



Updates:

July 7 CSA Share Deliveries

Iowa Fresh veggie:

- Sugar snap peas
- Lettuce mix
- Onions
- ????

Small Potatoes veggie:

- to be determined

Small Potatoes greens:

- to be determined

Fruit Shares:

- raspberries

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News from Small Potatoes Farm

Hello Everyone,

At the Farm

We've been weeding like mad, even when it was 95. Even as of last weekend I was 'freaking out', as Stacy claims, that we were too behind in weeding and other tasks. I had planned to attend a field day Saturday, but in an anxious moment exclaimed I must cancel to keep working. She prompted me to go anyway. I had a great time, learned a lot and can say as of this moment we are in pretty good shape.

I didn't go into detail about our storm last week. The storm blew in quickly. By the time we got tools and tractors put away, we were absolutely soaked. Standing in the shop, Brian and I kept wondering aloud if we should go to the basement. About then, a night hawk blew within three feet of the shop door, the tree outside leaned over and Brian claims the shop moved forward on its foundation. We immediately headed for the basement - the first time this year. Two barns were lost just a few miles to our south. After a week, though, the crops look better. Some peppers, eggplant and Brussels sprouts have quite a lean, but are growing. The onions are recovering, although slowly. Even the small lettuce might turn out o.k. (If you are still reading this, we'll probably distribute a small amount of lettuce randomly Fri.). Two large limbs were broken in the yard, a table was thrown and smashed, and a barn door was broken. Small fruits either died or carry a hail tattoo.

Major work this week has included weeding all the tomatoes, peppers, eggplant, sweet potatoes, beets and any remaining lettuce beds. We took row covers off some cucumbers and winter squash and weeded those beds. I tilled in our cover crops and am looking forward to planting more, most likely sorghum-Sudan grass. I'm planning on starting my mid-season planting binge of basil (2nd), greens (2nd), cabbage, and broccoli/cauliflower (2nd).

SPF News continued next page.

News from Small Potatoes Farm continued from p.1

The Great Escape

Our traveling WWOOF'ers left last Thursday. Remember, these are people who travel specifically to organic farms to work up to six hours per day in trade for room and board. Two stories weave themselves together to culminate in a comic tragedy.

First, not content they should waste away their days in bed or on the computer, I finally composed for them a schedule of activities with timelines. Be assured, it was still about half or less of the work everyone else does, but it seemed to cause great strife for them.

Secondly, they had run out of gas money. Apparently, going to town for ice cream and movies depleted their funds. To solve their latter problem, the boy WWOOFer asked me for an 'honorarium'. To which I replied "no". My response actually took about a half an hour or more, touching often on their work ethic, sleeping habits and their speed when they did work.

But after a day, I began to feel sorry for them, concluding their age and upbringing were more responsible for my disappointment in them than anything. I took aside said boy WWOOFer and told him were they to complete satisfactorily their work for tomorrow I would give them a gift of \$30. He apparently didn't clearly appreciate his bargaining position as he rejected the offer and asked for a greater amount. My counter offer was clear, "Just do it for you room and board then!"

