



Updates:

August 11 CSA Share Deliveries

Iowa Fresh veggie:

- Green beans
- Tomatoes
- Potatoes
- Onions
- Sweet corn
- Broccoli
- Carrots

Small Potatoes veggie:

- Garlic
- Peppers
- Squash
- Carrots
- Tomatoes
- Potatoes
- Cucumbers
- Basil & Parsley

Small Potatoes greens:

- Chard or kale

Fruit Shares:

- None this week

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News from Small Potatoes Farm

Hello Everyone,
Deliveries

Tuesday, we'll likely be bringing garlic, peppers, squash, carrots, potatoes ('Kennebec'), basil, hot peppers, parsley, tomatoes and cucumbers. We'll send an updated list as time approaches. Beets, eggplant??? Beware, some of the romas have a bad inside, but we can't tell until they are cut open. If you star in a cooking show, don't slice them on live T.V.

Greens share - chard looks pretty good. New greens are up and look pretty good so far, so hopefully we'll have a little better rotation soon.

Boxes

We'll be going back to boxed deliveries next week. For some of you this will be new, others may remember doing this in the past. We simply have run out of room in the van for the large styrofoam coolers and frankly its dangerously crowded. Half bushel waxed boxes can be loaded more efficiently with the same amount of produce.

All you need to do is pick up your box and take it with you. When you come back next week, return the empty box. They are easy to open and fold up when done. Just pinch the flaps along the fold. Many people like to bring a canvass bag to transfer their share into at distribution so they don't have to remember to bring their box back the next week.

At the Farm

With the lack of rain, we are catching up on weeding. These weeds are another burden of mine and I like nothing more than looking at a clean field of healthy crops. The best looking field currently is the pepper/eggplant/sweet potatoes field. Stacy spent her Saturday removing every weed and raking the soil. Really.

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News from Small Potatoes Farm continued from p.1

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We've also got the yard mowed - for only the second time this year. If we lived in town, the city would surely have fined us by now for being unkempt. But we live outside the law and any subdivision covenants. All this new tidiness has its price, though. Some production, most notably squash and cucumbers, are taking a dive for lack of moisture.

We are hoping to be part of a university study on native pollinators. We have such a varied and robust natural bee population on the farm. And we'd like to know why. My theory is our reconstructed prairie, zero insecticide use, flowers on field edges, flowering shrubs, use of flowering cover crops and undisturbed timber areas all contribute. Stacy wanted me to tell you our bees are so laden with pollen on their legs and wings they can barely fly. She spends a lot of time in the pepper field, where there are always a lot of bees and seems fascinated by them each visit. Can't blame her.

Our worker Brian is a real rising star at the farm. Stacy let him run the washing machine this week. This washer is really used as a commercial sized salad spinner. Currently we are spinning basil and arugula in it, but in the spring hundreds of pounds of lettuce go through it. She has a very particular ritual that ensures a nice dry end product. And she is very reluctant to let anyone else do that job, lest a moist leaf be stored in the cooler. I am not normally allowed to do it, because, "You don't get it dry enough." Congratulations Brian.

In Other News

Last, but not least, people have been asking for an update on my mother-in-law. Two items of interest. First, she is going to see Warren Buffet at his Iowa furniture store appearance. She would be interested in being his girlfriend (... "because he has lots of money and he's never home..."). Two, she believes there is a conspiracy by the U.S. Postal Service to remove all the post boxes she uses. This is important because she will not use her home mailbox to send mail. Apparently, about 30 years ago when she lived in an apartment, some kids took mail from the buildings tenants. She deems the current use of her home mailbox unsafe because of this historic incident.

Rick, Stacy and Tillie

News from Iowa Fresh Produce

Good afternoon everyone-

Finally that time of year where I don't have to scratch my head in contemplation of what to bring on Tuesday. Seems everything is beginning to mature, whether it has done well or not, as Mother Nature ever so slightly adjusts her clocks to shorter days. This has got to be one of the cooler Summers I can ever remember but then time does have a way of blurring the memory a bit (some might attribute this to old age but now that I am approaching that or there, depending upon your perspective) ALL Iowa Summers seem to be a bit on the unordinary side. Be it too much rain, too little, too hot or too cold at least living here we never worry about the weather getting too monotonous! Seems with the cool weather the melons are even slower to be setting this season. "Normal" years they seem to come on just about time the state fair is over. In keeping with the current trend this season I look for them to be somewhat later than that- late this month or perhaps the beginning of September.

