



## Updates:

### September 8 CSA Share Deliveries

#### Iowa Fresh veggie:

- Tomatoes
- Lettuce
- Peppers
- Eggplant (?)
- Red/Savoy Cabbage
- Green beans (?)

#### Small Potatoes veggie:

- Garlic
- Peppers
- Tomatoes
- Squash
- Carrots
- Beans
- Leeks
- Potatoes

#### Small Potatoes greens:

- Grower's choice

#### Fruit Shares:

- Apples

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## News from Small Potatoes Farm

Hello All,

### Deliveries

We'll be bringing garlic, peppers, squash, tomatoes, carrots, beans, leeks and potatoes. We may have some eggplant and okra to distribute, too.

Greens share - hmmm.... I'll cut whatever looks best (and with the cool weather the greens look really good).

### At the Farm

We've been putting in the last cover crops, the last lettuce planting, and picking the last melons. The nights are really cool. The days are pretty cool, too. The aphids that plagued me so bad two weeks ago seem to have vanished. A deer took their place and keeps eating our beet tops. A ghost deer that can't be seen, apparently. Today, we started dismantling the trellis for the first tomato planting. Harvesting still dominates the work schedule. Stacy has taken to not harvesting eggplant near and around the giant garden spider webs. She also accidentally dug up a sweet potato pulling on a weed. It looked quite grand. Another new and experimental crop. I think I will start digging them in two weeks. Sunday night has become poker night. In Seven Card Stud, Brian took all my pennies, plus a machine screw and pen cap.

### Tillie Gone Missing

Tillie went missing from the farm for a few days this week. Not to worry, she's with grandma, grandpa and various aunts, uncles, great-aunts and cousins. Her absence has been bittersweet. Although we miss her, it has allowed for getting some things done that are nearly impossible when she's here. I guess she went to the zoo today

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# News from Small Potatoes Farm continued from p.1

Apparently when she is away she is perfectly behaved and adores processed food-like meals (does any one know what microwavable Easy-Mac is?). Yesterday I dropped off a vehicle in town at the shop and walked over to the theater where Stacy met me on the way home from deliveries. We watched 'District 9' - about as good of a movie that comes to Perry. It was great to be out by ourselves. We couldn't remember the last time, but we were pretty sure it pre-dated Tillie.

## Shame On Us

By now you've probably seen the article about our neighbor. It's not really that they've been uncharacteristically bad, just that someone took some film of it. Yes, our neighbor is Hy-Line and this week all the news outlets picked up on the story that one of their hatcheries was crushing all of its male chicks alive (<http://www.google.com/hostednews/ap/article/ALeqM5iPz9o8x-bLgc-OwmcMPoaeJvlsWQD9AETH500>) in a grinder machine. There is a link to the video on this site, but it is a little hard to watch.

The follow-up story is that this is industry practice, and hundreds of millions of male chicks receive the same or similar fate in the industrial egg machine. In another part of the video a chick is seen dying on the factory floor after falling through a sorting machine. In response to that one bird, Hy-Line did say it "appears to show an inappropriate action and violation of our animal welfare policies." For the other several million chicks there was no comment.

If you find the situation disturbing and want to support a saner, sustainable and ethical animal production system, support farms with such practices with your food dollar.

## Don't Forget

Please try to hold back on picking up you CSA box until 4:30, or at least until it all gets set up. People eager to get started have been jumping the gun and missing tomatoes and bulk items like basil. It also stresses out Stacy and those helping her get set up.

The annual come to the farm potluck on Sat. Sept. 19: Bring table service (and a chair if you want to make sure you have one) and something to eat. You can explore the farm and sit around trading recipes. Barn doors open at 4 pm. Eat at 5 pm.

**\*\*Extra\*\*** There is a concert in Minburn the night of the 19th, so if you can, plan on going up town with us about 7 pm. The band is called "Exit 113". You might want a lawn chair.

## Congratulations - We're All Snobs

Did you catch 'Talk of the Nation' Monday? Neal Conan interviewed Charlotte Allen who had an opinion article in the Los Angeles Times recently entitled "Keep Your Self-Righteous Fingers Off my Processed Food." The short of it is she is tired of local food advocates telling her what to eat. It's a great interview (<http://www.npr.org/templates/story/story.php?storyId=112412412>). You'll get a laugh out of her geographical knowledge, altruism and faith in the taste of store-bought strawberries. For more local flavor, start reading Dirck Steimel's articles in the Iowa Farm Bureau Spokesman. On 8-18 he describes

SPF News continued

people who buy organic food - like you - as people who "stick their noses up at conventionally-raised food and the common folk who choose to bypass the pricey organic aisle and buy the non-organic stuff." I admit I'd stick my nose up at Dirck, but that's as much as I'll admit. Who are these people?

Rick, Stacy and Tillie (in abstentia)

## Berry Patch News

Berry Patch Farm now offers Pick Your Own hours daily from 9am till 3pm. There may still be a few blueberries to pick, but the highlight now is raspberries. Several varieties of apples are also becoming ripe. Dean says the honeycrisps should be ready soon. He is evaluating today and the *a la carte* page will be updated soon with available apple varieties.



