



# A Little Info from the Farms to Folks

## Updates:

### July 28 CSA Share Deliveries

#### Iowa Fresh veggie:

- Tomatoes
- Potatoes
- Onions
- European cucumbers

#### Small Potatoes veggie:

- Onion
- Sweet pepper
- Carrots
- Squash
- Basil
- Parsley

#### Small Potatoes greens:

- Farmers choice

#### Fruit Shares:

- Blueberries

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## News from Small Potatoes Farm

Hello Everyone,

### Deliveries

We'll likely be bringing onion, sweet peppers, carrots, squash, basil and parsley. Over the weekend I'll send an update on Tuesday's harvest. I'm hoping to start digging 'Kennebec' potatoes next week. Cucumbers are looking promising next week, too.

Greens share - chard, collards or kale. It's a farmer's choice week.

### At the Farm

All our garlic is hung and curing. Don't get in a rush to snatch up any local garlic recently from the field, or your garden for that matter. Let it cure by hanging and drying it. If you really appreciate good garlic, you'll be glad for the wait. The subtle flavors of a good heirloom hardneck garlic come out when cured and they will store longer. I think a month is a good time frame, but a couple of weeks will help. We only hung our best bulbs. We brought smaller or salvageable parts of damaged bulbs last week. Remember, they aren't cured, so don't put them in the back of your cupboard and forget about them.

And as long as we are talking *alliums*, keep an eye on your annual onions in your box the next couple weeks. It has been a hard summer for them. After being savaged by the hail, they've taken on a lot of rain - not good for onions nearing their harvest period. This wet weather promotes spoilage. We've done our best to sort out any potential problems, but I don't think this year's crop will keep long. The best bet is to cut through them. If any layers or pieces look suspicious (especially near the top) remove them and store the remainder in the fridge. We planted some storage onions from seed that look better. They are still in the ground.

We started to see some tomatoes turning, but the cold nights stopped their maturing. It appears the temperature is moving back toward normal and we should see more ripen soon. It's been good weather for hoeing weeds. We have lately hoed rutabagas, beets, arugula, greens, cabbage, basil, and beans. SPF News continued next page.

## News from Small Potatoes Farm continued from p.1

We finished our last weeding of the winter squash as it is filling in the spaces in the field we might walk. I'm trying to do the same with cucumbers and melons, but they seem to be growing faster than I can weed. Rhubarb and horseradish are weeded once again, too.

### In Other News

Our two female guineas, whose instinct overwhelmed their common sense, both made a nest this year somewhere outside of the chicken coop. Upon laying enough eggs, they discontinued coming in at night where they could be secured. Instead, they sat on them in full view of God, the raccoons and coyotes. Usually, they make it back with only the loss of their eggs, but this year they paid with their maternal life. The male guinea is quite forlorn and now spends his days pining for his girlfriends in the reflection of car bumpers and side panels. There is a picture of him, along with some other new images posted:

[http://www.smallpotatoesfarm.com/Whats\\_New\\_Images.html](http://www.smallpotatoesfarm.com/Whats_New_Images.html)



**Our lovelorn guinea watching his reflection in the truck**

We've been grateful to have Petra visiting us from time to time. She went to the concert at the park with us last Saturday and was found hoeing winter squash earlier in the day. Our truck is back from the shop, the day the water pump went out in the tractor. Brian's refrigerator/freezer broke over the weekend and he has been cooking meat long into the night the last few nights. We put the second ignitor into our stove. Apparently, they are supposed to last ten years *'if you don't cook very much'* - huh? Stacy asked the repairman what appliance brand he recommends. He said they are all junk and recommends an appliance made 20 years ago.

### Truth to Power

Stacy finally took on powerful interests and stood up for all of us at the bank on Tuesday. Since the recession, the bank has switched out chocolate for Dum Dum lollipops in their lobby. It's been a hardship on us both. After much grumbling, she decided speak up. Apparently, this indignity was also felt by the cashiers who insisted she must take her grievance to a higher authority. Not finding the bank president in her office, they searched the building. Finally, they pulled her from a meeting and brought her to Stacy. After several moments of intense negotiations, the bank is reported to be reconsidering their candy policy. If we later conclude this was just a stall tactic on the part of the bank, I'm sure you'll join us as we escalate to picketing.

Besides taking on the financial industry of Ames, Stacy brought Hy-Vee to a grinding halt on the same trip. Dutifully taking in a jar to the bulk section of the store, Stacy filled it with sunflowers to save the use of yet another plastic bag. She even tared the jar herself and calculated the weight of the seeds. At the checkout, however, a commotion built, managers were called in, lines began growing longer. No one could determine how to price the sunflowers. One manager finally threw up his hands and proclaimed it couldn't be figured out, charging Stacy an even \$2. His advice, next time, "Put it in a bag, then you can transfer it to a jar later."

Rick, Stacy and Tillie

# News from Full Circle Farm

Life rolls and bumps along at Full Circle, each day seemingly more beautiful than the day before.

**Yes, we will take orders for July 28 but No F2F Deliveries on August 4**

We are actually going on vacation. For Don and I it is the first time off the farm together - for more than two nights- in eight or nine years. We have lost count. We are so excited!

**You can order through F2F for delivery on July 28 or August 11.** We will definitely have ground beef by August.

You are welcome to call the farm any time. Brian will check for messages and help you out at **515-230-9245**.

