicers are 'Jet Star', greens are 'Aunt Ruby's' heirloom, medium pinks are 'Rose de Berne', the dark ones are 'Black Prince' and the yellow is 'Azoychka'. 'Aunt Ruby' is often large and is ripe when green. It is yielding, starts to get just a blush of pink on its end and smells heavenly when ready to eat. 'Rose de Berne' is a French heirloom and is so, so fragile. Be very gentle with it. 'Azoychka' has the most beautiful yellow of any tomato I've seen. A very productive Russian heirloom found at the Bird Market in Moscow.

Eat well,
Rick and Crew



Our current line-up: Black Prince, Rose de Berne, Aunt Ruby, Jet Star, Azoychka

News from Iowa Fresh Produce

Good afternoon. I use the word "good" loosely as the only good thing about all this heat and humidity is that each day we make it through means one day closer to some more moderate weather ahead. I admit: Its weather like this that my mind wanders off to fall... cool, crisp evenings and a touch of frost in the air. Of course after a bit of that and a few days of moving snow and my mindset is that the heat and humidity would be a welcome change. Maybe that's why I enjoy what I do? Each season has its pitfalls and yet one can look forward to the next season, thinking of only the good attributes it brings. Who would have thought, while moving all that snow last winter, that come August I'd have a hard time just keeping the grass mowed? AND we'd be experiencing yet another 500 year flood! I hope we all can get back to "normal" soon.

This week look for:

potatoes

garlic

onions

tomatoes

summer squash

cucumbers

peppers

Work around the farm has slowed down this week as I try to escape the hottest portion of the day and not stay out too long come evenings as the mosquitoes view me as a "portable blood bank" or a "meals on wheels" these days depending upon what I am trying to accomplish.

I hope everyone stays high, dry and cool in the upcoming week,

Bruce

News from Berry Patch Farm

The early apples are ripe and we'll bring a three pound bag for each Fruit subscription on Aug 17.

You can get to the Berry Patch for Pick your own raspberries, blueberries and apples via Hwy 30, south on S14 then east on 280th St. 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

I don't think you can call it rain. I should probably start growing rice. Well the beans are done and I'm still waiting on the summer squash. The lower field had a couple feet of water as onion creek broke its banks. We may have a short fall season crop as it will be some time before I can get into the fields. I'm still working hard; If not in the field then in the garage fixing and building machinery.

This week for the shares:

Onions

Garlic

Potatoes?

Basil

Tomatoes

Peppers?

Hot peppers

Watermelon/ melons

Cucumbers

Chris Corbin

641-780-5446

Onioncreekfarm.com

Wild Greens Farm

In this week of absolute inundation, we were lucky to receive only minimal damage. An inch or two of standing water stewed in the Northeast corner of the field for a couple of days, but didn't cause any plants to die. The larger impacts were seen in areas outside of the standing water--summer squash and zucchini rotted on vines well above the soil, and the first signs of tomato disease began to appear.

On a brighter note, I bring you the discovery of two refreshing dog days survival strategies. The first is a magical recipe for Lemon Basil Lemonade, which, believe it or not, is zestier than lemonade made in a more standard fashion. Second is the arrival of melon season, and with it, frozen melon cubes that can easily be blended into an all-fruit smoothie. Slurp on that! (And, let me know how it goes: wildgreensfarm@gmail.com)

Sally



Flooded melon field



Sun Jewel Melon

Iowa Organic Association Volunteers Needed

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 donna prizgintas@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.

Volunteers Needed!

We have just one volunteer signed up for August 17, and would like to have 2 more. We need people for later in the season too. Please indicate your availability by going to: <http://www.doodle.com/62ztb2isdc2db7gb>.

Thanks to last week's volunteers: Jeannette Johannsen, Amy Logan, and Alaina Christian

Recipe

Lemon Basil Lemonade from Wild Greens Farm

Makes 1 Quart

1/2 c. rinsed, lightly packed fresh lemon basil leaves

3 Tbsp. sugar

3 c. water

1/2 c. freshly squeezed lemon juice

2 Tbsp. honey

In a 1-quart measure, combine basil leaves and sugar. With a muddler or wooden spoon, crush leaves until thoroughly bruised. Add water, lemon juice and honey. Stir until sugar & honey are dissolved. Pour through fine strainer into ice-filled glasses. Garnish with sprigs of fresh lemon basil.

