



A Little Info from the Farms to Folks

Updates:

October 20

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

Small Potatoes extended:

- Garlic
- Peppers
- Storage onions
- Potatoes
- Winter squash
- Sweet potatoes
- A surprise

Table of Contents:

Page 1: News from Small Potatoes Farm

Page 2: SPF cont., Holiday turkeys available, Farmer Appreciation Potluck on Oct 18

Page 3: Picket Fence Creamery Sample Sunday on Oct 18

Page 4: Recipes, Contact info

News from Small Potatoes Farm

Hello All,

Extended Share Deliveries

We'll bring peppers if they are still in good condition (a pre-freeze salvage), sweet potatoes, potatoes (new and last variety, 'Red Pontiac'), garlic, storage onions, winter squash (likely butternut) and something else!

I have a bunch of cabbage to cut, but most are just waiting to grow a tiny bit more. As soon as we get back to more normal temperatures, I think they will size up well. Maybe this week, maybe next week.

At the Farm

As last weekend approached, the National Weather Service kept lowering their overnight lows. This made for some logistical problems. For every degree or two the forecast was lowered, the number of crops that had to be harvested (if we wanted to deliver or sell them), grew. Stacy kept requesting a harvest plan. I started thinking more along the lines of triage - trying to figure out what crops we couldn't save because we didn't have the time. As two separate neighbors stopped to talk to me while I was madly digging sweet potatoes on Thursday everything seemed impossible.

However, Stacy rallied me, and with Brian always eager, some extra help from the neighbors and Pedro, somehow everything got harvested. I was finishing up with the last crop, red Russian kale, on Saturday evening about 6:00 as the leaves and water droplets suddenly froze solid. We rushed the last containers into the packing shed full of bags and boxes, quickly drained the stiffening hose and shuffled to the house for glorious hot coffee.

We (and by that I mean Pedro) took down the last of the tomato trellis. I was then able to get the field prepared to plant garlic. Next step is to get our mulch. As soon as it's dry enough we will start planting.

Continued next page.

News from Small Potatoes Farm continued from p.1

Earning My Modern Farmer Badge

No new news on the CSP front. Stay tuned. Register correspondent Phillip Brasher did come out with a photographer on Tuesday and ask some more questions. What will come of this? We can't wait to see.

In Other News

I'm apparently getting soft. I was chided by Stacy for turning our heater on this last weekend. As she stressed, it's *only* down to 60 degrees in the house.

Rick, Stacy and Tillie

A note on winter squash and pumpkins

For both pumpkins and butternut squash, a storage period would make them better tasting. Pie pumpkins should at least have a dry, brown stem. Butternut should have at least most of the green near the tip disappear. Both would be best if saved for Thanksgiving dinner sitting in a dim corner of the pantry around 50 - 55 degrees.

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

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 19th. He expects they will be in the 15-20 pound size range and will be \$3/lb. To reserve one email Bob at bbruck@fscoop.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 and fresh bread 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 18th to find out! RSVP to Marilyn is appreciated so we can have an estimate for seating (or standing room☺)

News from Picket Fence Creamery

Autumn Greetings from Picket Fence Creamery!

We hope you are enjoying fall, falling leaves, and football! The farmers in this area are scrambling to get the crops in, we are stockpiling hay for the winter, and the cows are still lounging outside and taking in those final blades of green grass. It sounds as though we will have a bit of an Indian summer this weekend, with sunny skies and highs in the 60s (according to our Picket Fence milk drinking local weather forecaster Ed Wilson)! Yippee! All of this just in time for you to plan a little day trip to the sunny and warm Iowa countryside to enjoy our...

Oktoberfest Sample Sunday

Oct. 18 Noon to 5 p.m. Admission is FREE!

(This event is being held in conjunction with our great neighbors to the north, Prairieland Herbs, Northern Prairie Chevre and Flowers by Donna Jean. Visit www.centraliowasmallfarms.com for details!)

Local Food Sampling: Pumpkin ice cream, cinnamon creamed honey, fresh salsa, Iowa wines, Two Sisters pasta salad, buffalo summer sausage, Neva's cheese ball, caramel pecan apple butter, Russ 'n' Franks barbecue sauce, pumpkin butter, sweet potato butter, pumpkin muffins, locally made natural and honey roasted peanut butter, roasted and salted peas, Cajun elk sticks, local garlic on garlic Texas toast, heirloom apples, and MORE!

Featured Foods: Peach, apple, cherry and blueberry pies from Pella's VanderPloeg Bakery, Kalona noodles, homemade cinnamon rolls, red raspberry fruit crisps, Adel's Penoch Winery wines, Pella Dutch letters, Pella apple cinnamon pecan, blueberry, and raspberry breads, Green Acres Garlic, Beaver Creek Farms heirloom apples (Boss Hubbard, Cox's Orange Pippin, Wolf River and Macintosh), and Deal's cider.

All we can say is..."WOW!" to these local and chemical free foods: FRESH SPINACH, FRESH HERB RANCH DRESSING, FRESH HEIRLOOM TOMATO SALSA, SWEET POTATOES, SQUASH, HEIRLOOM APPLES, PEARS, and POWDERED GARLIC!

Kids! Wind your way through the hay maze, see the bottle calves and pigs, and take a pony ride in the front pasture (free will offering), treasure hunt, & FREE pencils!

Guest Vendors: Penoch Winery of Adel; Taste of the Town Salsa, Waukee; Beaver Creek Farms of Coon Rapids with heirloom apples; and John and Kathy Lee of Clarinda with Green Acres garlic.

Lunch is served! Grilled brat or beef burger, sauerkraut, kettle cooked chips, and milk - only \$5! Kids' hot dog lunch, \$3. Ice cream sundaes, \$2. Music provided by HB Productions, Altoona.

There will be lots of great specials! Check out our revamped website for more information: <http://picketfencecreamery.net>.

Your friends,

Jeff, Jill, Jenna & James Burkhart

Recipes

SPF put some rutabagas in your boxes, so I thought I'd include a recipe from *Angelic Organics Kitchen*.

Rutabaga Waldorf Salad

Here's a clever take on the classic Waldorf salad, named after the Waldorf-Astoria Hotel in New York. Bring it to your next picnic instead of the same old coleslaw or potato salad. This recipe is the perfect home for the often neglected rutabaga. It pairs up nicely with the cabbage and apple, and since there is no cooking involved, you can whip up this dish in no time. If you like, grapes and walnuts are more traditional than raisins and peanuts. *Angelic Organics Kitchen*. Serves 4

1/2 cup mayonnaise
1 tablespoon lemon juice
1 cup shredded cabbage
1 cup peeled, diced apple
1/2 cup coarsely grated peeled rutabaga
1/4 cup raisins
1/4 cup chopped toasted peanuts
Salt
Freshly ground black pepper

1. Put the mayonnaise in a small bowl. Add the lemon juice, a little at a time, stirring until smooth.
2. In a large bowl, combine the cabbage, apple, rutabaga, raisins, and peanuts. Add the mayonnaise mixture and toss to coat well. Season with salt and pepper to taste. Chill before serving.

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

Contact information

For any questions regarding Farm to Folk contact:

Marilyn Andersen
515-388-5501 or 515-460-7273

Email
marilyn@farmtofolk.com