



## Updates:

### September 1 CSA Share Deliveries

#### Iowa Fresh veggie:

- Green beans
- Cukes
- Zucchini
- Bell peppers
- Potatoes and Onions
- Lettuce mix
- Beets

#### Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Potatoes

#### Small Potatoes greens:

- Kale

#### Fruit Shares:

- Apples and/or raspberries

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## News from Small Potatoes Farm

Hello All,

### Deliveries

We'll be bringing garlic, peppers, squash, tomatoes, carrots, and potatoes. New this week is French fillet beans and yellow wax beans. Those 'Rio Grande' potatoes are great for frying; we had thick French fries for lunch today. The problem with these potatoes is we have noticed a high incidence of brown center and hollow heart. This is an area of cell death inside the potato. It is a physiological disorder and is influenced by the variety and environmental conditions. We'll probably drop this variety for that reason. We may also have some melons, eggplant and okra to distribute, too. I'll let you know as Tuesday approaches.

Greens share - winterboer or red Russian kale

Cool website from Robin K. (Drake) on how to store your vegetables w/out plastic -

<http://www.fakeplasticfish.com/images/Berkeley%20Farmers%20Market%20Tips%20for%20Storing%20Produce.pdf>

### Authentic Southern Dinner

Stacy was treated to an authentic Southern dinner this week by Nikki D'Adamo. She volunteers at Farm to Folk and has been a real help in our CSA distribution there. Thanks Nikki! Stacy brought me home some of the okra and tomatoes - very good. Here is the recipe (I'll put it up permanently on the website this fall):

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# News from Small Potatoes Farm continued from p.1

## Okra and Tomatoes

Modified from a recipe by Alton Brown (The Food Network)

Prep Time: 30 min

Cook Time: 30 min

Level: Easy

Serves: 4 to 6 servings

## Ingredients

- \* 1 pound okra, rinsed, trimmed and sliced into 1 inch pieces
- \* 3 tablespoons olive oil
- \* 1 1/2 cups finely chopped red onion
- \* 1 teaspoon salt
- \* 1 tablespoon minced garlic
- \* 3 medium tomatoes, chopped
- \* 1 tablespoon minced fresh ginger
- \* 1 teaspoon freshly ground grains of paradise\* or black pepper
- \* 1/2 teaspoon ground cardamom

## Directions

1. Heat the olive oil in a 4-quart saucepan over medium heat until shimmering.
2. Add the onions along with the salt and cook until they begin to turn golden, approximately 4 minutes.
3. Add the garlic and cook for 1 minute longer.
4. Add the tomatoes and bring the mixture to a boil.
5. Decrease the heat to low and add the ginger, pepper, cardamom. Stir to combine.
6. Add okra and stir again. *(Note: At this point, the dish may appear to have gelatinous qualities. Don't panic. It will cook itself out.)*
7. Cook, uncovered for 20 minutes. Remove from the heat, taste and adjust the seasoning as desired. Serve immediately.

\*Cook's Note: Grains of Paradise are available online and in specialty spice markets. They have a zesty flavor reminiscent of pepper, coriander, and cardamom.

## Distribution Housekeeping

Take care when picking out tomatoes - (and I'm sure the following lecture applies to only a fractional minority. For all others, consider it my cranky sardonic comedy routine). Some tomatoes were quite bruised up by the end last week. This is not the Hy-Vee. These soft tomatoes are hand picked, sorted and washed. Treat them with love and care, we do. Anyways, take the average day's harvest. It's a community. Support your fellows who have to work until 5:30 and rush in to get the last six tomatoes. If I catch someone digging around for the cosmetically best tomatoes I'm apt to kick them out of the CSA on principle.

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## At the Farm

We're still busy harvesting. Stacy and Brian are trying to revive the Minburn tennis courts an evening or two during the week. Fortunately, they are good at weeding, as the courts have a lot of grass growing on them. Fliers for the newly formed Minburn Tennis Club failed to bring anyone to the first meeting. We have our new little refrigerator, but the handle is on the opposite side so we constantly reach for a handle that isn't there. We are still delivering with the 'auxiliary' van, which has one working and three non-working doors, plus less space so it's a real squeeze sometimes. It only gets bad when you accidentally shut the driver's door and have to climb over boxes to get back behind the wheel from the sliding door. Our neighbors sprayed the field on our east border. He had to stop and talk to me about it because the spray contractor essentially said 'no' to begin with as I raise so much hell when a plane even flies over en route to some work. They did a fine job, stayed WAY back and waited for the perfect wind direction. Crops look pretty good, with some high aphid infestations. I did get a nice bed of lettuce planted before our last rain with the hope it will be harvestable before frost. I'm in the grueling process of freezing some elderberries for sale and baking this winter. Even though it is painstaking, I can't bear to let the birds have all of them. I do love them as a sauce on pound cake. They are Iowa's native super nutraceutical - so they say.

