



A Little Info from the Farms to Folks

Updates:

September 22 CSA Share Deliveries

Iowa Fresh veggie:

- Tomatoes
- Lettuce mix
- Winter squash
- Melons

Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Beets
- Acorn squash
- Sweet potatoes
- Ornamental gourds

Small Potatoes greens:

- Winterboer or lacinato, chard or collards

Fruit Shares:

- Done for the season

Table of Contents:

Page 1: Veggie deliveries, News from Small Potatoes Farm

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

Page 3: News from Picket Fence Creamery

Page 4: Recipes, Contact info

News from Small Potatoes Farm

Hello All,

Deliveries

We'll be bringing garlic, peppers, squash, tomatoes, carrots, beets, acorn squash, ornamental gourds and sweet potatoes for sure.

Now, I'll have to point out this list has two new 'experiments' for us - the gourds and the sweet potatoes. I'm loathe to plant things you can't eat or that don't have some ecologic service or other farm benefit. Gourds are a stretch. Stacy had been advocating this crop for several years and we agreed to put it into the planting plan. I have many observations about the gourds. They are not all positive. I will admit they do look nice and impart a sense of Fall and harvest. I hope they lift your spirits.

Remember all the beets last year? Survey results showed members had, in many cases, too many beets. How times have changed. Our early beets just did not do well and I don't have a satisfying answer why. In any event, we are going to pull our early beets up anyway. Some may be a little smaller than normal.

And finally, sweet potatoes. This is another first for us. They are not really a potato; they're in the *Convolvulaceae* family. I'm intrigued by the crop. So far it has impressed us with its lush growth. It made the field look nice. Stacy and I disagreed over cutting it before the field day. The only way to dig it, really, is to cut the vines first. She wanted me to wait, so it would 'look nicer'. I compromised by cutting only half the field. We are not so sure what is underground, but we're about to find out. Initial harvest notes include, "this seems impossible; what a mess; I keep stabbing the tubers..." Here's the important part of this paragraph. These sweet potatoes will keep a long time if cured. You can cure them by keeping them as near to 80 degrees F for two weeks. Then, put them someplace a little cooler, like 50 degrees F. Don't bruise them and don't wash them until you are ready to use them. They will be delivered unwashed.

Continued on next page

News from Small Potatoes Farm continued from p.1

At the Farm

Weeding elderberries, experiment with digging sweet potatoes, a lot of harvesting, mowing, fixed swing arm chains on tractor, Brian fixed the wash table, keep cutting okra smaller each harvest (thanks for the tips Jeff and Abigail - there will be another bags of *small* okra for you in the fridge), canning spaghetti sauce, hoe two fields, hosted professors looking at our bees,...

In Other News

Tillie's toddler behavior has forced us to consult several books on discipline in an effort to restore order to the household. Also, she can now repeat words she has heard only once, forcing us to be judicious when finding ourselves in an expressive situation.

Remember ...

- 1) The potluck.
- 2) Be good to your boxes. There has been much improvement, but still room to get better. Many are still getting torn. Be sure to push the folded lip together before disassembling them.
- 3) **There are only two weeks of regular deliveries left.** Yes, it is true. Sept. 29th will be our last regular delivery for the season. Oct. 6th will be the first extended share delivery. There are seven extended shares left if you want one.

Rick, Stacy and Tillie

News from Iowa Fresh Produce

Good afternoon everyone-

Today feels like another Indian Summer day- a bit overcast and just enough to make it an almost perfect day... if it were not for the bugs! They too are sensing the end is near and seem to be persistent to complete their mission- be that to inflict a bite or just to buzz incessantly about one's face to the point of aggravation. Their persistence is winning too or at least I feel I am in a losing battle swatting at them. A frost would ALMOST be welcome just to thin their numbers.

