



## CSA Deliveries for August 31

### **Berry Patch:**

-Apples possibly honey crisp

### **Iowa Fresh:**

-No delivery

### **Onion Creek:**

-No delivery

### **Small Potatoes:**

- Potatoes
- Tomatoes
- Summer squash
- Melons
- Garlic
- Onions
- Peppers
- Cucumbers
- Eggplant
- Some surprises

## Iowa Fresh Produce Update

Iowa Fresh will not deliver on Aug 31.

## Brian's Corner of Small Potatoes Farm

Those wonderful 'French Fingerling' potatoes are done for; onto the next and last variety, 'Green Mountain'. Along with 'Music' garlic, storage onions, whatever we can grab of the tomatoes, cucumbers, summer squash, melons, peppers and eggplant. Plus some surprises! Don't worry nothing bad.

It seems more like autumn these days, so watch out for winter squash!

The circus came to Perry the other day. I went to help 2 neighbors today and got there just after they had finished. I found a petrified animal bone today whilst digging potatoes, and the Catfish Jamboree is this weekend!

Brian Hayward

# News from Onion Creek Farm

I went to Grinnell heritage farm last weekend for a machinery workshop. It was nice to interact and console with other growers. For a while there I thought I was one of the only grower struggling this year, but it turns out many other Iowa produce farms are having difficulties. The 11 inches of rain we had a couple weeks ago not only destroyed some of your food for the fall, but plantings of fall arugula, salad mix and spinach were set back due our heavier soils not drying in time. Additionally, the peppers which like a dryer climate got a disease and have been slow to put on fruit. I have been thinking a lot and am a bit disappointed in the over all volume and variety that has been available for the CSA, but this is what a CSA is about. In good years food is abundantly shared and in bad years the grower has some security from all the risk they put in when planting the crop. It is just a bit disappointing that the bad year had to be my first year. The one thing I don't want is a bad reputation because I do wish to continue next year. If any of you are very disappointed in the CSA, please let me know and we might be able to work something out.

I have decided that next week there will be no delivery. We will see how the following week goes and what kind of quantities of food we have. Since we just planted salad mix etc a couple of days ago it will not be ready till the end of September. I do plan to continue later into October. I will also be buying some carrots from Gary Guthrie and putting them in the CSA deliveries. I may also source a couple more items from local farms. We will still deliver the following: sweet potatoes, winter squash, salad mix, arugula, radishes, tomatoes, garlic, onions, carrots (Gary Guthrie).

I have attached a Photo of the lower field. You can see the tops of the summer squash and a canoe Joe used to paddle around.

Thank you for you understanding and please do call or e-mail if you have any questions or concerns.

Phone: 641-780-5446

E-mail [corbincdc@gmail.com](mailto:corbincdc@gmail.com)

thanks,

Chris Corbin



**Photo of the lower field at Onion Creek Farm: You can see the tops of the summer squash and a canoe Joe used to paddle around.**

# 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 in season now as well as several apple varieties. 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, possibly honey crisp if they are ready.

Apples should be refrigerated when you get them home for best quality.



## To Contact Farm to Folk

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### 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 volunteers for Aug 31. We may still 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, Anita Maher-Lewis and Jessica Maher-Lewis.

# Recipes

Tomato Confit from thefoodnetwork.com

## Ingredients

- 3 tablespoons extra virgin olive oil
- Salt
- Freshly ground white pepper
- 3 cloves garlic, peeled, split, germ removed and finely sliced
- 10 basil leaves, torn
- 4 sprigs thyme, leaves only
- 2 bay leaves, broken
- 20 ripe plum tomatoes, peeled
- 1/4 to 1/2 teaspoon sugar

## Directions

Center a rack in the oven and preheat the oven to 200 degrees F. Line a baking sheet with foil and pour about 2 tablespoons olive oil evenly over the pan. Sprinkle the oil with salt and pepper. Strew a little of the garlic, basil, thyme, and bay leaves over the oil. Cut each tomato lengthwise in half and carefully, with your fingers or a tiny spoon, remove the seeds. Lay the tomato halves cut side down in the pan, wiggling the tomatoes around if necessary so that each tomato has a floss of oil on its cut side. Using a pastry brush, give the tops of the tomatoes a light coat of olive oil. Season the tops of the tomatoes with salt and pepper and a little sugar, and scatter over the rest of the garlic, basil, thyme, and bay leaves. Slide the pan into the oven and bake the tomatoes for 2 1/2 hours, or until they are very tender but still able to hold their shape; turn the tomatoes over at half-time and open the oven for just a second every 30 minutes or so to get rid of the moisture that will build up in the oven. Cool the tomatoes to room temperature on their pan. When the tomatoes are cool, transfer them to a jar, stacking them neatly. Pour whatever oil remains in the pan over the tomatoes and then, if you plan to keep the tomatoes longer than 1 or 2 days, pour in enough olive oil to cover and refrigerate.