



# A Little Info from the Farms to Folks

## Updates:

**October 13**

**The main CSA season is over. Small Potatoes Farm extended shares continue this week.**

### **Small Potatoes extended:**

- Garlic
- Broccoli
- Peppers
- Storage onions
- Potatoes
- Beets or carrots
- Winter squash
- Sweet potatoes

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## News from Small Potatoes Farm

Hello All,

### Extended Share Deliveries

The weather has taken, or will be taking, a turn for the worse. One consequence of this will likely be a less than perfect prediction of what we will eventually be bringing. Here's my best bet, though - broccoli, peppers, sweet potatoes (if it doesn't rain on us, hate to get them wet), potatoes, garlic, storage onions, winter squash (including at least one butternut) and either beets or carrots (yellow, strong, very good for cooking).

### In The News

Thanks to whoever tipped off the Des Moines Register Washington correspondent. He contacted me and we talked quite a bit about the Conservation Stewardship Program. Our little CSA may be getting some press soon. We also made it into InsiderIowa this week <http://www.insideriowa.com/index.cfm?nodeID=17989&action=display&newsID=4671>. There is suppose to be video, but I and my computer are too old to view it. Let me know if I said something I'll regret.

### At the Farm

We went from relief (going from 100 shares to 50) back to frenzied activity in less than a week. Brian, Stacy and I are going to have to get all the squash, peppers, sweet potatoes and beans picked we can and along with storage onions and garlic, get them somewhere they will not freeze. Friday night it is suppose to drop to 32F. Saturday and Sunday night even colder. Engines, chickens, paint, caulk and other freezables need immediate attention, too.

### Earning My Modern Farmer Badge

As I mentioned last week, I decided to sign the farm up for the 'Conservation Stewardship Program' provision from the last farm bill. This program is to reward farmers who practice, maintain and improve conservation practices on their farm. Continued next page.

## News from Small Potatoes Farm continued from p.1

Several sustainable agriculture organizations had laid out the process to go about signing up. The USDA had a fairly helpful guide as well on their website. The main point all organizations made was to get the application in before Sept. 30. The application was downloadable, and so I did. But when I called the NRCS (Natural Resources Conservation Service), to whom my application was due, they said they didn't know what it was. They did know that I must first go to the FSA (Farm Service Agency) and update my records first. I called the FSA to see about updating my records, but they weren't sure what ones I needed.

Conveniently, both offices are in the same building. So, I headed for Adel bright and early Monday morning and went back and forth from office to office. I filled out several forms, including the application, and was then mailed another two forms they forgot to have me fill out. And if I'm accepted, I'll have more forms. We'll keep you updated.

### In Other News

Tillie now has a one piece chicken outfit that is a key component of her wardrobe. Brian was forced to deliver safety pins to the baby sitter as part of his duties this week. The baby sitter, by the way, had some kind of freak accident involving a pumpkin resulting in the loss of her toenail. We have a new neighbor who is a PFI member and has invited us to take as many pears from his tree as we want.

Rick, Stacy and Tillie

## Turkeys for the holidays

We are fortunate to have a couple choices of holiday turkeys available this season. Nick Wallace has a connection for pasture raised turkeys. Please contact Nick directly if you didn't sign up last Tuesday. His email is [nick.wallace@wallacefarms.com](mailto:nick.wallace@wallacefarms.com)

Bob Bruck, a contact we received from Rick and Stacy at SPF, has turkeys available. He raises these with his kids and feeds them a diet of corn, soy and a commercial poultry supplement. They will be processed at the Kimballton locker (same as Cindy Madsen uses) and will be delivered fresh on November 19<sup>th</sup>. He expects they will be in the 15-20 pound size range and will be \$3/lb. To reserve one email Bob at [bbruck@fscop.com](mailto:bbruck@fscop.com)

## Third annual Farmer Appreciation Potluck

Farm to Folk is again partnering with Slow Food Ames to sponsor the Third Annual Farmer Appreciation Potluck. Dean, Judy and Mike Henry of Berry Patch Farm near Nevada will host us again this year on Sunday October 18. This event is to recognize the farmers who have fed us so well all season and to treat them to our best potluck dishes. Please bring a generous dish to share so that we can all contribute to feeding our farmers. Hot and cold apple cider will be provided. Bring your own table service.

