



Updates:

July 14 CSA Share Deliveries

Iowa Fresh veggie:

- Tomatoes
- Lettuce mix
- Arugula

Small Potatoes veggie:

- lettuce
- onion
- carrots
- potatoes

Fruit Shares:

- Raspberries
- Blueberries

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News from Small Potatoes Farm

Hello Everyone,

Deliveries

We'll send an update on deliveries as the weekend nears, but it looks like we'll be delivering lettuce, onion, carrots and potatoes. We should have some beets and peppers in the near future.

A greens share bunch went missing last week. Be careful not to accidentally take one if you don't have a greens share. We'll bring an extra this week for the person that didn't get one.

At the Farm

Breakdowns and rain seem to hamper our ambitious plans. The van, the backup van, a tractor and now the truck is headed to the shop for a repair record for the month of July. We really would like to be hanging our garlic to cure, but it rains every time we step toward the field. Once the garlic is up, we'll select our seed for next year, let the garlic dry for a few weeks and then begin delivering it.

Most of our squashes, cucumbers and melons are out from under their protective row covers. We've been happily surprised at the low populations of squash vine borers and squash bugs. I'm sure this will change. We have been cleaning up the weeds in these cucurbit crops, so when they start to send out runners and cover the ground, we won't have to delicately walk through them and try to do it.

I've planted a lot of fall crops this week in between rains. Just as the ground has been ready I have quickly put them in before it rained again. The germinating conditions have been near perfect and I have arugula, beans and other crops already out of the ground. I also planted cabbage, a first here at the farm, plus rutabaga, more carrots and beets, broccoli, more basil and greens. The tomatoes are also almost all mulched and look pretty good. There are many fair sized fruits and we are looking forward to eating and delivering tomatoes soon. Continued next page.

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I was also able to prepare and plant our two fallow fields to their second cover crop. One field planted to sorghum-Sudan grass and the other to buckwheat. Again, just in time for a three quarter inch rain. I expect they will come up nicely and capture plenty of carbon this summer. Maybe we'll get a lucrative cap and trade deal from a coal plant.

In Other News

Brian has his hat back. Resting it over a post while we worked on the barn, it was forgotten. During one of our stormy nights, a family of tree frogs snuggled up underneath it and stayed perched there. Brian had little choice but to leave it where it was and for many days hat and frogs lived on the post. It finally was blown off and the frogs moved on. Other animals are keeping us entertained. A squirrel had a brood in the front yard. The three bounding babies have been out exploring. I'm trying to keep the cats well fed so they let them be.

And finally, Tillie is beginning to earn her keep. At the annual Minburn Fourth of July celebration, she was a magnet for the parade participants who threw candy to the crowd. We loaded up a small bag for ourselves. We are very much looking forward to Halloween.

Rick, Stacy and Tillie



Cover crop of vetch and rye ready to be cut at Small Potatoes Farm

News from Iowa Fresh Produce

Good afternoon everyone!

Well another Tuesday and another storm. Seems we have been on quite a roll for the last couple of weeks! I thought I would miss out on it yesterday but the threatening skies grew northward and about 5 we were hit with gusty winds, torrential rains and hail. Doesn't appear to be any serious damage to crops however the fields are still oozing with mud even at noon today (Wednesday) Normally our sandy soil is capable of handling the rains and then drying off but apparently yesterday's was just a bit too much. And i can't even tell you how much it was. Seems I finally set out a rain gauge a few weeks ago but the ground has been constantly moist around the house and the gauge blew over in the winds. Buckets, the pickup box and anything else that holds water seemed to have right around an inch of water sitting in them. Not bad for a 45 minute storm!

Mercifully today is overcast so the humidity is bearable had it been sunny today I imagine the temperatures would have been near sweltering. Still too muddy even for hand weeding, I have been working in the greenhouse today- removing old pea vines. We will most likely plant some late European cukes in there as I have a few plants of them left yet. The rains did help the latest planting of beans which erupted through the soil with the added moisture yesterday. Some late zucchini and winter squash remain a question mark yet however as the heavy rains caused some washing out of soil and basically "replanted" those seeds to a deep depth. Beans are in full flower now and i had hoped to have enough for distribution next week but at the moment it appears that is a bit hopeful. Most likely it won't be until the following week.

What to expect on Tuesday:

Tomatoes- coming on better now so hopefully more than just a taste of them this week

Lettuce mix

Arugula- add to your salads or use to prepare an arugula pesto or vegetable dip (replace arugula for spinach in your favorite spinach dip recipe)

Zucchini are blooming now but the bees are sadly missing. I haven't replaced mine since they died out last spring due to collapse disorder. Last year was discouraging to have a couple healthy hives going into the winter only to find them completely devoid of bees (dead or alive) last spring.

Pollination still continues with other insects although not to as good an extent as the bee. So far this season bumble bees don't seem to be flourishing either. Toads, on the other hand are prolific! Seems every time you turn around you see one or two hopping away trying to elude me. Between those and ground squirrels if you get something in your distribution that "tastes" like chicken... just call it chicken and keep your family happy!

Bruce

Contact Information

If you have any questions about Farm to Folk contact:

Marilyn 515-388-5501 home
515-460-7273 cell

Marilyn@farmtofolk.com

News from Picket Fence Creamery

Join Picket Fence Creamery for some fun in the sun!

