



Updates:

October 27

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

Small Potatoes extended:

- Potatoes
- Onions or garlic
- Butternut squash
- Beets
- Turnips
- possibly some greens

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News from Small Potatoes Farm

Hello All,

Extended Share Deliveries

It looks like Tues. Oct. 27th will be our last delivery for the season. We'll have plenty of potatoes. Butternut squash. Onions or garlic. Some beets, turnips and maybe greens.

At the Farm

We have been really working on the barn. Brian has been getting new batten up and replacing rotten boards, I've done some cement work and Stacy has been cleaning it out. I also replaced the water pump on the tractor, and while I had it apart, sanded and repainted the fan pulley and radiator shroud. I'm going to send the radiator into town for its 60 year clean out. I'm anxious for it to dry so we can get our garlic planted for next year.

In Other News

We delivered some produce to the Iowa Food Cooperative last week (<http://www.iowafood.org/>). If you haven't been there, it is at Merle Hay Mall. We took the opportunity to walk around a bit. There were very few people about, most appeared to be using the space to exercise rather than shop.

We came upon a young man in a kiosk surrounded by racks and rows of cell phone covers. Stacy being fascinated by this, struck up a conversation centered on her disbelief 1) at the number of cell phone covers, 2) that enough demand for them would justify their manufacture, and 3) this man would be willing to stand there all day selling them. It turns out he was willing to stand there (no sitting or reading allowed) for up to 12 hours for less than minimum wage satisfied in the knowledge he, "at least doesn't have to do a hard job." Stacy's sympathy for his plight eroded and she was satisfied in her knowledge that labor and job were perfectly matched.

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And finally, Tillie has learned the age old question, "Why?" We had an opossum in the house last week. My fault, I was showing it off to Tillie when I dropped it. It actually was only loose on the porch as Brian or Stacy managed to shut the kitchen door in time. We have decided to take a vacation, but since we have so little experience in this area, we are welcoming input and suggestions.

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.

News from Full Circle Farm

Hello F2F friends,

Don and I wish to thank you for supporting our grass fed beef business while promoting local foods and bolstering your own good health. We want to let you know that we will be doing things a bit differently around the farm this winter. Here's the deal.

Our bull, Ralphie, and our processor, Larry, have conspired to prevent us from taking any additional animals to the locker this winter. (If you ordered a quarter from us for November, your order will be filled.) We can now see the bottom of our retail freezer and I am listing a complete inventory of what we have available. (See complete list on a la carte page:

<http://www.farmtofolk.com/What%27s%20available%20this%20week.html>

You can place an order with Marilyn for delivery any Tuesday. Or you can call Don directly at 515-230-6364. He is in Ames almost every day and on the days he is not there, I am. So we will try to connect with you. Full Circle beef is all natural, grass-fed beef raised on our certified organic pastures.

We have stew, sirloin steak, T-bone steak, chuck roast, arm roast, sirloin tip roast, tongue, and heart.

We requested the heart set aside for a customer who wanted to make her own pet food but then she cancelled her order. I would love to see this beef go to good use.

We have lots of other beef available that we can barter for your service, sweat equity, or product. If this sounds good to you, please contact us directly. 515-230-9245.

Namaste,

Nan

Farmers Appreciation Potluck

Thanks to all that came to Berry Patch Farm on Sunday and shared your delicious potluck dishes with the Farm to Folk producers. We all appreciated the Henrys hosting this event. It was a beautiful day for a hayride and visit to the pumpkin patch with great food afterwards. Following the meal, Marilyn gave a summary of the year at Farm to Folk. Forty nine new members joined bringing the total consumer membership to 182. Receipts increased by 11% over 2008 and totaled \$82,380 with \$72,100 (87%) going directly to the farmers. The remainder is held in a la carte accounts or used for administrative costs.

Next on the agenda was the much anticipated announcement of the Golden Fork Award. This year's winners were three families that purchased the most food through Farm to Folk.

First Place: Rich Schuler and Teresa Opheim

Second Place: Justin and Heather Greenlee

Third Place: Jan and Cornelia Flora

To the winners, congratulations and thanks for your support of local farmers! To everyone else thanks for your support of local farmers too. It takes all of us to make this project work. And since a picture is worth 1000 words:



Thanks to Lou Cathcart for her photography skills!

Recipes

Quinoa-Pumpkin salad

By Cornelia Flora

This was one of the tasty dishes served at the Farmer Appreciation Dinner and was requested by several who sampled it.

4 cups chicken broth
2 cups uncooked quinoa, dark and light
1 hot pepper
5 cloves garlic

Bring the broth, hot pepper and garlic to a boil. Add quinoa. Cover and lower heat and cook until all the liquid is absorbed. Remove the pepper and mash the garlic cloves in the pan and stir into the quinoa. Let cool.

Chop ¼ cup fresh chives and ½ cup fresh parsley. Mix thoroughly into cooled quinoa.

Cook a pumpkin to be a little tender, but not squishy. I do it by putting a whole pumpkin in the oven on a rack over a roasting pan with water, punching holes in the pumpkin so it will not exploded. I bake it at 300 for an hour or so, then take it out of the oven, let it cool, then clean out the seeds (to be roasted as snacks), peel the pumpkin, and cut into ¾ inch pieces. Mix carefully with the quinoa.

Actually, you can use any vegetable or combination of vegetables with this. Fresh pumpkin is about the most labor intensive.

Dressing:

¼ cup apple cider vinegar
¼ cup buttermilk (they have the real kind at Wheatfields)
½ cup mayonnaise

Blend together and mix with the vegetables and quinoa. Chill

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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Contact information

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