Wow! Seems strange to be thinking of September already! I hadn't thought about that at all until last week when I was working on the delivery schedule for the CSA. Last week marked the midpoint of the season. We had made 13 deliveries and have another 13 if the crops and weather allow it through the month of October. Of course as the season wanes so does the availability of veggies but over the course of the next few weeks you should have bulging fridges. If your fridge balks at that notion you may want to blanch some items and freeze for use later on.

This week look for:

Tomatoes
Potatoes
Onions
Green beans
Sweet corn (?)
Carrots
Broccoli

The other day I took a bit of time to play around making supper. I marinated tomatoes, cucumbers and onions in vinegar brine and the reject baby potatoes boiled and then sautéed in butter and garlic salt and topped at the table with fresh Parmesan.....the little morsels exploded in your mouth as the skins ruptured. I used to have a person that wanted me to "save" these for her and now I know why. They are the perfect size to pop whole into your mouth and would do well as appetizers.

Experiment and enjoy

Bruce

Contact Information

For questions about Farm to Folk contact:

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515-388-5501 or 515-460-7273

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Marilyn@farmtofolk.com

News from Berry Patch

Fall raspberries are beginning to ripen. Blueberries continue to be in season now too. Pick your own hours for August are Monday, Wednesday and Saturday mornings 8-12. We will skip August 11 delivery to go to a strawberry grower's conference.

Full Circle Farm

Full Circle Farm now has ground beef available in addition to steaks, roasts, stews, etc.

Use this link for info on buying a quarter of beef.
http://www.farmtofolk.com/fullcircle_beefinfo.doc



Ralphy and Progeny

Recipes

Sweet Pepper Pasta Toss with Kale

Adapted from: <http://allrecipes.com/Recipe/Sweet-Pepper-Pasta-Toss-with-Kale/Detail.aspx>

INGREDIENTS

- * 1 (8 ounce) package uncooked farfalle (bow tie) pasta
- * 1 tablespoon olive oil
- * 1 medium red bell pepper, chopped
- * 1 medium yellow bell pepper, chopped
- * 2 cup roughly chopped kale, or more to taste
- * 4 cloves garlic, chopped
- * 1 pinch dried basil
- * 1 pinch ground cayenne pepper
- * salt and ground black pepper to taste
- * 4 ounces feta cheese, crumbled

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

2. In the meanwhile: eat oil in a skillet over medium heat. Stir in red pepper, yellow pepper, kale and garlic. Season with basil, cayenne pepper, salt and black pepper. Cook until vegetables are tender (you may want to cover the pan for a few minutes to steam the kale).

3. In a large bowl, toss cooked pasta with skillet mixture. Sprinkle with feta cheese to serve.

Pesto Sauce

Adapted from the Easy Pesto Sauce from Vegan With a Vengeance

- 1/2 cup pine nuts
- 3 cups packed basil leaves
- 3 cloves garlic, smashed and coarsely chopped
- Salt to taste
- 1/2 cup extra-virgin olive oil
- 2 T nutritional yeast (optional)
- 2 teaspoons lemon juice (optional)

Combine nuts, basil, garlic, and salt in a food processor or blender. Process while you add olive oil in slow steady stream. Add the lemon juice and pulse to combine. The sauce should be the consistency of a slightly grainy paste, not a puree.

For More Recipes

This site lets you enter the ingredients you have and it gives recipes using those ingredients:

<http://mealplanner.eatrealgood.com/>

Small Potatoes Farm website:

http://www.smallpotatoesfarm.com/CSA_Cooking_Tips_Index.html

F2F member Joanna Steven is a proponent of raw foods and posts many recipes here:

<http://joannasteven.blogspot.com>

Your recipes welcome!
Submit to
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