



Updates:

June 16 CSA Share Deliveries

Iowa Fresh veggie:
-choice of spring mix or romaine
-kohlrabi
-rhubarb

Small Potatoes veggie:
-lettuce
-spinach
-onions
-garlic scapes

Small Potatoes greens:
-red Russian kale

Fruit Shares:
-1 quart strawberries

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News from Small Potatoes Farm

Hello Everyone,

Deliveries

This week we will be bringing much of the same - lettuce, spinach and a few onions for cooking. We hope you are enjoying these two crops, they are doing quite nicely this season and have been a joy in our salads. I'll bring a bag of garlic scapes for each location and you can take as much or little as you want.

If you have the greens share, we'll bring something - most likely red Russian kale.

We may have some peas ready, although I can't imagine everyone would be assured of getting them right away. Kohlrabi will be coming soon, too. It is bulbing up nicely.

At the Farm

It's been rather wet here and the list of things to do is growing fast. I hope today we can begin running hoes through the soil. We've been doing a lot of harvesting in the rain. By Tuesday I felt lettuce might be in jeopardy and fall out of condition by Friday if we got another hard rain. With that in mind, we cut as much lettuce for Friday we could, dried it well and bagged it. It ended up not storming anymore - of course. I did get a day's work in on the barn, though. A job I never seem to get started until we get at least three inches of rain.

The garlic is flowering - that's where the scapes come from we'll be bringing. I see some early potatoes are flowering, too. It's a rule of thumb that they are beginning tuber formation at this stage of development. The peas are beginning to fruit and we had four of them for lunch on Tuesday. Row cover probably could come off our first planting of summer squash. Basil is up and waiting for some warm weather to grow.

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News from Small Potatoes Farm continued from p.1

I went to pick up our tractor from the shop yesterday and sent Tillie and Stacy to the farm store with a long and complicated list of nuts, bolts and other hardware. Apparently, her store assistant was self-described as "not too good at finding bolts" or "counting". After an hour, most of my list was procured, but not before Tillie was caught running through the aisles with two bags of rat poison in each hand.

The Minburn Crime Spree

Stacy's excitement over the arrival of international visitors to Minburn has been crushed by the heavy hand of the criminal world. The renters who had notified they were coming and sending their entire year's rent were in fact scam artists. By overpaying with fraudulent financial documents, they were hoping to receive a real refund from the renters. Fortunately, their plot was discovered before any money was lost.

Another of our friends was questioned by a pair of US Marshals regarding yet another renter. Not hers, but her dad's. This renter lived between them and was engaged in illegal gun selling and other nefarious activities. The renter has been on the 'lamb' as they say. But when the wanted man's wife stopped in to the house this week, the Marshals, FBI and other law enforcement swooped in.

Hope you are all well.

Rick, Stacy and Tillie

Picket Fence Creamery Sample Sunday

On Sunday June 14 from noon till 5pm, we'll have a Sample Sunday in conjunction with our neighbors Prairieland Herbs and Northern Prairie Chevre. We'll have lots of local food samples such as orange-pineapple ice cream, buffalo summer sausage, fresh cheese curds, Neva's cheeseballs, Iowa wines, creamed honey, elk sticks and much more! For the kids there will be pony rides and bottle calves to visit. Lunch will be served: Grilled brat, kettle cooked chips, milk and ice cream for \$5, kids \$3.

There will be in-store specials and "2-fer" deals; 2 bags cheese curds for \$6, 2 jars local cherry jam for \$9, 2 bottles Iowa wine for \$20.

Come out and enjoy a day in the country! 14583 S Avenue, Woodward IA. Take exit 138 at Woodward, turn south to barricade, turn right on S Avenue and we're the second place.

News from Iowa Fresh Produce

Hello all-

This past week has seen a lot of transitions about here. In amid the rains we've managed to plant another 2 acres almost and have only a few areas that have yet to see some plants or seeds. Then we will begin replanting those areas that are open..... late tomatoes where the spinach and radishes were, kohlrabi patches will be come walkways between the tomatoes etc. be nice to be able to clodhopper around as I am better versed on that than gingerly picking my steps. Yesterday after I got home from the CSA it had rained here as well dampening the notion of getting any mowing done. While its nice to be on blacktop that also means that it's a country expressway and trying to keep the yard respectful. Normally the high priority areas to mow are those seen from the road but out back by the grove and fruit trees the grass is getting knee high now and the bluegrass has plumed out which will make it slow going thru that area. I did a bit of straightening up in the buildings and about 7 went to shut off some water.... the grass seemed to be fairly dry and when I walked by a portion of the garden it was sowing signs of drying- apparently we hadn't gotten that much rain. I had worked up some ground on Sunday and then a shower stalled those plantings so I got them in last night and still had a bit of sun left when I was done.

