



A Little Info from the Farms to Folks

Updates:

October 6

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

Small Potatoes extended:

- Garlic
- Broccoli
- Peppers
- Storage onions
- Potatoes
- Beets
- Winter squash
- Sweet potatoes
- maybe basil

Table of Contents:

Page 1: News from Small Potatoes Farm

Page 2: SPF cont., News from Iowa Fresh Produce, Holiday turkeys available

Page 3: Iowa Fresh cont., How to use your pumpkin.

Page 4: Recipes, Contact info

News from Small Potatoes Farm

Hello All,

Extended Share Deliveries

Our fall broccoli took some cue from the cosmos and over half came into harvest condition at the same time. So, definitely expect a head or two of broccoli. In addition, I would guess beets, storage onions, leeks, potatoes, garlic, sweet potatoes, some type of winter squash and peppers. We'll try to drop off some basil, if we get lucky with the weather.

At the Farm

We all kind of collapsed Wednesday, the day after our last full CSA delivery for the season. We quickly moved toward getting some fields in better shape and planting some winter rye cover crops before the forecasted rain. We had a reporter come do a story today from InsiderIowa (InsiderIowa.com). He was probably one of the better interviewers we've had out here, so I'm glad we did it.

Brian and I have been breaking our backs digging sweet potatoes. I'd advise rave reviews for these tricky tubers when this year's surveys come out if you want them back. I'm hoping to dismantle the remainder of our tomato trellis and have the field ready to plant garlic soon. Stacy, Brian and I have started meeting about building an outbuilding. I'll keep you updated on our progress.

For those of you keeping track, yes Stacy broke down again this week. On the way home from her twice weekly ESL class, the car stopped running. As it happens, it stopped in front of the 'Red Carpet Inn'. This motel is in between any city boundaries and has become the destination for many of the counties' registered sex offenders. Stacy walked to the nearest house to call me rather than use the phone at the motel.

Earning My Modern Farmer Badge

I decided to do an experiment recently. There has been much touting among sustainable agriculture organizations about the 'Conservation Continued on next page

News from Small Potatoes Farm continued from p.1

Stewardship Program' provision from the last farm bill. This program is to reward farmers who practice, maintain and improve conservation practices on their farm, as opposed to the traditional commodity support payments. I couldn't think of any other farm in the county that places so much emphasis on conservation than ours, I saw the legislation had no minimum size requirements and I knew this would create chaos at the county farm agencies. It was too good to pass up.

I called Stacy and Brian together and told them I was putting the farm on the dole - we were going to participate in the time honored activity of taking government support to farm. I called them together because I only had a few days to apply and they would have to pick up my work (as I correctly foresaw this would take a lot of time and effort). Stay tuned to learn of my first visit to the county offices of the Natural Resource Conservation Service of the United States Department of Agriculture.

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

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@fscop.com

News from Iowa Fresh Produce

Thank you off all you for participating in the CSA and /or ala carte this year. Hopefully you enjoyed the experience as much as I enjoyed being a part of it.

A special thanks to all of you who gave me a few minutes of your time yesterday to garner your insight on how the year went. For those of you I missed you can contact me directly at smithfarm41@gmail.com or if you prefer to be anonymous tell Marilyn or one of the other volunteers who will make sure your comments are passed along.

It was a somewhat diverse group this year in that member units ranged from single to 4-5 member families. Therefore it is somewhat trying at times to provide a sufficient quantity for some without inundating others. Hopefully you were able to cope with that dilemma whichever side of the fence you happened to stand.

Of course weather this year as usual had a significant bearing on product. Some items I had planned to include went awry (the cherry tomato plants grew to 15' in the greenhouse and as a result were so close to the ceiling for much of the Summer that although they had 1000's of blossoms all but a few

Iowa Fresh News continued from previous page

aborted) Also absent were red onions and the size of the onions in general. I had rohoed them three times and then we hand weeded most of them a second time before finally throwing in the towel to concentrate on more productive crops. As a result you got twice the amount of beans, summer squash and potatoes as I had projected back in the planning stages.

Next year those crops will be cut back somewhat(although with potatoes I hope to do about the same..... 3 or 4 times) I look not only at the quantity but at the number of deliveries I make of each product. Also I hope to get the ground squirrels in check at the onset of the season so hopefully the Spring deliveries will be more in balance with the Summer and Fall.

And there are surprises along the way. The most recent for me was the zucchini on the sharing table yesterday. I put it on the truck yesterday almost as an afterthought figuring that people would almost be sick of seeing it and PERHAPS that is why it disappeared as it did! Ha!

Next year the climatologist are already predicting drought like conditions. To me that is good news as long as its not severe as the added work of laying drip irrigation is more than offset in easier weed management.

I plan to look at some new crops as well as try to get additional plantings of others to prolong their seasons and hopefully have sufficient enough quantities of them for the ala carte members. If there is something that you would like to see made available please include that with your comments.

Again thank you for participating and for all the constructive remarks and suggestions.

Bruce

How to use that pie pumpkin:

After receiving an inquiry about how to use the pie pumpkins I thought I would include instructions here.

First wash the outside of the pumpkin, then cut it in half. Scoop out the seeds and stringy stuff. (Save the seeds for toasting-see recipe section.)

Next you can either cook in the microwave, stove top or bake in the oven. **Microwave:** place large pieces of pumpkin in microwave dish with lid. Add water so it doesn't dry out, cover and microwave on high about 15 minutes. It is done if you can easily stick a fork into it. **Stove top:** place large pieces in steamer basket with a couple inches of water in the bottom and steam for about 20 minutes.

Oven: place halves of pumpkin cut side down on baking sheet and add about a half inch of water. Bake at 450 degrees about 30-45 minutes until you can pierce it easily with a fork.

Now you should be able to scrape the pulp away from the skin, puree the pulp in food processor or blender and use as you would canned pumpkin in your recipe or place in freezer container and freeze for later use.

Recipes

Toasted pumpkin seeds

Wash the seeds in a strainer and remove all the stringy stuff. Lay on towels to dry. When dry you can coat the seeds with some cooking oil and season with a little salt/pepper, herbs etc and bake in the oven at 250 degrees till crispy—about 40 – 60 minutes.

Or you could melt some butter in a skillet, toss seeds to coat and toast the seeds for 10-15 minutes till crisp. Let cool and enjoy.

Sweet Potato, Broccoli, and Tomato Stew

Make this tasty, one-pot vegetable stew and you'll have dinner on the table in no time and with little mess. This stew will go well with your favorite corn bread. *Angelic Organics Kitchen*.

Serves 4

2 tablespoons olive oil
1 large onion, sliced
4 cloves garlic, thinly sliced
1 28-ounce can stewed tomatoes
2 cups cooked or canned garbanzo beans, drained
1 1/2 cups chicken or vegetable stock or water
3 medium sweet potatoes (about 1 pound), cubed
1 medium head broccoli, cut into large chunks (about 2 cups)
salt
freshly ground black pepper

1. Heat the oil in a soup pot over medium heat. Add the onion; cook until soft, about 5 minutes. Stir in the garlic and cook for 1 more minute.

2. Add the tomatoes, garbanzo beans, stock, and sweet potatoes. Simmer, partially covered, for 15 minutes. Add the broccoli, cover, and simmer until the sweet potatoes and broccoli are tender, about 5 minutes. Season with salt and pepper to taste.

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