



A Little Info from the Farms to Folks

Updates:

August 18 CSA Share Deliveries

Iowa Fresh veggie:

- Green beans
- Tomatoes
- Cukes
- Summer squash
- Choice of broccoli or cabbage
- Beets
- Bell peppers

Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Potatoes
- Cucumbers

Small Potatoes greens:

- Kale

Fruit Shares:

- Apples

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News from Small Potatoes Farm

Deliveries

We'll likely be bringing garlic, peppers, squash, carrots, tomatoes, potatoes ('Kennebec'), and hopefully more cucumbers. We'll bring any hot peppers, basil and parsley in bulk for those that would like some. If things change much, we'll send an update.

Greens share - new greens this week, red Russian kale and winterboer kale.

At the Farm

Things look well at the farm and we have things pretty well organized. Brain, Pedro, Stacy and I are feeling pretty good about our progress. Please feel free to visit us this Sat. the 15th. I will make the farm available for visitors from 1 to 5 pm. No need to call and children are especially welcome.

Melons started turning this week and our green beans are in full flower with some beans setting. I will be thinning cabbage and hope to have a late season crop. This is the first time we've grown them, so its a learning year for sure. There is a little arugula and cilantro coming along and may be deliverable next week. We continue weeding and fighting the Imported Cabbage Looper Butterfly. She's laying a lot of eggs, which means a lot of caterpillars in the Brassicas.

Harvesting, digging, cleaning, packaging and delivering are taking up half our days. Two fields of cover crops are set to mow (today?!). The last planting of tomatoes were trellised again. We had to cover our last plantings of root crops with burlap, to keep the seed bed evenly moist. With our recent rain, we had pretty good conditions, so now burlap is being rolled back up and rocks that held it down put away. We had about 500 feet rolled out.

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In Other News - by Stacy

[We left Friday night for my parents and came back Sunday this last weekend. Here is a note Stacy sent my mom.]

Our refrigerator broke again, for the fourth time in five years. The third time for a breakdown while we were out of town. Explain that.

All of the dairy was rotten, etc... We had to unload it that night and throw food away. Very gross. The freezer continues to work so it is likely a switch or relay, but we decided enough was enough and went out and bought a new one today. We hate shopping and could only bring ourselves to go to Adel. It was pretty painless, though Rick mentally checked out and was overcome several times by off-gassing of the vinyl from the new appliances.

We got a smaller one with no bells or whistles. It may arrive next Wednesday. Every time Tillie wants milk or juice we have to make the long walk down to the barn... at least we have that fridge to use temporarily.

We stopped on the way home at an abandoned farmstead. The owner died two years ago. It had been a dump while she was living, but had since been looted. The house was open; all the food in the kitchen was still there were it was when she died. Dead animals scattered about. A freezer (presumably full of meat, etc...) crawling with flies trying to get in. Stuff everywhere, clothes, books, mattresses ... all moldy and dirty.

We were checking out the corn crib when a noise above caught my attention. I looked up and through the cracks in the wood I saw a leg moving around. A hobo is rolling about trying to stay out of view of Rick who is ahead of me. I motioned to Rick and said something loudly about the mosquitoes being bad and let's go. I mouthed to him that somebody was up there and made the "lets get the hell out of here" gestures. Instead of backing up with me, he starts up the ladder to confront this hobo whilst I'm frantically waving and shaking my arms and head, mouthing "No! No!"

He gets his head near the opening and says, "Who's up there?" No response. Now I'm out in the grass in fits, making gun and knife signs with my hands (who knows what that guy has up there) insisting silently that he get down and get out. He could see I was adamant and upset, so he jumped down and he walked back to the car and left. It was rather disturbing. I still have the smell of death and rot in my nose.