There will be hayrides and apple picking available from 1 till 4pm as well as a pumpkin patch for all the kids. The potluck will be at 5pm with a short program to follow. Who will be the winner of the coveted Golden Fork award this season??? Come on the 18<sup>th</sup> to find out! RSVP to Marilyn is appreciated so we can have an estimate for seating (or standing room☺)

# Recipes

## **Pumpkin bars with apple cider caramel**

Submitted by Jayne Misra

Bars: 325 for 30 min.

1 cup sugar  
1 ½ cup flour  
1 ½ teaspoon baking powder  
1 ½ teaspoon baking soda  
1 ½ teaspoon of cinnamon or pumpkin pie spice  
½ teaspoon of salt  
¾ cup of veg. oil  
1 (15 oz.) can or 2 cups of puréed pumpkin  
2 large eggs

### SAUCE:

Whisk together 1/w cup brown sugar, packed and 1 Tablespoon of corn starch. Add 2/3 cup of apple cider, 2 T heavy cream and 1 Tablespoon of butter. Boil for about 3 minutes and then reduce heat to simmer and cook 2 more minutes and pour over bars.

## **Black bean and sweet potato hash**

Submitted by Nikki D'Adamo

Serves 4 to 6

Prep time 20 min

Cooking time 20 min

1 to 2 TBS olive oil  
2 cups chopped onions  
2 garlic cloves minced or pressed  
6 cups peeled diced sweet potatoes ( ½ inch pieces)  
1 jalapeno, minced  
1 TBS ground coriander  
1 TBS ground cumin  
1 tsp salt  
1 cup frozen corn kernels (or mixed corn and green peppers)  
1 ½ cup cooked black beans (15 oz can drained)  
Splash of water or orange juice optional  
Dash of salt  
Cayenne or hot pepper sauce optional  
Minced scallions or chopped fresh cilantro  
Sour cream optional

Heat the oil in a large deep nonstick skillet. Add the onions and sauté on medium heat, stirring occasionally, until they begin to soften. Stir in the garlic, cook for a few seconds, then add the sweet potatoes. Cover the skillet and cook for 3 min. Add the corn and black beans, cover and cook for 10 min stirring occasionally.

If the potatoes are still too firm, add a little water or orange juice, cover and cook on low heat until the potatoes are tender. Add the salt and stir in cayenne or hot pepper sauce to taste.

Serve topped with minced scallions or chopped cilantro and if you like a dollop of sour cream.

# Recipes

## Curried Sweet Potato Pie

Submitted by Nikki D'Adamo

### Ingredients:

**Prep time: filling-30 min, baking  
45 min**

1 ¾ lbs. Sweet potatoes  
1/3 lb green beans  
1 to 2 Tbs. Butter  
¾ cup minced onion  
2 tsp. Curry powder  
1 ¼ tsp. Salt  
½ cup minced Anaheim chiles (2 medium)  
2 eggs  
½ cup coconut milk  
3 to 4 Tbs. Fresh lime juice  
black pepper to taste  
1 coconut crust unbaked in a 10 inch pie pan  
3 Tbs. Shredded unsweetened coconut  
½ cup minced pecans (optional)

### Directions:

1. Peel the sweet potatoes, and cut them into large chunks. Boil until very soft, drain, and transfer to a medium large bowl. Mash well and set aside.
2. Trim the green beans, and cut them into ½ inch pieces. Place them in a steamer over boiling water, and cook until just tender. Transfer to a colander in a sink refresh under cold running water and set aside to drain. Meanwhile, preheat the oven to 350 degrees.
3. Melt the butter in a medium sized skillet. Add the onion, curry powder, and salt, and cook over medium heat, stirring often, until the onion is soft (5 to 8 min.) Add the chiles, and cook for about 5 min. longer, or until the chiles wilt. Transfer this mixture to the sweet potatoes, and mix well.
4. Beat together the eggs and coconut milk. Add this to the sweet potatoes, along with the green beans. Add lime juice and black pepper to taste. Mix well, and then spread the filling into the unbaked pie crust.
5. Bake for 25 min. then sprinkle with coconut and if desired, minced pecans. Bake another 20 min. after adding the toppings. Serve hot, warm, or at room temperature.

## 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](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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## Contact information

For any questions regarding Farm to Folk contact:

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