



A Little Info from the Farms to Folks

Updates:

August 25 CSA Share Deliveries

Iowa Fresh veggie:

- Green beans
- Tomatoes
- Cukes
- Summer squash
- Cabbage
- Sweet corn (perhaps)
- Carrots

Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Potatoes
- Melons

Small Potatoes greens:

- Collards or chard

Fruit Shares:

- Apples

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News from Small Potatoes Farm

Hello All,

Deliveries

Friday we'll be bringing garlic, peppers, squash, tomatoes, carrots, potatoes ('Rio Grande' - an unusual Russet type) and melons. We'll likely add a few things and send an update closer to next week.

Greens share - collards or chard perhaps.

Boxes

Remember to press the crease on your box folds to open them on top and bottom. Otherwise they rip and have to be thrown away early in their life cycle. Also, if you have any Small Potatoes egg cartons that could be reused, please drop them off at distribution.

Worms

Would you like some composting worms? Dani, farm CSA member from Minburn, has a whole tote of them that have outgrown their space. Call her at 677-2633 to make arrangements if you'd like them.

Potluck

Mark your calendars. We are hosting the annual come to the farm potluck on Sat. Sept. 19. Bring table service (and a chair if you want to make sure you have one) and something to eat. You can explore the farm and sit around trading recipes. Barn doors open at 4 pm. Eat at 5 pm.

At the Farm

We've been busy harvesting. Brian is learning to harvest more things, such as carrots, okra, squash and beets. He's doing a fine job, but is stuck between the packing shed (managed by Stacy) and the harvesting (managed by me). I'm inclined to prompt faster harvesting, while Stacy encourages more careful harvest selection and sorting. He's finding a good balance, though.

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News from Small Potatoes Farm continued from p.1

We are really in a rainy cycle, putting me in the doldrums. I have tillage I'd like to do, and some late cover crops to plant. Each time I'm ready to go it rains. Today we received about an inch and a half. I fixed the gutters I was so depressed.

I'm looking forward to some cooler weather and again, wish I had a couple of beds of fall lettuce planted. Our winter squash has done so well this year. I have even seen some fruit maturing already. But, if it stays warm, the tomatoes and green beans will surely benefit. Yes, I planted some late green beans and they are about a week away from being ready to start picking. I've been doing peas early in the season and beans late, which seems to be working just fine.

The spray planes are flying about over the county. I suspect for soybean aphids. I've noticed a lot of aphids on our plants. The entomologist that works with the farm says they are all very plant specific, but common sense says otherwise since I find them on cucumbers, rutabagas and collards. Where in the world would collard aphids come from in Iowa? In other bug news, Stacy has found some Colorado potato beetles on the eggplant. We are after them.

In Other News

Poor Stacy had another breakdown on route to deliver to Ames on Tuesday. I was out harvesting squash with Brian when my neighbor stopped by. I thought he'd come to tell me to take a hike, as I unleashed a diatribe against the Farm Bureau on him earlier in the day. But, no, Stacy had asked him to stop and send me up to the phone as she was having car problems. He said he'd wished he could help more, but was on his way to a Farm Bureau meeting. Hmmm.

Anyways, I made it inside and listened to the messages. The first, I could tell she trying not to cry. The second that she had reached Marilyn and crew at Farm to Folk to help finish deliveries (thank you all for helping out!). She sounded better on the second call. Then the phone rang. I arranged that Tillie and I would drive to Ames, get her, our boxes and fix the van. Springing into action I grabbed the tools and supplies I anticipated needing, opened the door to the backup van and.... was chased off by a swarm of angry hornets. Having not the time for my usual deference to the natural world on the farm, even when the natural world is inconveniently located, I took up a tennis racket and fought my way successfully to the van.

In the end, we all made it home - with the broken van. The alternator had quit working and the battery had run down. Everything turned out fine except for one small incident. News of the hornet massacre apparently made it to Ames, whereby a sympathetic honey bee stung Stacy on the finger. She says it still hurts.

And finally, for the fans of mother-in-law updates: My mother-in-law says she is considering buying a new refrigerator because her freezer is too small... It is actually empty at the moment because she does not cook. Ever. But she reasons "if people lived at my house that did eat, there would not be enough room in the freezer".