Rick, Stacy and Tillie

## Canning Workshop Held

On Saturday, August 22, eighteen members of Farm to Folk and Slow Food Ames gathered in the kitchen at UCC to learn how to preserve the summer's bounty. Canning queen Veronica Fowler was our leader, giving an overview of food preservation and guiding participants through the processes of both water bath canning of high acid foods and pressure canning of low acid foods. Working in teams of two, each team prepared and filled jars, adjusted lids and placed the jars into the steaming kettles. As the foods were processed, we all enjoyed a snack of fresh baked bread brought by Phil spread with jams made from local fruits.

Each participant left with a jar of either canned green beans or tomato sauce, a *Ball Blue Book Guide to Preserving* and, dare I say with confidence to operate a pressure canner! Thanks Veronica!

Veronica writes a helpful gardening newsletter. Check it out:

*The Iowa Gardener* ([www.theiowagardener.com](http://www.theiowagardener.com)).



### Contact information

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# News from Iowa Fresh Produce

Good afternoon all-

Becoming fairly typical of this season I drove home Tuesday afternoon and was greeted with a shower. But what is fairly typical? Surely NOT the size of the carrots this year. Normally what you have been receiving would be considered culls and left in the field but after three attempts this season of getting a carrot stand( with successive wash outs) you have seen the results- hardly fairly typical. Then not everything goes as planned and we have to adjust as the season progresses. What "ideals" were plotted out back in the winter months on paper have to be adjusted when the realities of the season are upon us. Each crop has its own particular requirements and thus some will do better than expected, some will be on par with what was expected and some will perhaps even exceed expectation. This is typical of any season and just one of those quirks we have to adjust to. To balance this reality, however, you also reap when those crops exceed their expectations and green beans are one of those that have performed well despite the cooler temperatures. They have grown slower than what I had hoped and thus I didn't get in quite as many plantings as I would have liked but the yields have been good. Initially I looked at 6 pounds per share over the duration of the season but look for more in upcoming weeks as I have just opened up another patch and have yet another to go if the frost holds off for a "typical" early October first appearance.

Another positive outlook of this season has been the potatoes. I hadn't grown those in several years due to lack of a good way to "hill" or berm the soil up around the young plants. This is an essential requirement of potato production as the potatoes grown off the buried portion of the stem and thus the more covered the greater the yield expectation. Initially I was pretty conservative in my projections and as a result have dug up just half the crop those have already been surpassed. Labor is very limited here now however so you may get two more deliveries of potatoes or perhaps just one larger delivery towards the end.

This week you will be receiving:

green beans  
cukes  
zucchini  
potatoes and onions  
bell peppers  
lettuce mix  
beets

This week we have finally lost our "swimming hole" out in the field where the 26" tile line had ruptured back in June, It took all day to repair and then fill in the hole with 9 huge dump truck loads of back fill topped off with another two of black dirt. All that remains now are the ruts in the yard from all those heavy loads.

At some point in the near future we will be asking you to fill in a questionnaire about the season. Please take a few moments to fill these out as they really help us growers in making decisions for next season. It's especially important to you as well in relaying your desires to us.

Enjoy your weekend!

Bruce

# Recipes

Here's a quick and easy take on Tabbouleh from Joanna Steven (whose Lebanese father does not approve of the modification☺)

## Tabbouleh

Ingredients:

2 ounces fresh parsley, finely chopped  
1 large tomato, finely chopped  
2 green onions, or half a small white onion  
4 T hemp seeds (optional, or use cooked quinoa, or soaked fine bulgur wheat)  
2 T olive oil  
1 T fresh lemon juice  
Pinch salt

Directions:

Toss the parsley, onion, and hemp seeds with the olive oil, lemon juice and salt. Set in the fridge for an hour, and add the chopped tomato just before serving.

## Roasted Tomato Basil Pesto

This variation on pesto is so delightful it's amazing that it's not more common. The roasted tomato flavor is superbly highlighted by the sweet aromatic basil—but a very ripe regular tomato will work well too. Don't limit this pesto to just pasta; try it on pizzas and roasted potatoes, in an omelet, or over grilled vegetables. You can make an equally delicious variation by using cilantro instead of basil.

(Adapted from the *Seed Savers Calendar*, 1998).

Serves 2

2 pre-roasted tomatoes or 1 large fresh tomato  
2–3 cloves garlic, peeled, halved  
3 tablespoons pine nuts  
2 tablespoons extra virgin olive oil  
1 cup fresh whole basil leaves  
1/2 cup freshly grated Parmesan cheese  
2 tablespoons butter, softened  
Salt & freshly ground black pepper

1. Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until all is combined.

2. Stir in the Parmesan cheese and butter and 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.smallpotatoefarm.com/CSA\\_Cooking\\_Tips\\_Index.html](http://www.smallpotatoefarm.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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