



Updates:

September 15 CSA Share Deliveries

Iowa Fresh veggie:

- Tomatoes
- Lettuce
- Peppers
- Melons
- Green beans
- Potatoes & onions

Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Leeks
- Acorn squash
- Potatoes

Small Potatoes greens:

- Winterboer & red Russian kale

Fruit Shares:

- Apples

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News from Small Potatoes Farm

Hello All,

Deliveries

Tuesday we'll be bringing garlic, peppers, squash, tomatoes, carrots, leeks, acorn squash and potatoes. We will probably have some eggplant, beans and okra to distribute, too.

Greens share - winterboer and red Russian kale

Winter Squash

So, you're going to get winter squash this week. It is going to look great. It will have that orange spot indicating it is ripe. And that's because we are getting it out of the field while it's in good condition. But it's not going to taste great. That's right, not as sweet as you'd like. It will be hard with little sugar content.

But don't fear, IT WILL BE GREAT. This is our trade-off. Store it now; grab it from the clutches of disease and insects. But with the knowledge the squash must sit a little. Some squashes benefit from a curing process, but acorn is generally not considered one of them. Try to keep your acorn squash in an area that is about 50 degrees F, perhaps a garage, basement (but not too damp) or pantry. Acorns should be good for up to 3 months.

It was a good year for winter squashes. We will have quite a few to distribute, so take good care of them and eat them into the winter.

At the Farm

Harvesting was our biggest project this week, although we've been cleaning garlic, too, and you should begin seeing more in your box. Although we had to work all day Labor Day, we had our supper up at the park, then stopped and picked pears from some Minburnites that
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Stacy has made friends with. The retired couple has two pear trees, of which Stacy noticed were dropping unused fruit. They are quite good. Kathy E. from Drake pickup gave us some pears, too. What a great time of year. Speaking of Minburn, Dawn the Librarian wants you all to buy raffle tickets for a library fundraiser. They are only \$1. Send big checks to the Minburn library and Dawn will send you the tickets. Or, get them the 19th at the concert (post potluck entertainment).

That's About It

I hope you all had a good extended weekend. I heard from my mother-in-law today that, although she would prefer to never have to go outside, she is enjoying this 'San Diego weather'. She related this is her favorite and preferred geographic location. Stacy is quite sure her mother has never been to San Diego.

Rick, Stacy and Tillie (is back)

News from Iowa Fresh Produce

A Sign of the Times

Looking around on the way home Tuesday Fall is definitely getting close at hand. Fields of soybeans are just turning yellow and ears of corn are beginning to droop on the stalks- a sign that they have finished their growth and just awaiting some warm sunny weather before the combines roll on through. Some were even ensiling corn which can be begun at any time once the ears have matured. AND a sign of the times--for years the Artesian Well service station was a beacon for many a traveler Northbound out of Ames. About 25 years ago the namesake well was capped over and diverted so people could no longer quench their thirst. Now in a sign of the times the station is completely torn down. The last few years it had been open for repair work only and apparently the owner just couldn't make a go of it out in the country anymore. I imagine by next Spring all traces of it will be gone forever as corn and beans cover up any remnants of its existence.

But thanks to your support we are thriving. Oh perhaps it looks like my ears are drooping a bit but most likely that appearance is due to a haircut though I do walk a bit more gingerly yet due to a nasty slip on the ice in early Spring. I'm FINALLY realizing just how long it takes those sorts of things to heal once we reach that age our parents used to be when we were young and invincible.

Around here on the farm I've been pulling up some of the drip lines that will no longer be needed for this season. Others are still getting a workout- being used on lingering crops trying to forestall the inevitable or for Fall seeding- either of which are slow to bear their yields with the sun waning casting its light and warmth less and less each day. I'm hoping to have the majority of it cleaned up by the end of the month as I will be switching hats at that time and helping a neighbor friend with his harvest. That old adage of the grass being greener is really true. How much easier it is to do a day's harvest from the confines of an air conditioned cab rather than being out in the air with the sun making its presence felt and then having to physically haul your labors up to an area only to handle it all over again as you wash, sort and package it. Yup the grass is greener and it almost makes me feel guilty from laziness sitting in there waiting for the wagons to be filled. But then that is why I have paper and pen handy... making notes to myself of the season past and what I might to do differently, what to try next, what NOT to do and how much to plant of each crop.

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You need to take a few minutes to reflect upon some of these things yourself to give me a better idea on how I might serve you better. Suggestions are always welcome either incognito to Marilyn or one of the others at the site or to smithfarm41@gmail.com especially important IF you are planning to participate next year so that I hear your desires, concerns etc as I go into the planning stages.

Here's what you can expect at this week's delivery:

Potatoes and onions (if we can get in before the rains hit)
green beans
lettuce
peppers
melons
tomatoes

Be sure to fill out your weekly needs with the items I bring extra. As long as I have them and you want them I will include them in the deliveries. We will most likely include some of the novelty peppers again next week and I will try to differentiate betwixt them for those with a tender palette and those true south of the border type palettes. There were a few who didn't receive melons last week. I will have some set aside for you this week. I may not get caught up until another week has passed but I wanted to get delivery begun on them as they are so late this year.

I am planning to end this season at the end of the month (Sept 25). At this point you will receive the winter squash. Plans are to begin a Winter garden between now and then and experiment. As items become available I will list them on the ala carte` page and hope to have them available on a bi-monthly basis or perhaps more often if supply and demand are both present.

Enjoy your weekend! (Go 'clones)

Bruce



Graffiti cauliflower from Marilyn's garden

Contact information

For any questions regarding Farm to Folk contact:

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Recipes

Baba Ghanouj

This is a traditional Middle Eastern recipe for baba ghanouj, a thick but light spread that is delicious as a dip for pita bread or vegetables or as a filling in a sandwich. Its distinct, nutty flavor comes from tahini, a sesame paste that is widely available in specialty stores and many supermarkets. *Angelic Organics Kitchen* (adapted from *Fields of Greens*).

Serves 4

3 tablespoons extra virgin olive oil, divided
2 medium eggplants (about 1 1/2 pounds)
1/4 cup pine nuts
1/4–1/2 cup freshly squeezed lemon juice (1–1 1/2 large lemons)
1/3 cup tahini
1–2 cloves garlic, minced (1/2–1 teaspoon)
1 teaspoon ground cumin (optional)
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
3 tablespoons chopped fresh cilantro or parsley

1. Preheat the oven to 375° F.
2. Rub 1 tablespoon of the oil over both whole eggplants and place them on a baking sheet. Roast, turning once or twice, until very soft, 30 to 45 minutes depending on size. Let cool.
3. Meanwhile, toast the pine nuts in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. (Be careful not to over toast them, as they will burn very quickly once toasted.) Immediately transfer the nuts to a dish to cool.
4. Cut the eggplants in half and scoop out the flesh. Purée the eggplant flesh in a food processor or finely chop it on a cutting board. Transfer to a bowl.
5. Add the lemon juice, tahini, garlic, cumin, salt, cayenne, and the remaining 2 tablespoons of olive oil. Mix until well combined.
6. Transfer to a serving bowl and garnish with cilantro or parsley and toasted pine nuts.

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

There is talk of putting all the recipes together in either a booklet or on the website.

Please let us know if this is of interest to you and what format is most useful to you.

Thanks!