



A Little Info from the Farms to Folks

Updates:

August 4 CSA Share Deliveries

Iowa Fresh veggie:

- Beans, green and wax
- Tomatoes
- Zucchini
- Choice of broccoli or cabbage

Small Potatoes veggie:

- Onions
- Sweet peppers
- Hot peppers
- Squash
- Carrots
- Potatoes
- Cucumbers

Small Potatoes greens:

- Chard or kale

Fruit Shares:

- Blueberries

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News from Small Potatoes Farm

Hello Everyone, Deliveries

We'll send an updated version over the weekend, but likely we'll be bringing onion, sweet peppers, hot peppers, squash, carrots, potatoes ('Kennebec') and cucumbers. More about the hot peppers - the short, small ones are serrano, the long thin ones are cayenne and the larger ones are a paprika type. I described them from hottest to mildest.

Greens share - chard or kale. There were eight greens left over last week. F2F moved them from their regular spot and you may have missed them. One of you mentioned to Stacy that there aren't always greens each week. In fact, we pretty consistently bring them. You'll have to talk to Marilyn or F2F staff if you are having trouble finding them.

At the Farm

We hung up our storage onions this week. They fared better than the mild annual onions that the wet June/July weather gave fits to. They certainly aren't as big though. We planted them from seed, which is a little risky. It is hard to keep any amount of onions grown from seed from going to the weeds. Many years ago we vowed never to grow onions from seed again, but time healed those wounds and our weeds are now more under control.

We hoed and or hand weeded sweet potatoes, peppers, tomatoes, cilantro, basil, flowers, greens, carrots, okra, melons, beans and beets. It was a great week to weed. Some tomatoes were further trellised. The old garlic and pea fields were tilled again in preparation for a cover crop.

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News from Small Potatoes Farm continued from p.1

Birthday

It's Stacy's birthday on Friday.

In Other News

Since our neighbor has a single, female guinea, I suggested we bring over our single male and see if we could play the matchmaker. The day after we had made our arrangements, our neighbor stopped over to report that a raccoon, or some other nocturnal animal, had eaten her that night. It is a tough neighborhood for guineas. Ours will have to be content with its own reflection in the truck bumper a little while longer.

Tuesday was a hard day all around. Stacy nearly ran out of gas in the middle of nowhere while delivering a van loaded for Ames CSA deliveries. She was very appreciative to all our members who helped her unload when she arrived in Ames.

That morning we were bombarded by a plane that was spraying a field in the section to the south of our farm. He turned right over us while we worked. Very low. I'm inclined to believe it was on purpose, and at least it wasn't necessary. I complain a lot about ground and aerial spraying near us. This could only be a result of retaliation, negligence or extreme indifference. Fortunately, he didn't actually spray us, but an accident could have easily happened. If any of you feel you could bring any resources to bear to protect your vegetables and the farm in the future, I would be interested to hear your ideas.

Also, if you have any dates in mind for our CSA member potluck at the farm this year, forward them on to me.

Rick, Stacy and Tillie

News from Berry Patch

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

Full Circle Farm

The link to information about buying a quarter beef did not work last week. Here is the link:

http://www.farmtofolk.com/fullcircle_beefinfo.doc

Sharing Table Clarification

I must apologize for the confusion surrounding the use of the sharing table this season. There is a sharing table at the end of each CSA veggie share for members of the CSA to use. Veggie share holders please take your complete share from the boxes. If there is something you don't want or need in your bag, place it on your respective sharing table for other members of that particular CSA to take if they can use.

This is a change from past seasons, so hope this will clarify how it works.

News from Iowa Fresh Produce

Good afternoon all-

I just read in one of this week's farm publications that this may be the coolest July in quite some time. I can believe it! No dog days yet where you just want to find a shady spot and hope the sun hides behind a cloud for just a break in the heat. Days have been nice, nights almost cold! Well at least for this time of year. As a result some of the Summer veggies are taking their own sweet time in producing... Guess they will arrive on their own time and not any time frame I had hoped for.

This week we are beginning another round of the last beans and some of the Fall crops. Planting will end in a couple weeks to ensure that even such quick seed to produce crops such as radishes have a chance to mature before the onset of cold weather. AND IF we are in the midst of the hottest part of the Summer now who knows what Fall will entail? We could use a nice rain any time now too. I've been planting in dry soil (we have good subsoil moisture but the top couple inches are pretty dry, especially after tilling) Irrigating helps but it seems Mother Nature always does a more thorough job.

This week you should receive:

Tomatoes
zucchini
Green beans
wax beans
choice of broccoli or cabbage

This is tentative at this time. Sorry about last week's distribution (if you don't like surprises). This year has been somewhat difficult to predict just what will be available the following week. I try to pick crops I know will be ready but last week I had some extra time Tuesday morning and was able to get the beans picked in time and though there wasn't enough broccoli last week for everyone considering how much damage was caused by vermin on the first planting I wanted to get some to you as soon as possible.

For those that have gotten past years e-mails this will be repetitive but for those that are new this year try grilling your beans- either the green, wax or both!. It's simple to do too. On a sheet of aluminum foil splash a bit of olive oil. Place your beans on the sheet and add garlic or onions and a bit of salt. Top with a second sheet and crimp over the edges of the foil to "seal" the packet. Usually takes about 45 minutes on a moderate grill. The green ones are good but I actually prefer the wax beans grilled as it really brings out the meaty flavor of them. Grilled beans taste very similar to those that you receive at Chinese restaurants. MMMMMMMM good

Enjoy your weekend!

Bruce

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Contact information:

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Recipes

Rosemary Red Potatoes

Adapted from:

<http://allrecipes.com/Recipe/Bellas-Rosemary-Red-Potatoes/Detail.aspx>

INGREDIENTS

- * 6 red potatoes, scrubbed and cut into wedges
- * 3 tablespoons olive oil, or more to coat the potatoes
- * 1 tablespoon chopped fresh rosemary
- * salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pour oil into a 9x13 inch baking dish. Place the potatoes into the dish, and stir until coated. Sprinkle with rosemary, salt, and pepper. Cover with aluminum foil.
3. Bake in the preheated oven for 30 minutes, and then uncovered for 10 minutes, or until the potatoes are tender. Stir the potatoes occasionally to ensure even cooking.

Zucchini Patties

Adapted from: <http://allrecipes.com/Recipe/Zucchini-Patties/Detail.aspx>

INGREDIENTS

- * 2 cups grated zucchini, squeezed in a cheesecloth until dry
- * 2 eggs, beaten
- * 1/2 cup all-purpose flour
- * 1/2 cup grated Parmesan cheese
- * 1/2 cup shredded mozzarella cheese
- * salt to taste
- * 2 tablespoons olive oil

DIRECTIONS

1. In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.
2. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

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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