



CSA Deliveries for August 24

Berry Patch:

-Apples

Iowa Fresh:

-Green beans
-Onions
-Tomatoes
-Misc. veggies

Onion Creek:

-Onions
-Garlic
-Heirloom tomatoes
-Summer squash
-Cucumbers
-Watermelon

Small Potatoes:

-Potatoes
-Tomatoes
-Summer squash
-Green beans
-Garlic
-Onions
-Peppers
-maybe cucumbers

Iowa Fresh Produce Update

Good afternoon-

I feel I must begin today with an apology to you CSA members about last week's delivery. The heat and humidity has not only taken its toll on the garden and we growers but my cooler as well. As it is only me at home now all responsibility falls on my shoulders. In order to get everything done I begin to put the delivery together on Monday. The cooler had not been cycling on and off properly over the weekend so I should have double checked the produce before loading it up. Thankfully it was brought to Marilyn's and Corry's attention and was taken care of. I feel bad for any inconvenience it might have incurred upon you. The items were in addition to the amounts I had originally intended. The cooler has been repaired and seems to be working fine now.

The green beans look like they should be ready for next Tuesday. Look for those as well as tomatoes and probably the last of the onions. I walked the melons yesterday and found a few ready. They were disappointingly bland with all the recent rainfall so I may just till the crop under. In addition to the beans and tomatoes I will bring an eclectic mix of veggies as I begin gleaning some of the areas. The fall squash will be ready shortly and looks promising.

Bruce

Editor's note: The distribution site team checks produce for quality/spoilage problems as it is delivered but cannot look at every item due to volume and time considerations. Fresh produce is delicate and the producers strive to bring high quality produce. If you ever notice any poor quality produce please help us out by bringing it to the attention of a staff person so it can be removed from the table.

Brian's Corner of Small Potatoes Farm

Tomatoes, tomatoes, tomatoes. Also in your delivery from this farm, summer squash, some wonderful small potatoes, a touch or more of green beans, garlic ('Music'), onions, peppers, and maybe some cucumbers.

I do hope that all of you folks in and around Ames are well and good and high and dry. It has been a crazy year to be sure, a friend of mine (who lives there in Ames) asked me a couple of weeks ago about my family and all back home in eastern Iowa after the Lake Delhi Dam broke and caused some decent flooding on the Maquoketa River. All was fine but now it is my turn to ask her how she is doing. Some pepper plants have succumbed to the standing in water they did for a couple days and have died, the grass around the farm is for sure growing faster than it should be in August.

The back-up van has turned into the not-quite-so-mobile storage container where tomato boxes, burlap bags, pint containers are stored, and is guarded by a rather large nest of wasps. (Side note: wasps actually eat other insects, a good thing.) With all of these gorgeous, delicious tomatoes needing to be packed up and delivered, the call for more boxes came around, so Rick opened the door, rummaged around and was stung in between the thumb and forefinger. I ended up grabbing some boxes and lids out without being stung, and then put them in the barn. A couple days later the call was again put out for more boxes. After opening the door I asked if all of the boxes were used up from the barn. Well, after 2 stings (elbow and earlobe) and some cursing, the boxes with lids were found in the barn, so Stacy is up next for box retrieval.

The farm has a diverse and healthy population of pollinators according to the people who know, entomologists from Iowa State University. Insects are being collected most every week, and the full reports will be forthcoming. Tillie marched around the farm tonight, yelling and blowing a whistle to get Rick and I to stop and get ready to go collect some wonderful pears and apples from a couple in town who have the best trees and yard, minus the horrible mosquitoes and the highway speeding by, with two different kinds of apple and pear trees a wonderful old grape vine, blackberries the size of your eyeball, raspberries, and a nice sized strawberry bed. A welcoming and nice couple indeed.

For those of you heading back to school one of these days, have fun. For those who aren't, keep enjoying the summer!

Brian Hayward

To Contact
Farm to Folk
Marilyn Andersen
Coordinator
Email:
marilyn@farmtofolk.com
www.farmtofolk.com

News from Berry Patch Farm

Blueberry Season is about over. You can still come to the farm for pick your own. Red and gold raspberries are also in season now. We are open for pick your own from 8am till noon, Monday through Saturday during August.

For the Fruit subscription this week, we'll bring a bag of apples. Apples should be refrigerated when you get them home for best quality.



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 two volunteers signed up for August 24, and would like to have 1 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 and Dave Brotherson

Recipes

Simple Avocado Tomato Salad from the Eat Real Good website

- [dairy-free](#)
- [gluten-free](#)
- [vegetarian](#)
- [vegan](#)
- [5 ingredients or less](#)
- [low-carb](#)

This Simple Avocado and Tomato Salad is easy to prepare as well as easy on the eyes! Bright red tomatoes stand out against fresh avocado and red onion for a simple but surprisingly delicious dish. Nix the chips, this is salsa and guacamole deconstructed but taken to a whole other level.

Ingredients

- Salt, to taste
- cooked black beans (optional)
- 3 large tomatoes
- 1/2 Medium Red Onion
- Cilantro for garnish
- Half lime
- 3 Medium Hass Avocados

Preparation

1. Begin by pitting avocados then chopping avocado into half inch cubes.
2. Dice tomato and red onion.
3. Bring vegetables together in a bowl, then toss with lime juice and add salt to taste.
4. Garnish with cilantro if desired.
5. Enjoy! (Serve over cooked black beans for a complete meal.)