Rick, Stacy and Tillie

Contact information

For any questions regarding Farm to Folk contact:

Marilyn Andersen
515-388-5501 or 515-460-7273

Email marilyn@farmtofolk.com

News from Iowa Fresh Produce

Hello everyone-

We survived last weekend! Originally I had thought the storm damage was further away than what it actually was. Nick had a friend over Sunday evening (from Ellsworth) and his car was riddled with hail dimples. Broken windows and downed branches and trees were the norm for those folks. We had a few small branches to clean up but basically the crops went unscathed other than the corn being bent over at unusual angles and lettuce that was almost embedded in the surrounding soil/mud. One of our neighbors stopped by Monday and lost everything on a farm they farm 2 miles from here..... corn was laid over and bean fields hardly discernible other than for a few remaining stubbles. Then Tuesday when I made my trip to Ames I saw just how close the damage had come--corn fields as close as one mile away show tremendous stress from the leaves shredded by the hail. All in all I consider ourselves to have been quite fortunate - powerless for two hours was actually about the ordeal we suffered.

And with all the rain we got the mud was prolific. Its been years since I've taken off my shoes to harvest but that seemed the only way to navigate thru the zucchini patch- the mud oozing between yours toes and a hose down before entering the house made for invigorating times considering the well water comes out of the spigot at about 54 degrees. Cucumbers were harvested in the same fashion though we pick those into 5 gallon buckets and soon we were lugging around an extra 5 pounds of mud impacted on the bottoms of the pails.

I did get lucky in planting this week too. Saturday afternoon I planted more lettuce, a few beds of spinach and some kohlrabi. All seem to have made it through- even the spinach which is often times a challenge to germinate this time of year. The lettuce is already visible as rows, the kohlrabi plants have taken hold with all the rain and even the spinach is showing signs of germinating well.

This week you will be receiving:

green beans
broccoli (probably the last of this season) and/or cabbage
cukes
summer squash
tomatoes
beets
bell peppers

I soon lose my (non)hired man- Nick. He's really been a big help this season taking on the harvesting of several crops and allowing me more time to attend to other matters. He's also taken over most of the mowing as well so that's like giving me another whole day per week to work.....He'll be heading off to Iowa State in another week or so and is already planning to eat them out of house and home with the unlimited food served buffet style in the dorms now. Our refrigerator will no doubt enjoy the reprieve from all the hanging upon the open door it's endured this Summer.

Enjoy your weekend!

Bruce

Recipes

Pasta Alla Norma

Submitted by Joanna Steven

INGREDIENTS:

1 onion, chopped
1 garlic clove, crushed
1 14-oz (400g) can diced tomatoes
6-oz spaghetti or angel hair pasta
1 small eggplant, thinly sliced
2 tbsp fresh basil leaves, chopped
1-1/2 oz (40 g) crumbled feta
1-oz (25 g) freshly grated Parmesan cheese
Olive oil

DIRECTIONS:

1. Gently fry the onion in 2 tbsp of olive oil.
2. Add the crushed garlic, cook for about 30 seconds, then add the tomatoes and salt & pepper. Lower the heat, and simmer gently on 20 min, until the mixture thickens.
3. In another pan, fry the eggplant slices in enough olive oil until tender. Add them with the basil leaves to the tomato sauce.
4. Turn off the heat and cover the pan while you cook the pasta.
5. Mix the cooked pasta with the tomato sauce, and add half the feta and Parmesan. Toss well, and arrange on a serving dish.
6. Sprinkle with the leftover feta, and serve with the Parmesan and some olive oil.

Here is a link to an **okra recipe**:

<http://www.kitchengardeners.org/2007/10/lebanese-okra-and-tomato-stew.html>

Joanna says she ate this dish as a kid in Lebanon. She also comments that if we don't cook the okra too long it won't get slimy.

This recipe link suggested by member Cheri Thieleke:

<http://animalvegetablemiracle.com/Frijole-Mole.pdf> She says:

"We especially like the Frijoles Mole (originally came from "Kitchen Garden" book in slightly different format)...great way to use up beans!"

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.smallpotatoefarm.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
Marilyn@farmtofolk.com