



## Updates:

With the new season we have a new look for our newsletter! UNI students Kerensa Keller and Kate Von Tersh used Farm to Folk as a client for their Project Management class and came up with this new format. We hope it will be easier and more convenient to read each week.

As always, if you have recipes or tips to share with F2F members please send them to [marilyn@farmtofolk.com](mailto:marilyn@farmtofolk.com)

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## Meet the Members: F2F Staff 2009

Welcome new members and welcome back to those of you we haven't seen for awhile! We'd like to introduce all the staff members that will be helping at the distribution site this season.



**Sue Posch**

Sue Posch is our dedicated a la carte organizer. Sue DeBlicke and Tomoko will be assisting with set up, selling extra produce and various other tasks at the site.



**Sue DeBlicke and Tomoko Ogawa**



**Corry Bregendahl with Rasmus and Aneka**

Corry, with the assistance of Rasmus and Aneka, will be coordinating the set up of the fruit and veggie shares.



**Marilyn Andersen**

Marilyn is the general coordinator and bookkeeper.

If you have any questions at the site, feel free to ask any of us for help.

## Especially For Consumers

**Reminder:** Payments for CSA shares are due by May 1. Please remit to Farm to Folk, 15219 590<sup>th</sup> Ave, Story City, IA 50248.

If you have questions about your balance, email Marilyn@farmtofolk.com

Veggie shares will likely begin in mid May. Fruit shares will begin when the strawberries are ripe, usually late May or early June.

**New this year! We will no longer be providing plastic bags at the distribution site.** Please remember to bring your own bag or box to carry your produce home. Reusable boxes will be available at the beginning of the season.

## Cotton bag drive

As part of our plan to stop providing plastic bags at distribution, we are asking for donations of your spare cotton shopping bags. We will accept clean bags at the Farm to Folk distribution site at anytime. Thanks!

## From Producers: Update from Small Potatoes Farm

Hello Everyone,

I'm sure you've all seen the tell-tale signs of spring. Here at the farm we've taken advantage of the good weather to prepare for the coming season. Mostly, we've been cutting trees and making repairs. Repairs have included tires, a hydrant, well cover and oil changes and maintenance.

Last week we had a few Eastern bluebirds come through, reminding me to reattach a few of our birdhouses. On the other side of the bird equation, we can hear a few of the neighborhood tomcats moaning for a mate in the middle of the night. Chives grew up a few inches when the weather was warm and even some rhubarb began emerging. No sign of asparagus yet, though. Winter annuals, like field penny cress and perennial dock have started growing.

All will surely be disappointed if it snows this week.

All our seed has arrived, save potatoes and annual onions. The shipper will wait until there is no danger of freezing in transport. I did get a start on some tillage, preparing our beet/spinach and pea field. I even pondered some planting. But, experience has shown I always plant something too early. Most other fields have been too wet to work, so I'll have to practice my patience. Our organic certifier has notified us all our records are in order and will be coming for an inspection soon. Iowa State came out to plan their record keeping this year on our long-term beneficial insect experiment.

We have our labor lined up for the year and most of our supplies ordered. Our biggest project for the coming week

or two will be to dismantle the old corn crib and oat granary that finally fell in the wind last fall. After that, our good barn will get our carpentry and painting attention.

For those of you considering planting windbreaks or stabilizing stream banks, we cut and propagated some hybrid willows this winter (plus a few corkscrew willows). They should be ready to plant by the 3rd week of April. They are \$3 per tree. Just send me a note if you'd like some.

That's all for now. Hopefully, we'll see you all soon.

