



# A Little Info from the Farms to Folks

## Updates:

### June 23 CSA Share Deliveries

#### Iowa Fresh veggie:

- Peas (shell & snap)
- Spring mix/romaine mix
- Swiss chard

#### Small Potatoes veggie:

- Lettuce
- Spinach
- Kohlrabi
- Peas (for those that didn't get some last week)

#### Small Potatoes greens:

- Collards

#### Fruit Shares:

- 1 quart strawberries

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## News from Small Potatoes Farm

Hello Everyone,

### Deliveries

This week we will be bringing lettuce, spinach, kohlrabi, the and second peas installment. We will try to send an update on this closer to Tuesday.

If you have the greens share, we'll bring collards.

I think next week or two we'll have some carrots ready.

### At the Farm

We've been working hard and fast as soon as it's dry enough to do field work or weed. Then it rains. Then we muck around in the mud and fret about weeds growing too big and other anxiety ridden thoughts.

We did get most of our mowing finished, although it wouldn't be inappropriate to start again. We collected straw for mulching and weeded and mulched our largest asparagus bed. We've been harvesting garlic scapes and peas about every day, have most of the potatoes weeded (our early and mid-season varieties are flowering well now). Our brassicas are weeded pretty well. Spinach is all thinned and, of course, the heat is inspiring some of it to begin bolting already. Our first summer squash has had its row covers removed, while our winter squash is finally all covered.



Winter squash with row covers

# News from Small Potatoes Farm continued from p.1

We put more new images up on our website.

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

In less production related news, Tillie is using chairs to capture objects she shouldn't have in high and far away locations. Our worker, Brian, has a birthday today and Stacy made him a chocolate pie, which I'm assured we will all get to eat.

A couple from Wisconsin are traveling through and staying a couple weeks through the WWOOF (Willing Workers on Organic Farms) program. We think they'll land today. Stacy is mad the neighbor cut the ditch, containing wild flowers and sweet clover in bloom. And, for those of you who wanted an update on my mother-in-law, she claims difficulty going through the airport as she is "radioactive". We think recent hip surgery may have included a metal pin, making her only "metallic", but one never knows.

## Eggs

The hot weather is knocking down our egg production. I'm sure we will be short this week. Is there anyone with an egg share who would take an IOU this week for a later carton of eggs???

## Fame and Fortune

Our very own CSA member James Erwin will be starring on *Jeopardy* this coming Tuesday, June 23rd. Confirmation that our CSA members are the smartest around. Congratulations James. I hope you don't miss any vegetable related questions.

Be well.

Rick, Stacy and Matilda

## Berry Patch



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:

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

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

## Fiber Sharing

Attention fiber enthusiasts! Inspired by Sue DeBlieck (who is moving and must reduce her yarn stash) we will have a fiber sharing table on Tuesday June 23. Marilyn will bring some of her "spare yarn" and others are encouraged to bring anything they'd like to share or to select something to start your own yarn stockpile.

# News from Iowa Fresh Produce

Good afternoon everyone-

Another nice shower was received here yesterday afternoon ( Tuesday) Not sure just how much but then it really doesn't matter all that much at this point other than to have bragging rights. It had dried off the roads and the soil surface by supertime so it was a gentle recharge that was appreciated by all the young plants. SO glad Mother nature is being a bit more cooperative this year as I haven't made the time yet to get out the drip hose- always a several day ordeal and then it makes weed control all that much more difficult as you have to be careful not to snag the hose with the cultivator, tiller or a misplaced hoe. No doubt if today's weather (heat and humidity) continue it will be put in place a bit sooner than usual.

This morning I spent several hours going thru the squash patch. Earlier in the week i had ran the cultivator through there and today I hoed around each hill to facilitate the next time through on the tractor . The little plants are so much easier to spot if they have a cleared swatch around them. I was pleasantly surprised to see not as many hills had been dug up by the ground squirrels as I had imagined. Seems like only a couple hills per row had been dug up - that is but for two rows. Apparently the ground squirrel that encountered those rows caught right on to my stride as 1/2 the hills in one row had been detected and in the other row almost all the plants were missing. Those have all now been replanted and hopefully I'll be planting a few more rows this week yet. Unfortunately the cole crops didn't survive the onslaught of the ground squirrels near as well. Seems we have had an explosion in their population this season as the squirrels have been busy making temporary holes clear out in the middle of the garden. They can scurry into those burrows at the slightest hint of danger such as a hawk overhead or a foam mouthed crusty ole farmer. They have been successful too as evidenced by 15' crop circles (that is 15' devoid of plants from their burrows). Earlier I was busy and hadn't noticed this right away but steps have now been taken so the later plantings seem to be holding their own better.

This distribution we should have peas- shell peas and sugar snap hopefully as well as Spring Mix/ Romaine mix and Swiss chard. Radishes and Spinach are now done for the Spring season.

The kitten saga continues- the lil bundles of fur have now become quite friendly and run to the door in the morning like puppies to greet me. Each night we go on kitten patrol as they are now venturing out with momma cat and then once they begin to tire she hides them. We have been pretty successful each night in returning any missing ones until the other evening. I couldn't for the likes of me find two of them. With all the rains of late I figured they were best forgotten about until this morning when I went over to the greenhouse. There they laid soaking in the morning sun- not a worry in the world! I reached down and petted them and then when I tried to pick them up off they scurried.....No way would I be able to catch them in there amidst the tomato vines... but at least I know they are being well cared for.

Enjoy your weekend!

Bruce

# Recipes

Joanna says:

I made this recipe a few days ago, and it turned out delicious. It's adapted from the Thrive Diet by Brendan Brazier.

## Collard Green Wraps with quinoa and veggies



Ingredients:

- A few young leaves of collard greens, 2 to 3 per person
- 1 tomato, sliced
- 1 cucumber, julienned
- 1 large carrot, shredded
- 1 avocado, diced
- Dulse leaves, about 1/4 per person
- Balsamic vinegar (4 T olive oil, 2 T balsamic vinegar, 2 garlic clove, crushed)
- Quinoa, about 1 cup cooked for 2 people

Directions:

- Spread a little avocado on each collard leaf, sprinkle some quinoa and veggies on it, and roll it up. Drizzle a little vinaigrette inside each roll, or dip them in the sauce.

## 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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