**But you can still order beef**

Meanwhile, several F2F customers have asked about ordering in larger quantities. This is an option and one that is sure to save you money! It is called **“buying a quarter”** and works out to less than \$5.00 per pound for everything from ground beef to sirloin. The other advantage to buying your beef from us this way is that the processor custom cuts your portion of the animal. So you have more options than when ordering the cuts from us.

Disadvantages? I can only think of a few inconveniences. You have to pay more cash at one time. You have to pick up your frozen beef from Midwest Pack in Nevada. And you have to have a home freezer for storage.

Marilyn, bless her heart, is investigating this option for one of her relatives. So she has a document with lots of details that she can pass along to you. (Click here to see the document) After you read it, you can call 515-230-9245 if you have more questions. Brian knows this aspect of the beef business inside out; so don't wait for us to return from vacation.

In fact, we are looking for customers to buy quarters of an animal going to the processor on August 6. That meat would be ready for pick up before the end of August. The next opportunity after that will be September, and then again in October. If you think you are interested, let us hear from you.

Keep breathing,

Nan, Don, Tobey, Zeke, Maxwell, George W., Ralphie, and all the girls and critters at Full Circle Farm- including Brian, thanks for enabling us to go ON VACATION!



Sunny days at Full Circle Farm

## Fiber Sharing

Attention fiber enthusiasts!

A couple people asked about the fiber table, so we will set it out again this week.

You are encouraged to bring any yarns you'd like to share or to select something to start your own yarn stockpile.

### Contact information:

If you have any questions about Farm to Folk please contact:

Marilyn Andersen  
515-388-5501  
515-460-7273 cell

[marilyn@farmtofolk](mailto:marilyn@farmtofolk)

# News from Iowa Fresh Produce

Hello all-

This weeks' weather reminds me of Fall. Warm days and cool almost cold nights. Had I known we would have been having a Summer like this I would have tried planting spinach during the summer months instead of waiting until a Fall crop. Of course hind sight is always 20/20. Come to think of it I'd have done a lot of things differently.

Zucchini have finally begun to fruit and I noticed an almost fully mature head of broccoli out there today..... both several weeks later than usual but at least I didn't miss the broccoli. Usually a few heads surge out ahead of the others and I only notice it when those petite yellow flowers emanate from what was a broccoli head. Doubtful there will be enough of either for distribution but then I've been wrong it seems all season long.

We finally got the Summer lettuce up and going ( I wonder whether it will really be needed this year?) and the beds have emerged. It's about 20 degrees cooler in there than out under the sun so not only does the lettuce appreciate that but its a nice place to be during the heat of the day for me as well. Tuesday afternoon while I went to town Nick spent the time training the cucumbers back in their rows so I cultivated until almost dark that night. Nice to get the ground loosened up and the weeds taken care of. I did notice some of the watermelons are finally setting fruit. It will be about a month before those are ready. I guess that follows with the other crops this season. That is, everything seems to be from 2-3 weeks behind schedule.

This weekend I am planning to dig up some potatoes and see how they are coming along.

This week I will be bringing:

tomatoes

potatoes

onions

European cukes

Several weeks back I had alluded to perhaps taking a mini vacation this week. As it happens there are just too many activities next week that we will be staying in Iowa. Perhaps do a bit of fishing as Nick has the bug for that. He went to Red Rock the other day with a friend and brought home a couple nice striped bass. Not wanting to be outdone the old man went cat fishing trying to redeem himself. A small mishap but I did redeem myself. We cooked up a nice catfish meal on Sunday with plenty to go in the freezer for a couple of more meals. Bruce 3, catfish 0, pole 1

Enjoy the weekend!

Bruce

# News from Picket Fence Creamery

Come join the fun in Woodward! We will host a Sample Saturday on July 25 from 8am till 8pm in conjunction with our Woodwards Friends n Neighbors Day, Prairieland Herbs, and Northern Prairie Chevre. Admission is free!

We'll have samples of local foods, Adel's Penoch Winery samples, fresh local, chemical free produce, a Hay Maze and giveaways for the kids. Come see the cows and bottle calves.

We'll have the following super deals: 2 dozen local eggs--\$5, rhubarb crisp and a quart of ice cream--\$10, buy a local salsa and get a bag of fresh tortilla chips for \$1, 90% lean ground beef--\$2.99/pound with 10 pound purchase.

Check out fresh Pella Dutch letters and breads, fruit crisps, pies, sweet breads and delicious local foods from 90 Iowa families.

Mark your calendars for our regular Sample Sundays: August 16, September 20, October 18, November 22, December 13 and a Picket Fence Wine and Cheese Sample Sunday on Dec 20.

## Recipes

### **My Favorite Kohlrabi Recipe** submitted by Cornelia Flora

Grate

1 kohlrabi

4 carrots

2 summer squash (zucchini is good)

Mix together ¼ cup organic apple cider vinegar with one ¼ cup of honey and bring to a boil

Mix in mayonnaise or plain yogurt

Toss all together.

## For More Recipes

Small Potatoes Farm website:

[http://www.smallpotatoesfarm.com/CSA\\_Cooking\\_Tips\\_Index.html](http://www.smallpotatoesfarm.com/CSA_Cooking_Tips_Index.html)

Farm to Folk newsletter archives:

<http://www.farmtofolk.com/f2farchives.html>

This site lets you enter the ingredients you have and it gives recipes using those ingredients:

<http://mealplanner.eatrealgood.com/>

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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