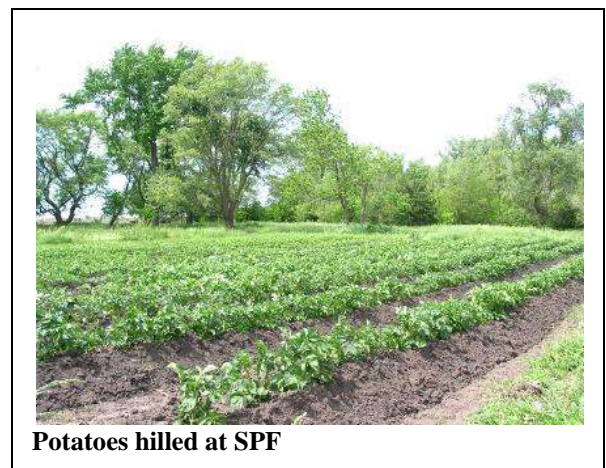
And these events collided to produce what is now known as the Great Escape. Early the next morning they arose four hours earlier to steal away from the farm forever. First stop town where his dad had wired them money. Unfortunately for them, we were all up harvesting already. Without a sound or door click they packed all their belongings into the VW bug they came in. In one glorious moment they fired the ignition, gunned the engine and slammed the tranny into reverse. We all stood up from our washing or cutting and turned our heads in unison to the drive. As we fixed our eyes on the car lurching backwards an explosion of sound erupted. It sounded like in a cartoon, where a piano had been dropped from a tall building. All echoes and resonance and eerie low notes. The car stopped and the two young travelers jumped out and ran to the back of the car. The inspection revealed the untimely death of their guitar. Unsecured in their rush to leave, it fell from its rack and was run over. We all watched in disbelief as they carried its carcass to the burn pile in a somber procession.

In Other News

Tillie has taken up screaming. She also lost the remote control to our TV digital converter, so we haven't had television since the digital switch date. Stacy's mom claims she would like to travel more, but is reluctant to board a plane if she can't see the instrument panel while in flight. And finally, the mosquitoes are becoming annoying.

Have a safe 4th.

Rick, Stacy and Tillie



News from Iowa Fresh Produce

Hello everyone-

The Spring garden is slowly ceding to the Summer garden. With the temperatures all over the board recently, this is making for a slow transition. The heat has done in all the spring vegetables; however, this recent cool down is not helping the Summer ones to mature. Hence, production wise it's another slow week. Rather strange how vegetables can be so drastically affected by the temperature like that and yet weeds continue to thrive no matter what is thrown at them. SO instead of harvesting this week much of the time has been spent on weed control. The "BIG* tractor (which if you talked to my neighbors haven't used anything that small since the 50's) handled the cole crop cultivation and my smaller tractor got thru all the melons, zucchini winter squash etc once again. I've never been able to amass enough mulch so try to keep the topsoil from crusting and allowing weeds to grow. Good in theory perhaps but a wet week and everywhere seems to turn to a lush green. So it's always nice when I can put down the roho and cover ground a bit more quickly. Now that I've been through it all once again since the last rains I need to roto till and/or hoe between the plants.

Seems my replanting of the squash a week ago was not all for naught as the ground squirrels only seemed to find a fraction of the hills. Same in the zucchini patch though I did see a couple of them scurrying along, belly scraping the ground when I was out there on the tractor....appears a new brood has been born as well so I may have to get after them once again. Another planting of green beans went in this morning.

The first zucchini plants are just now blooming so it will still be a couple weeks before we see any real quantity of them. Beans are now all blooming as well though I have yet to spot any small pin beans in them. Seems the first planting always takes so long before they are ready to pick (or perhaps I am just getting impatient for a meal of them!)

This Tuesday you will receive:

the last of the sugar snap peas
lettuce mix
onions
and hopefully???

With summer vacations upon us please remember to have someone pick up your share when you are gone. Or with advance notice some other arrangements can be made. The end of the month we may miss a Tuesday distribution ourselves as a summer vacation to SD badlands, Mount Rushmore, Devils Tower etc is in the planning stages here. Not sure how I will cope with that notion however as I have never been away from the farm more than a 1/2 day during the Summer in some 23 years.

I hope everyone enjoys the holiday weekend...be safe. Bruce

Contact information:

If you have any questions about Farm to Folk please contact:

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News from Full Circle Farm

Hello everyone. We miss visiting with you in person on Tuesdays and welcome this newsletter opportunity to try to reconnect with you. I'm thinking of an old song that goes "Things are always changing and I guess they should. Cause good ain't forever and bad ain't for good" or something like that. Can anyone set me straight on the lyrics and source?