## Pick up time reminder

The time frame for picking up your produce is from 4:30 till 6 pm. Please try to come during this window. We are there early doing our best to accurately fill your *a la carte* orders, carry in the *csa* produce and get it set out and organized for easy distribution. When you come early as we are setting up, we sometimes feel the need to hurry and errors can result, or all of the produce won't be set out and you will miss something from your share. We are doing our best to have everything ready to go at 4:30. Thanks for respecting this time frame.

### Contact information

For any questions regarding Farm to Folk contact:

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# News from Iowa Fresh Produce

Good afternoon all-

I guess I should begin this week with a bit of an explanation about Tuesday's distribution. We growers write our availability lists and updates early in the week to allow you members as much time as possible to decide what you would like for the following week. Thus we are sometimes akin to the local TV weather people- not real accurate in the timing but we know its coming. Such was the case with yesterday's lettuce you were to receive. Weds/ Thurs of a week past after I had written you what you would receive we received some heavy rainfall which literally packed the lettuce leaves into the mud. I was hoping it would spring back but at this time of year once the ground is wet it stays wet and so the lettuce wasn't able to break away from the mud. I've since cut it and it should be ready for next week. Walking around Tuesday morning with time on my hands now that the lettuce wasn't a viable item to bring I noticed that the raccoons had really begun to enjoy the last planting of sweet corn so it was bring what was there or forget it as they will devour a planting in just a couple days. So I walked the patch and that was the extent of it. Grasshoppers are responsible for those ears without the tip being filled but I would rather have that rather than try to resolve the problem through spraying. They have become ravenous in their appetites in the last week or so and especially enjoy eating those tender young silks which are actually pollen tubes to each kernel.

And while my thoughts are on wildlife where did the robins go? Seems each year I get passive about seeing them present all Summer and then all of a sudden realize they are gone. Now I will keep a vigil eye out for their return hopefully sometime in late February. Garter snakes were noticeably absent this year (I don't recall seeing even one!) But the toads were everywhere! Between them and the barn swallows (and erratic weather patterns no doubt) most of the bugs were held to acceptable levels this season.

Now that the seeding outdoors is no longer feasible with the approaching frost date harvesting and cleaning up predominate the daily routine here. Morning chores are now centered more around cleaning up and waiting for the dew to burn off before entering the fields. Good in theory as a way to curtail the spreading of plant diseases yet the late tomatoes as still succumbing to blight- which has been problem all season for many across the state this year.

What you should see at distribution on Tuesday:

- Tomatoes
- Lettuce
- Peppers
- Eggplant(?)
- Red/Savoy cabbage
- Green beans (?)

Hopefully the melons will soon begin to come on as well. As of yesterday, however, I saw no signs of any of them becoming mature yet. Winter squash will soon be available as well. What? No zucchini in the distribution this week? Look for them as a "sharing table' item. They have done well this season and as a result some may have felt inundated with them in the past weeks but they are still available to those that desire them.

Enjoy the weather while it lasts,

Bruce

# Recipes

## **Rich Cheddar Dip (raw and vegan from Joanna's blog)**

*Adapted from "Rejuvenate Your Life" by Serene Allison and found on the [Raw Freedom Community](#).*

### Ingredients:

- 1/2 large red bell pepper
- 1/4 c water, or as needed
- 1 c raw cashews, soaked for an hour
- 1 T tahini (sesame seed butter)
- 2 T nutritional yeast
- 1/2 teaspoon sea salt, or more to taste
- 1 green onion
- 1 clove garlic
- 1 T lemon juice

### Directions:

Blend until creamy. Add more water if it is too thick. I like to use half the water, and then add the rest to the empty blender to get the rest of the dip at the bottom.

## **Bell Peppers Lemonly Dressed and Cumin-esque**

*Angelic Organics Kitchen (adapted from *Recipes from a Kitchen Garden*).*

Serves 4

- 1/2 cup plus 1 tablespoon extra virgin olive oil, divided
- 2 red or purple bell peppers, thinly sliced
- 2 green or yellow bell peppers, thinly sliced
- 1/4 cup freshly squeezed lemon juice (about 1 large lemon)
- 2 tablespoons minced parsley
- 1 teaspoon ground cumin
- 1 teaspoon honey (optional)
- 1 clove garlic, minced (about 1/2 teaspoon) (optional)
- 1/4 cup finely chopped scallions or red onion
- 1/2 teaspoon salt
- freshly ground black pepper

1. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Add the peppers; sauté, stirring until slightly soft, about 3 minutes. Let cool.
2. Combine the remaining oil, lemon juice, parsley, cumin, honey, and garlic in a large jar. With the lid tightly screwed on, shake the jar vigorously until the oil and vinegar have combined and thickened.
3. Toss the peppers and scallions or red onion with the vinaigrette in a large bowl; add the salt and season with pepper to taste. Cover; refrigerate for 1 hour.

## **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  
[Marilyn@farmtofolk.com](mailto: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!