While working around in the buildings I kept talking to the kitties that are housed in there. They are now all weaned and very inquisitive albeit somewhat cautious. That being the case this morning when I went out to fed them I began talking outside the building so they would be forewarned. Much to my dismay 4 kittens were unaccounted for! I wondered if they had followed the mother cat and somehow got lost and would I find them crying or worse..... I decided to put out food for them and there they were..... 4 little heads peering up out of the feed sack at me! Sure didn't take them long to figure out where food was!

Today is a weeding day. I went thru the winter squash and zucchini this am. It appears that the ground squirrels weren't quite as devastating as I had thought they might have been. This evening, time permitting, I have some zucchini plants that I can put out to fill in any voids in the rows. First priority will be to get the last of the yellow melons in as well as the varietal peppers and a few odd n ends of bell peppers.

While out and about this morning I checked on the peas. Looks like it will be another week yet before there will be any numbers of them available so for distribution:

Spring mix or Romaine mix, Kohlrabi, Rhubarb

Got your fill of rhubarb desserts for the time being? It freezes well and then may be later used for quick breads, cobblers, pies or crisps....and it always is a nice change to be able to pull a package out of the freezer when its seasonally unavailable. Sunday I made stir fry. Every Sunday we make it a point to have a meal from the garden as much as possible. I sliced the kohlrabi 15-20 mm thick and about 2 cm wide. Putting them in at the tail end of the cooking they retained their crunchiness so much so that Nick thought I had added bamboo shoots.

Enjoy your weekend!
Bruce

Berry Patch Farm



U-Pick Strawberries are available at the Berry Patch on Wednesdays and Saturdays from 8am till noon only.

Contact information:

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

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Recipes

Joanna Steven writes:

The nice SPF collard greens reminded me of this tasty recipe. It is posted online on the Daily Raw Cafe's website:

<http://www.thedailyrawcafe.com/2007/10/mess-o-greens.html>.

Marinated Collard Greens

2 T apple cider vinegar
2 T chopped sun-dried tomatoes
2 T chopped scallions, white parts only
1 small garlic clove, minced
1/2 teaspoon red pepper flakes
1/2-1 teaspoon sea salt, divided
Pinch black pepper
1 bunch collard greens, washed
1T olive oil



1. In a large bowl, combine apple cider vinegar, sun-dried tomatoes, scallions, garlic, red pepper flakes, 1/4 to 1/2 teaspoon sea salt and pepper. Set aside.
2. Take several collard leaves and roll into a cylinder the shape of a fat cigar.
3. Using a knife, cut through the collard cylinder, making thin strips. Repeat steps two and three until you have cut all the collard leaves.
4. Place strips in a large bowl. Pour olive oil on collard strips and sprinkle the remaining amount of salt. Massage the oil and salt into the strips until all are well coated, and they are turning soft.
5. Transfer the collard strips to the bowl with the apple cider vinegar marinade. Let marinate in the refrigerator for at least 4 hours, but overnight is best.

Note: I'm thinking this week's garlic scapes would be nice instead of the garlic. This amount of red pepper flakes will make the dish pretty spicy, I usually use less.

Recipes

With arugula now available and mint likely coming soon, Glenda Stormes-Bice submits this recipe.

Arugula and Fava-Bean Crostini

By Kay Chun in Epicurious

Active time: 30 min

1 cup shelled fresh fava beans (1 1/4 pounds in pods) or shelled fresh or frozen *edamame* (soybeans; 3/4 pounds in pods)
1/4 cup plus 1 tablespoon extra-virgin olive oil, divided, plus additional for drizzling
1 1/2 cups packed baby arugula (1 1/2 ounces), divided
3 tablespoons grated Pecorino Toscano or Parmigiano-Reggiano
1/4 teaspoon grated lemon zest
1/2 teaspoon fresh lemon juice
1 baguette
1 garlic clove, halved crosswise
16 mint leaves

Preheat oven to 350°F with rack in middle.

Cook beans in boiling water, uncovered, until tender, 3 to 4 minutes, then drain and transfer to an ice bath to stop cooking. Gently peel off skins if using fava beans. Do not peel edamame.

Pulse beans in a food processor until very coarsely chopped, then transfer half of mixture to a large bowl. Add 1/4 cup oil, 1/2 cup arugula, cheese, lemon zest and juice, 1/2 teaspoon salt, and 1/8 teaspoon pepper to beans in processor and purée until smooth. Add to bowl. Coarsely chop remaining cup arugula and gently fold into bean mixture.

Cut 16 diagonal slices (1/3 inch thick) from baguette and put in a 4-sided sheet pan. Drizzle with remaining tablespoon oil. Bake until pale golden and crisp, 8 to 10 minutes. Rub with cut side of garlic.

Spoon bean mixture onto baguette toasts, then drizzle with oil and top with mint.

For More Recipes

Small Potatoes Farm website:
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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