



## Updates:

### June 2 CSA Share Deliveries

#### Iowa Fresh veggie:

- spinach
- kohlrabi
- radishes
- rhubarb
- snow peas (?)

#### Small Potatoes veggie:

- lettuce
- spinach
- onions
- asparagus

Fruit shares will begin when strawberries are ripe, possibly on June 9. Watch for updates on fruit.

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## Meet the Members: Eric Armbrecht

This week we introduce Eric Armbrecht, seen here with daughter Emma enjoying some Picket Fence ice cream.



Eric has been a member for a number of years and has generously given his time to help with clean up after distribution for all those years. He is Vocational Director at The Homestead in Pleasant Hill which has a Certified Naturally Grown farm and a 93 share CSA with members in the Des Moines Metro area plus Newton and Ames. They also sell vegetable and herb transplants to greenhouses and other CSA farms as well as selling poinsettias and homemade wreaths before Christmas. The Homestead is a living and learning center for persons with autism. They do not have any farm workers other than the Farm Manager, Jason Jones, and 29 persons with autism.

Eric, his wife Jenni and two children, Emma 2-1/2 and Jonathan 7 months live in Des Moines. They drive to Ames weekly to deliver the Homestead CSA share, help at Farm to Folk as well as pick up their dairy and fruit shares. After being involved with conventional agriculture he changed course and began doing urban gardening with persons with mental illness/disabilities in Ames and Des Moines. This led to his current job at The Homestead.

# News from Iowa Fresh Produce

Good morning all-

Another somewhat soggy day is ahead which is just fine by me. Over the long holiday weekend Nick had a friend over that was eager to plant out in the garden. I turned him down several times because it was going to rain or just had, making planting conditions poor but finally on Monday he got his chance. Its remarkable how when a young person gets their mind set on something just how quickly they can pick it up. It was no time at all that we had 10 rows of pepper and eggplant plants in the ground. Thank you Jed.

We also have a new "sinkhole" this week after the rains. Apparently the repair earlier hadn't gone far enough as we now have a crater 10' in diameter and 6' deep and the tile line is almost completely full of water now. IF recollections serve me it seems this particular tile line was put in during the 40's and appears to have seen its useful life. Once it dries up I'm sure the county will be back to repair it and I hope that this time all the weak tiles have been replaced.

The rest of the garden should soon be greening up and no longer looking like a barren landscape. Last week we put in another

planting of sweet corn, 1/2 the winter squash and a good patch of zucchini so the empty portions are beginning to fill up quickly. Both shell and sugar snap peas are beginning to bloom and the first tomatoes have finally recovered from a very cold night back in March when the door somehow blew open and froze off several hundred and severely set back the remaining plants. Full of blooms I got through a second pruning /trellising of them this week. The emphasis this week will be to replace any missing euro cucumber plants and to get them tied up as they are beginning to bloom as well.

Weeding is coming along fine and I have only two beds that haven't received attention but with this rain they should shortly once the soil is mellow again. At the bottom of the hill that area requires just the right amount of moisture. Too much and its mud, too little and it forms a hard crust but catch it at the right time and it will work up nicely and then stay that way. In between the beds have now seen the tiller as well. Normally this is about the last to get weeded as the weeds are in the pathways and as long as they are small they don't directly compete with the veggies. It's always nice to get them knocked back down

however while they are still small and vulnerable.

For this week:

spinach  
kohlrabi  
radishes  
rhubarb  
snow peas(?)

Thanks to all who have brought in the small green strawberry boxes. If you still have some you would like to recycle please bring them on Tuesday. The cherry tomatoes are blooming.

Bruce

## Contact Farm to Folk

If you have any questions please contact:

Marilyn Andersen, F2F  
Coordinator  
[Marilyn@farmtofolk.com](mailto:Marilyn@farmtofolk.com)

515-388-5501  
515-460-7273

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

# News from Small Potatoes Farm

Hello Everyone,

## Deliveries

We will be delivering to the Unitarian and Farm sites on Friday the 29th. We will start regular deliveries to all locations the next week, the first week of June.

It looks like we will start cutting lettuce and spinach and augmenting them with some onion and asparagus.