We hope you are enjoying your summer and having lots of fun in the sun. We know our cows are having plenty fun in the sun as they graze and the same goes for our kittens and the calves we welcomed in the first week of summer. This weekend we would like to invite you to join us in the country for another...

Three-farm tour and "Fun in the Sun"

SAMPLE SUNDAY!

July 12 Noon to 5 p.m.

Admission is FREE!

(This event is held in conjunction with our great neighbors to the north, Prairieland Herbs and Northern Prairie Chevre, and also Flowers by Donna Jean on Main Street of Woodward.)

Here's our yummy lineup for this weekend...

FRESH CARROTS (Grown in Woodward-no chemicals) - \$1.99/generous bag

FRESH IOWA RHUBARB CRISPS! (Baked locally) - \$6.50

FRESH HERB RANCH DRESSING! - \$4.99/jar

FRESH PEA, MACARONI, SPRING AND RED POTATO SALADS! - \$3.99

Local food samples: Susan's sample table will feature fresh cheese curds (including all varieties: white cheddar, dill, hot pepper, garlic and garden herb blend), root beer float ice cream, Neva's cheese ball, fresh made natural and honey roasted peanut butter, creamed honey, elk sticks, Two Sister's spring pasta salad, barbecue sauce, cherry jam, and much more!

Guest vendors: Visit and sample with the owners of Adel's Penoach Winery, Russ and Franks BBQ, Des Moines, and Sun Rise Farms, Woodward.

Music! Enjoy a variety of music by HB Productions, Altoona.

Lunch is served! Picket Fence grilled quarter pound burgers and fixin's - **\$3**, hot dog - **\$1**, kettle cooked chips - **\$0.50**, chocolate milk - **\$1**, ice cream - **\$1**, root beer floats - **\$2!**

Kids! Join the fun in the hay with a hay maze and find your lost treasure in our treasure hunt! Also enjoy the company of our bottle calves, FREE kittens, and Jack!

"2-fer's Deals!"

2 bags cheese curds - \$6 (Reg. \$3.29/bag)

2 jars of Russ and Franks BBQ- \$9 (Reg. \$5/jar)

2 bottles of selected Iowa wines - \$20 (Reg. \$12-\$14)

2 jars of Beaver Creek Farms cherry jam - \$9 (Reg. \$4.99/jar)

2 dozen farm fresh eggs - \$5 (Reg. \$2.99/dozen)

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News from Picket Fence Creamery

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Super Deals:

Fresh rhubarb crisp and a quart of ice cream for only \$10

Buy a local salsa and get a bag of fresh tortilla chips for \$1

Any steak for \$9.99/lb. Choose NY strip, rib eye, filet and sirloin!

90% lean ground beef, \$2.99/lb. (with a 10 lb. purchase - Reg. 3.99/lb.)

Featured Foods: Sweet breads, fruit crisps, 9" deep dish lard crust pies, Pella Dutch letters and breads, new Pella brats, cheese brats and bacon, Kalona noodles, wines from 10 Iowa wineries, fresh apple, pecan, and strawberry rhubarb pies, pumpkin walnut bread, and low fat carrot craisin muffins and..."The best chocolate milks this side of the Milky Way!"

Well, that's all of the news for now. Feel free to forward this message to any and all in your address book who may be interested in spending a great afternoon in the country! We hope to see you this weekend. Remember, the specials start as soon as you receive this message! For more information, visit www.centraliowasmallfarms.com.

Your friends,

Jenenetta Marisclan (summer intern author of this months news letter)

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Reiman Garden Art Fair

Sunday July 12 from 9am till 4pm will be the Seventh Annual Garden Art Fair at Reiman Gardens. Admission is \$5 for adults, \$3 for youth 4-17 and is free for children 3 and under, CoHorts members and ISU students with identification.

Over 70 local and Midwestern artists (including your F2F coordinator, Marilyn at booth 58) will be displaying and offering their work for sale. Food and live music will be available during the day.

Recycling Reminder

Please return your clean berry boxes, berry baskets and egg cartons for recycling.

Thanks!

Recipes

Zucchini pasta and Marinara Sauce

By Joanna Steven

Ingredients:

2 zucchinis, spiral sliced, shredded, or cut into noodles with a vegetable peeler
1 medium tomato, diced
1/2 cup water
1/2 cup sun dried tomatoes, soaked for 1 hour or so
1/2 t dry basil
1/2 t dry oregano
1/4 t thyme
1 T balsamic vinegar
1 T olive oil
Pinch salt
Black pepper to taste



Instructions:

Blend all the ingredients except for the zucchini until smooth. Toss with the zucchini noodles and serve immediately.

Mancumma? Jicumgo? Or maybe Cucamango?

By Glenda Stormes-Bice

We weren't really sure what to call this summer salad with jicama, cucumber, and mango. Whatever you want to call it, it sure is good.

1 jicama, shredded
2 small cucumbers, quartered and sliced
3 mangos cut into bite size pieces
2 limes, juiced
Salt to taste
Medium-heat pepper powder (optional)

Still looking for the right pepper flavor. We tried some chipotle powder on the first serving and decided it was better without. I juiced the limes directly over the shredded jicama before adding the cucumber and mango so that it would soak up a bit of that flavor. Jicama tends to be a little bland, but is great for crunch. Dead ripe mangos are best. And we used one really long seedless cucumber instead of 2 small. Fabulous salad.

For More Recipes

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

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

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