



# A Little Info from the Farms to Folks

## Updates:

### September 29 CSA Share Deliveries

#### Iowa Fresh veggie:

- Tomatoes
- Lettuce mix
- Green beans

#### Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Carrots
- Beets
- Acorn squash
- Sweet potatoes
- Ornamental gourds
- Storage onions
- Leeks

#### Small Potatoes greens:

- Grower's choice

#### Fruit Shares:

- Done for the season

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## News from Small Potatoes Farm

Hello All,

### Deliveries

Remember Tuesday will be the last regular CSA delivery of our regular and greens shares. We will continue with extended shares the following Tuesday, Oct. 6th. We will likely be bringing garlic, peppers, a few tomatoes?, orange or yellow carrots (I think), small beets, potatoes, acorn squash, ornamental gourds, storage onions, leeks and sweet potatoes. Even a few random fall broccolis, B. sprouts and okra may get sprinkled about.

We never planted Brussels sprouts before and it shows. I tried to get an early crop, but should have probably waited and made a fall planting. Although we have the plants, most of the sprouts are not deliverable because of insect and blight. Poor success for a new crop isn't without precedent. I think the okra is going well, especially since we are cutting it smaller. We're actually surprised at the number of positive comments about it (I have also seen them redistributed because some people haven't wanted to take them home). That's o.k.

### The Future

I'll discuss the growing season in more detail sometime in November and give people an opportunity to comment about various crops. But, overall we've been very pleased with the farm operation and growing season this year when viewed in total. If you don't have an extended share, you'll still receive our weekly emails through October, and occasionally beyond, into February when we sign up for 2010.

We've enjoyed serving you all through the regular season and are grateful for your support and encouragement. It was especially great to see all the children at the potluck last Saturday. It was a great day - weather, people and food.

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# News from Small Potatoes Farm continued from p.1

## At the Farm

Harvest, harvest is our mantra, although, I did get some weeding and mowing done today. With the lack of rain and cooling temperatures, the weeds have mostly given up and will hunker down to fight another year. I mowed my last summer cover crop and will till it into the soil tomorrow. Stacy and I had our anniversary, which moves a bit each year since it is the fall equinox. We think it's been six years (sugar and iron), so I got chocolate and Virginia peanuts, while she got a homemade two-layered Waldorf Astoria cake (yes, I made it). Tillie danced the night away at the concert in Minburn last Saturday night and was super cranky the next two days. The highlight was the dancers from Lake Robbins Ballroom. What a delight to see couples dance who actually know how to dance.

Stacy has started a cool war with the neighbors. Their kid showed up hawking junk from a magazine to raise money for the school. For what exactly he was unsure. Add to that, no one knew how much went to the company that sold the said junk. She sent him home with a note saying (to the effect) she didn't think the school should be sending out legions of uninformed minions selling cheap gizmos, but if he'd like to come over and work for an hour she'd make a direct donation. Well the kid never came back and now we get the grudging-but-no-eye-contact wave from the dad when he goes by. Unfortunately, he may only receive the lowest prize for poor sales (and I am not making this up), a smencil. This apparently is a pencil that has an odor. It smells.

Rick, Stacy and Tillie

## News from Iowa Fresh Produce

Hello everyone-

I had planned to end deliveries with last week. However after talking to several at distribution yesterday I have decided for those that aren't quite ready for it all to end I will be coming next Tuesday.

The available produce is becoming very limited however and most of what I find to bring will be of the 'sharing table" sort similar to what summer squash, cukes etc. have been as of late. These are 'extras' in addition to some that I have included for all the past few weeks so if you don't wish to partake you aren't out a thing..... a sort of bonus for the season for reading through my gibberish and ranting during the course of the Summer.

Tomatoes, lettuce and new crop green beans will be the prevalent items that are still available in large enough quantities for all. Hopefully I will find some other items to round out your salads( Personally I love my salads with equal portions of lettuce and other veggies) I will also have some small onions-suitable for shish kabobs or other uses- they will just be a bit more to prepare.

Bruce

# Recipes

## Ani Phyo's Stuffed Anaheim Chilies with Mole Sauce

From Joanna and the Raw Freedom Community Forum

### Chilies

4 Anaheim chili peppers  
4 T olive oil  
1 batch Black-Pepper Cheeze

### Black-Pepper Cheeze

2 c Cashews  
4 T lemon juice  
3 cloves garlic  
1/2 t ground black pepper  
1 t salt  
1/4 c water

Process until smooth, only adding water as needed to make a creamy texture.

### Mole Sauce

1/4 t dried chipotle  
1 T pitted dates  
1 1/2 T carob powder  
1 t cinnamon  
1/3 c olive oil  
1 1/2 stalks celery  
1/2 tomato  
1/4 t salt  
2 T water as needed

Slice open chilies and remove seeds, if you like them spicy you can leave in some seeds. Coat each pepper inside and out with 1 T olive oil, and then stuff with black pepper cheese. Drizzle with Mole sauce.



## 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](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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