Regardless of frost the end is rapidly approaching for me, hopefully followed by another warm spell to get those last minute tasks done (which are never remembered until the snow begins to fly!) Some of them it takes but once and they are indelibly imprinted upon my mind forever. One that readily comes to mind is the machine shed doors. They have a hinged board on the bottom to seal out the Winter weather but which are in the up position all Summer long. One year I forgot to make sure I could close them and WHEN I tried with the first forecast blizzard the ground was frozen making it impossible. That year snow drifts formed inside the machine shed and made it a mess all Winter and into the Spring until it finally dried out once again. After that experience those flaps are always lowered prior to inclement

Iowa Fresh News continued from previous page

weather. Likewise an addition needs to be built on my propagation house to thwart drifts that otherwise clog the door way there. Storage is always welcome and it would be great to have the extra room to store potting soil in a handy locale.

This week winter squash will be added to the harvesting itinerary. This won't be as daunting a task as some years due to the coolness earlier this year. That seemed to be a reoccurring problem this year and hopefully with the addition of bees again next year those problems will be minimal.....

This week I will be bringing: tomatoes, winter squash, melons, and lettuce mix.

This will most likely be the end of the season for me. As any other crops become available I am planning to do a bi-monthly delivery to Farm to Folk thru ala carte`.

Thank you for your participation. I hope you enjoyed the experience and were satisfied with the produce both from a quality and a quantity viewpoint.

Bruce

News from Picket Fence Creamery

Hello and Happy Autumn from your friends at Picket Fence Creamery!

We hope you all had a great summer and are looking forward to the gorgeous sunsets, harvest moons, and beautiful colors that an Iowa autumn brings! Here at the farm, the cows are still grazing the lush green grasses that our bountiful rains provided and are also enjoying these cool, crisp nights. We've had some fall calving, so if you and your family are ready for another visit to the Iowa countryside, you are welcome to meet the newest members of the Picket Fence herd: Debra, Erin, Farrah and Pam! And this weekend, we have a fun-filled two-day open house and Sample Sunday planned to commemorate the Creamery's sixth year in business! We hope you will join us for our...

6th Anniversary

SAMPLE WEEKEND!

Saturday, Sept. 19 - 8 to 8 p.m.

Sunday, Sept. 20 - 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, and to the south, Small Potatoes Farm.

Visit www.centraliowasmallfarms.com for details!)

Local Food Sampling: Caramel apple ice cream, elk sticks, local gouda cheese, creamed honey, salsa, Iowa wines, pasta salad, buffalo summer sausage, Neva's cheese ball, caramel pecan apple butter, Russ 'n' Franks barbecue sauce, pumpkin butter, bread and butter pickles, and MORE!

Featured Foods: Peach, apple, cherry and blueberry pies from Pella's VanderPloeg Bakery, Kalona noodles, homemade cinnamon roll twists, red raspberry fruit crisps, wines from 11 Iowa wineries, Pella Dutch letters and apple cinnamon pecan bread, local organic raspberries, garlic, potatoes and heirloom tomato salsa, Deal's apples and cider, Green Acres garlic powder, foods from 90 Iowa families, and more!

Kids! Hay maze, bottle calves, pony rides in the front pasture, a treasure hunt, and FREE pencils!

Sunday only....Lunch is served! Grilled pork or beef burger, kettle cooked chips and ice cream sundae - only \$5! Kids' hot dog lunch, \$3. Chocolate milk and Spritzers, \$1. Music provided by HB Productions of Altoona.

Recipes

Here's another way to use your greens. Submitted by Joanna Steven.

Chrissy's Goddess Chips

(From Raw Freedom Community)

2 bunches kale, broken into large pieces by hand (I use lacinato kale)

Dressing

1/4 c + 2 T sesame tahini

2 T nama shoyu (I used tamari)

1/4 cup apple cider vinegar

1/4 cup water ~ more if needed (I actually used less)

1 scallion

1 clove garlic

1 T lemon, juiced

1/8 t. sea salt

2 T fresh parsley

Place kale in a large mixing bowl. Combine all ingredients in a blender and blend until smooth to get a thick consistency. You may have to add more water. Pour over kale and mix thoroughly with your hands to coat the kale. You want this mixture to be really glued onto the kale.

Place kale onto a mesh dehydrator screen, and dehydrate for 4-8 hours @ 110 degrees.

I saw a kale chips recipe by Jacques Pepin in a magazine, and he just tosses the kale with olive oil and sprinkles it with salt. He then bakes it, and I think it was at 300 degrees for about 20 minutes.

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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