Take care,

Rick, Stacy and Matilda

## To Contact Farm to Folk

If you have any questions,  
please contact:

Marilyn Andersen  
Coordinator  
Email:  
marilyn@farmtofolk.com

[www.farmtofolk.com](http://www.farmtofolk.com)

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## New Producer: Open Source Organix

Open Source Organix is a farming cooperative jointly operated by Jennie Erwin, David Hansen, Brian Johnson, and Becky Kipper. Our simple goal is to provide a variety of fresh, tasty vegetables to Ames and surrounding communities. We'll fertilize with compost produced on site from local materials. We will use organic methods where ever possible to control pests and disease, and cover crops, crop rotations, and good old elbow grease to control weeds. We are committed to a chemical-free operation. This is our first year of production and we'll be offering our produce a la carte. Wish us luck!  
Becky

## Update from Iowa Fresh Produce

Greetings-

This is my favorite time of year and yet the time of year that is most difficult for me. The signs of Spring are finally here! The last remnants of snow finally melted away, the robins are back and scouring the yard for food by bouncing one or two steps forward and then casting their head to the side to get a vertical look at the ground around them.

Temperatures are reaching the 50s, 60s and even approaching the 70s. It's hard not to get anxious to get out again and plant. With the last rains the yard is beginning to grow green. It's nice to see again and EVEN nicer because it hasn't begged for the lawnmower yet. Buds on the trees are swelling and reminding me that any final pruning needs to be done and soon. Here on the farm we are in the midst of Spring cleaning and getting ready for a new season. We are cleaning and organizing the outbuildings, prepping the tractors and tillers, stowing away the winter tools and yes--even planting. The propagation house is now bulging at the seams with plants and with the thought of needing additional space soon to begin the melon transplants, a bit of planting is indeed in order.

Thankfully, with my son Nick's help, late last fall we

finally got the greenhouse enclosed. It had been an ongoing project for several years so it is nice to see an end to it. Well, actually it is not completed yet but serviceable. I still would like to run a water line to it, do a bit more electrical work in there, and add a furnace perhaps but with Spring pressing, those additions will become projects of their own. Weather permitting towards the end of this week or so, we will begin the onion planting as well as plant some additional asparagus plants that have been in the propagation house since late last Fall. The first seeding will start within a week or so and will continue until about the middle/latter part of August. I always enjoy seeing those first seedings become rowable--little lines of green amongst all the soil around them. Then I know Spring is here for good.

At this point I am anticipating the first delivery sometime in mid-May. As in the past the first weeks will lack much diversity until more produce becomes available. Those first few weeks will most likely contain radishes, lettuces, spinach, and kohlrabi. These early crops thrive upon the cool weather. More on that later as the time approaches. Looking forward to the new season.

Bruce

## Update from Berry Patch Farm

On a recent visit to Berry Patch Farm, I was delighted to see where the delicious lettuces we've been receiving were grown. Dean, Judy and Mike have a greenhouse that is heated by a free standing wood stove. The stove heats water that is piped underground to the greenhouse where it heats the soil from below. In addition to lettuces, they have radishes, spinach, peas, strawberries, raspberries, peppers and tomatoes growing. The Henry's have high hopes of providing Farm to Folk members with extra early crops this season through the a la carte system.



Bed of lettuce



Radishes



Greenhouse tomatoes March 26, 2009

## Update from Prairie Sky Homestead

Spring planting has begun in the solar greenhouse at Prairie Sky Homestead. It feels so good to be digging the soil again. Our spinach and kale seedlings survived several sub-freezing nights under blankets last week, and the spinach should be ready in a few weeks. Our hen house was beset by a predator who left three dead chickens in its wake, but that was a week or two ago and we have not had trouble since. Our sheep are shorn and shivery. There is oh so much to do! April is the adrenaline month, if only T.S. Eliot had known enough to get his hands dirty.

Greta

## Recipe: Pickled Eggs

*Submitted by Nick Wallace*

Nick has been using the duck eggs from Small Potatoes Farm. Chicken eggs will also work. In a large glass jar make a solution of 75% vinegar/25% water. Season with salt, peppercorns, and pickling spices to taste. Add hard boiled eggs so the solution covers the eggs. Crush a clove or two of garlic and add. Wait a few days and enjoy. Store in the refrigerator.

**Tip:** Fresh eggs do not easily peel, so it's better to use eggs that are a week or so old for hard boiling.