Here's the summary (but stay tuned for any changes):

**May 29 - Farm and Unitarian**

**June 2 - Ames F2F**

**June 5 - Farm, Unitarian, Walnut Hills, Drake**

## At the Farm

We received a welcomed and generous rainfall - about 2 inches. It was a rainfall that couldn't have been scripted better. It came lightly or moderately over a day's time with no strong winds or hail. We also were caught up on planting and much of our weeding.

We are still thinning spinach, broccoli, cauliflower, greens and Brussels sprouts. This morning we'll finish our second bed of spinach. We covered our first planting of summer squash with row cover. This was a family affair. Stacy weeded around the germinating plants, I

weeded between the row and Tillie stomped on the emerging seedlings. Basil, winter squash, cucumbers and melons are up. Our second batch of tomatoes has arrived for transplant. Some potatoes have now received their first hilling.

Our Memorial Day weekend was less reflective and more productive than some years. Conditions were good for weeding and since my dad was here helping this week we were really able to focus on getting caught up in that area. We hoed the beets, kohlrabi and first lettuce planting again and readied them for hand weeding. We hoed all the other emerged lettuce, hand weeded peas and cleaned up the garlic and onion field.



**Chives in Bloom at Small Potatoes Farm**

## One Bin Forward, Two Ducks Back

Although we finally got a new compost bin made, we lost two ducks. One evening as I was harvesting asparagus, I asked Stacy to collect eggs and lock up the chickens. It is a job I normally do, but not one

unfamiliar to her. The next morning, as she was readying the packing shed, she began screaming and waving a flag at me. This is the universal farm sign to indicate something really bad is happening. In this case, she was finding domesticated bird parts scattered about the ground. After an investigation I issued two important findings. First, our two ducks were dead. Second, the most likely cause of death was by a raccoon attack predicated on the fact they were locked OUT rather than IN the evening before. Stacy feels extremely bad about this and says she suffers the image of their gruesome demise in her mind continuously.

Hope you are all well.

Rick, Stacy and Tillie



**Tillie helps with the eggs.**

# Recipes

**Rhubarb Bread** Submitted by Amy Slagell who says her family enjoyed this sweet bread. (Makes 2 small loaves. Oven at 325 degrees for 45-50 min.)

Mix together the following:

1 c soured milk (add 1 tablespoon vinegar to 1 cup of milk, let sit for 5 minutes)

3/4 c brown sugar

2/3 c oil

1 egg

1 t vanilla

Add the following and then mix (but don't over mix this is a quick bread so like pancakes, you don't want to mix too much):

2 1/2 c flour

1 t baking soda

1/2 t salt (recipe calls for 1 t, but I never use that much)

Stir in about 2 cups of chopped rhubarb--cut in about half inch slices for regular sized stalks; if you have really wide stalks cut in half lengthwise and then chop into half inch cubes.

Spread batter into two greased bread pans--I used pans that were like 4.5 by 8.

Mix 1/2 c sugar with 1 Tablespoon softened butter and sprinkle on top of batter.

Put in 325 degree oven (a little lower if using dark bread pans) for 45-50 min.

## 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 archived  
newsletters:

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

This link lets you put in the items you have and it gives recipes that use those ingredients.

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

We welcome any of your  
recipes for this section too!

Just send them to

[Marilyn@farmtofolk.com](mailto:Marilyn@farmtofolk.com)

## A couple of salad dressing recipes from Sue Posch:

**Veganomicon Maple Mustard Dressing** (this one is concentrated and intense, best for drizzling; I like it best on spicy greens like kale or Chinese mustard, or on cooked greens like asparagus)

3 T maple syrup

2 T cider vinegar

2 T Dijon or other brown mustard

3 T oil (walnut oil is good; canola works just fine)

1/2 tsp powdered mustard

Combine and chill.

**Maple Mustard Dressing** (source forgotten; makes more, costs less; use for salad-eaters who douse their greens or for salads that must be evenly moist, like lentil or pasta salads)

1/3 C red or white onion

3 T apple juice (water works fine)

3 T cider vinegar

3 T brown mustard

2 T maple syrup

1/4 tsp salt

1/4 to 1/2 C salad oil

Combine first six ingredients in blender until smooth; gradually add oil.