Changes at Full Circle Farm

2009 brings several changes to Full Circle Farm. We have fewer acres, having sold about 70 to the Iowa Natural Heritage with a conservation easement. INHF manages the site for a soon-to-go-public nonprofit with intentions to build a wildlife rehabilitation center. That's a good match for our own little eco-farm. But less land means we can nourish less livestock. Fortunately we were able to sell part of our herd to another organic grass fed beef operation in northeast Iowa. It's a blessing- to know that our animals are still on healthy grass and living together.

We also have less manpower this season. So we scramble a bit. Hanging out at the church on Tuesday is a luxury we had to decline with regret. That's why you haven't seen us. We are grateful to Marilyn for taking over both ordering and distribution for us this year.

Some Things Don't Change- We are still stewards first, producers second.



Stewards First

Rest assured we are still raising all natural Angus on our certified organic farm and delighted to deliver each Tuesday. We still use immaculate Midwest Pack in Nevada for reliable processing. (You can't get more local than that.) And we still bring the beef to Farm to Folk at our wholesale prices.

Extraordinary Stew

I'm sure you've noticed that we are temporarily out of ground beef. Don't feel bad, we don't have any for our kitchen either. It will be available to you again in July. Meanwhile, I have been playing with our stew.

Now, if you're thinking of stew meat that is scrappy stuff, a random mix of odds and ends, then I want you to reconsider. Full Circle Farm stew beef is cut from a full Angus steer. What we usually ask to have set aside for sirloin roasts, ribeyes and T-bones went into the stew. It's great!

I've made at least one batch every week this summer in the crock-pot. I must say that I usually associate my crock-pot with winter cooking but it's turning out to be a four season ally for me. If I get my stew act together in the morning, all I have to do is make the salad and slice some bread and cheese in the evening. Don is grateful! Continued next page.

News from Full Circle Farm

Continued from previous page

My not-so-secret tactic is to dredge the stew bits in ground flaxseed not flour- gluten free and omega plus. Here are some of the seasonings and sides I've tried: Fresh garlic, sea salt, and basil for the pzazz. Kohlrabi, beets, and last minute spinach- just to wilt -for the veggies. Then there was the allspice, mustard seed, and ginger mix with chard and snap peas. According to Don I got a little heavy on the ginger so he had to temper his stew with yogurt. Nice rescue. Now I'm planning a curried version with pistachios and sweet corn. Hmm...

The stew meat is on sale right now for \$4.00 per pound. Feel free to indulge and please give me your recipe.

NEW FARM PHONE NUMBER

It's 515-230-9245. If you're out our way, give us a shout.

Keep breathing,

Nan, Don, Tobey, Zeke, Maxwell, George W., Ralphie, and all the girls and critters at Full Circle Farm

Recipes

Wilted Kale Salad with a Creamy Chipotle Dressing

By Russell James (submitted by Joanna Steven)

Posted on Greenchefs (<http://gliving.com/#more-122>)

I used 8 ounces of greens (6 oz of red kale + 2 of spinach), and used cumin and garlic to season as I didn't have chipotle peppers. The rest of the ingredients were divided by 4, except for the tomato (I used a regular tomato). I let the kale and salt marinate in the fridge for 2 hours, before adding the avocado dressing. Serves 4-6

For the wilted kale

4 heads kale (this will seem like a lot but will wilt down when the salt is added)

2T salt

2c baby tomatoes, sliced

1c hulled hemp seeds

For the dressing

3 avocados

2 chipotle peppers*

1/2c olive oil

2T agave

1/4c lemon juice

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

*If not using chipotle peppers, substitute with onion powder, cumin, chili powder, garlic powder and tamari/nama shoyu

* Remove the stems and then wash and cut the kale into small pieces. Place into a bowl, add salt and start to massage the kale until it wilts and takes on a cooked texture.

* Add the tomatoes and hemp seeds to the bowl and mix in by hand.

* Blend all other ingredients in a high-speed blender until creamy and mix into kale by hand.