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

Like the barn Swallow nest nestled in above our front door Laurinda and I are now officially "empty nesters" having settled Nick into his dorm room at ISU yesterday afternoon. It will be a period of adjustment everyone tells me and I am cognizant of some of those changes already.....having ate supper at the dorms with him last night and seeing two tall glasses of milk, a bowl of oatmeal, an apple, a banana, an orange, 3 slices of pizza and 2 servings of smoked turkey consumed I am fully aware that our fridge door may begin squeaking due to lack of use. BUT I do lose his help as well and will really miss the hours that we've spent together - bonding in the zucchini path or some special project- not so sure that he WILL miss it as much as I will however!

Fall plantings are about done now. The last few beds were seeded earlier this week and today's rain is welcomed to get them germinated. In the near future I will begin pulling out spent tomato vines in the hoop houses. My intention is to plant them with spinach, greens etc.; those crops which survive with minimal heat and have them to offer a la carte after the season is over. If you have any ideas or desires please let me know and I will look into the feasibility of them.

Cool weather continues to consume me. Now that fair time is about past the melons should be getting ready. Walking out amongst them this morning however the melons are few and far between. Due to the unseasonably cool Summer and the obvious lack of many bees I was surprised to see as many as I did. Some fruit have aborted as it takes many trips to the flower before a melon will actually grow. Hopefully in several weeks they will begin ripening but the season may be a short one. For some reason I am preparing myself for an early frost- seems the weather has been amok all season. For the record the earliest frost in the 17 years we have lived here is September 20th so perhaps my feelings are unwarranted. (I hope so!)

Tentatively this week you will receive:

tomatoes
cucumbers
Summer squash
cabbage
carrots
green beans
sweet corn (perhaps)

Hopefully you are enjoying the bounty of Summer. Perhaps you have a few too many zucchini or cukes and not sure what to do with them. Think outside the box. Add grated zucchini to quick breads or cakes to make them moister,,, cucumbers sliced and put in a vinegar brine make great "fresh" pickles or cut in half lengthwise, scoop out the seed cavity and dice the remaining pulp. Add this to your favorite fresh salsa recipe for unexpected refreshing aftertaste after the initial heat from the salsa dissipates in your mouth. Fresh cabbage is not only good for cole slaw but also steamed or to bring out its real homegrown sweetness try frying it in a bit of olive oil. Or you might freeze a portion now to enjoy later on. All too soon it will come to an end.

Enjoy your weekend,
Bruce

Recipes

Mozzarella and tomato bruschetta

3-4 small tomatoes seeded and chopped
4 oz fresh mozzarella cut into 1/4" cubes
1/4 kalamata pitted olives chopped
1-2 T fresh basil chopped
1-2 T extra virgin olive oil
1-2 T balsamic vinegar
Salt to taste
Combine 1st 4 ingredients and serve on fresh slices of baguette or other nice bread. Drizzle with oil and vinegar

Feta and tomato

1 8-oz baguette
1-2 t olive oil
1 1/4 c. chopped tomato
1/4 c thinly sliced green onion
1/4 c thinly sliced black olives
1 T fresh thyme
1/2 c. crumbled feta cheese

Preheat broiler
Slice baguette 1/2" thick
Drizzle olive oil over bread and toast under broiler about 2 min
Combine tomatoes, onion, olives, and thyme in med. bowl. Spoon on top of bread. Top with cheese. Broil 3-4 min until bread is toasted and cheese bubbly.

Fresh Basil Pesto Recipe

- 2 cups fresh basil leaves, packed
- 1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup pine nuts or walnuts
- 3 medium sized garlic cloves, minced
- Salt and freshly ground black pepper to taste

Directions:

Combine the basil and pine nuts or walnuts in food processor and pulse a few times. Add garlic and pulse a few more times. Slowly add olive oil in a stream while food processor is on. Stop to scrape the sides with a rubber spatula. Add cheese and pulse till well blended. Add salt and black pepper to taste.

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
Marilyn@farmtofolk.com