



Updates:

June 30 CSA Share Deliveries

Iowa Fresh veggie:

- Snap peas
- Salad greens
- ????

Small Potatoes veggie:

- to be sent later

Small Potatoes greens:

- Red Russian kale

Fruit Shares:

- No fruit share this week

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News from Small Potatoes Farm

Hello Everyone,

Deliveries

This week we'll send our delivery list closer to the actual delivery time. Our indecision this week is due to a rather devastating storm last evening. We had the three things in a storm I never like to see, 1) pounding, driving, heavy rain, 2) hail, and 3) high winds (70 mph +). The lettuce was smashed to bits, various other plants were toppled to the ground, broken off and now have all sorts of other unspeakable problems. I tried to ignore the fields most of the day and work on the barn, but I couldn't help myself on several occasions.

If you have the greens share, we'll bring the least damaged plants, probably red Russian kale.

At the Farm

It's been interesting spending all day out in the heat. According to the radio, being outside is to be avoided and could potentially be harmful. To this we say, "Bring it on". Pedro was even overheard saying, "I'm going to work until I collapse". Brian says he loves working when it's this hot. That's why we love our crew. And that's why we got all the onions, garlic, leeks and shallots weeded on Tuesday.

Our traveling WWOOF'ers generally arrive around noon. That pretty much highlights the distinction between them and everyone else at the farm. They say they are moving on down the road Friday.

We also hoed all the peppers, tomatoes, eggplant and sweet potatoes before the storm. Just in time for them to get beat up. At least the weeds won't take them over.

SPF News continued next page.

News from Small Potatoes Farm continued from p.1

The Dirty Dozen

Stacy had asked me to pass this along some time ago. The list of the twelve fruits or vegetables with the highest pesticide load from the Environmental Working Group (starting with the worst): peach, apple, bell pepper, celery, nectarine, strawberry, cherries, kale, lettuce, grapes (imported), carrot, and pear. Here's the full list if you want it <http://www.foodnews.org/fulllist.php>.

Be well.

Rick, Stacy and Matilda

News from Berry Patch Farm



Sadly, the strawberry season is drawing to a close. Saturday from 8am till noon will be the final day this season for U-Pick strawberries. But with the end of strawberries comes the beginning of raspberries, so we have that to look forward to. Since we are between seasons, June 30 will have no fruit share delivery, but please order a la carte strawberries and/or raspberries and we'll try to fill your orders.

Toy Sharing anyone?

When she saw the fiber sharing table, member Sarah Orley wondered if anyone is interested in toy sharing. She has many toys her daughter has outgrown. If interested email Sarah: sarita.incognita@gmail.com

Contact information:

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

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Fiber Sharing

Attention fiber enthusiasts!
The yarn sharing table was popular last week and we'll continue to have it as long as folks are interested.

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

News from Iowa Fresh Produce

Good afternoon all-

This morning was another hectic morning (Wednesday) to get as much harvested before the rains set in once again. The sky looked ominous with the dark clouds and if that wasn't enough thunder and distant lightning added to the notion of haste. Once the weather was to be taken more seriously I concentrated on venues closer to shelter and just missed getting an early dowsing. The rains were short lived and yet which is good news as the soil is moisture laden for the time being and making for poor weeding opportunities. Hopefully we will get a few dry days where vengeance can be had upon the ever encroaching weeds. It will take a day or two of dry weather too to be able to get out and plant another round of seeds. Otherwise we will end up having some gaps later on in the season where a shortage of a particular crop is encountered.

On the sunnier side today the next patch of sugar snap peas should be ready for next week. These are always good in stir fry or with dill dip on a relish tray or even just as they are. The beans are just now beginning to bloom so they will be coming along gradually. Tomatoes are looking good and after a morning spent in trellising them looking a bit haggard at the moment but it will recover in a day or so. Thank you to all of you who have been bringing in those green strawberry boxes. I "tested" the first grape tomato and you will see those in a few weeks to come- loads and loads of blossoms and some fruit set already but mostly green at this point.

For this week at distribution:

salad greens
sugar snap peas
?????

This is the point in the spring season where we are shifting from spring to summer veggies. Currently the summer veggies are a bit behind schedule but some sunshine and the prospect of warm temperatures should be just to their liking.

Our "hole" got some media attention on Father's Day. We had gone out into the field to check on it after the storm passed though and a local newspaper person stopped and asked if we had seen either of the tornadoes in the vicinity (which we hadn't) Then she noticed the hole and took a picture of it which made the paper so hopefully that will prompt the drainage commission to get it a bit higher priority.... Otherwise next year we will have a new attraction-a combination of the Grand Canyon and Niagara Falls.

Bruce



The sink hole at Iowa Fresh Produce

Recipes

These recipes submitted by Greta are from the Epicurious site.

Swiss chard with Raisins and Almonds

- 1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon Spanish smoked paprika
- 2 pounds Swiss chard, center ribs discarded and leaves coarsely chopped
- 1/2 cup golden raisins
- 1/2 cup water
- 1/4 cup coarsely chopped almonds with skins

Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted. Then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.

Braised Swiss chard with currants and feta

- 1 (1-pound) bunch Swiss chard
- 1 large garlic clove, finely chopped
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons dried currants
- 1/3 cup water
- 1 1/2 ounces feta, crumbled (1/3 cup)

Cut stems and center ribs from chard, discarding any tough parts near base, then cut stems and ribs crosswise into 3/4-inch-thick slices. Coarsely chop leaves.

Cook garlic in oil in a 4-quart heavy pot over moderately low heat, stirring occasionally, until pale golden, 1 to 2 minutes. Add chard stems and ribs, salt, and pepper and cook, stirring occasionally, 4 minutes. Add currants and cook, stirring, until plump, about 1 minute. Add chard leaves and water and increase heat to moderate, then cook, covered, stirring occasionally, until leaves are tender, about 5 minutes. Remove from heat and stir in feta.

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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