Updates:

June 9 CSA Share Deliveries

Iowa Fresh veggie:
-Spring mix or baby romaine
-Bok choi
-Radishes
-Snow peas?

Small Potatoes veggie:
-lettuce
-spinach
-onions

Fruit Shares:
-1 quart strawberries

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Editors note: I am trying some different layouts. Please let me know which you find easier to read. Thanks!

News from Berry Patch Farm

The strawberries are ready and we hope you enjoyed the first delivery of them in your fruit share. For June 9 we will begin to offer strawberries through a la carte. On June 10 and June 13 we plan to open for U-Pick strawberries from 8am till noon.

Mike has been harvesting the asparagus for you, but now that berry season is starting he'll be busy with strawberries. We will continue to have tomatoes from our greenhouse and rhubarb available. We are located south of Nevada. For a map visit our website: www.berrypatchfarm.com Hope to see you at the farm! Dean, Judy and Mike

News from Iowa Fresh Produce

Hello all!

Beautiful day today (Wednesday). A slight breeze and comfortable temperature and a sunny sky- the perfect scenario for killing weeds. Oh 90 degrees will kill the dislodged weeds quicker than a day like today but it also kills the weeder quicker too. Got through the carrots, beets, leeks and part of the onions (I hate weeding onions for some reason?) I'll finish those up tomorrow and then perhaps move onto a tiller and remove the weeds in the paths between the beds. I don't worry about these too much but I do like to keep them from forming too green a pathway. Nick has been hand weeding the beets- those that the roho misses and has them looking super. They now have a beet seed that contains only 1 seed as opposed to years gone by when what you planted was actually 4, 5 or 6 seeds- something someone like me really appreciates! I always hate to have to "thin out" plantings- it just goes against my nature I guess because you work so hard to get them started it's a shame to have to pull them out later. With the new seed, thinning isn't required and I should be happy BUT I do miss having those early beets greens that was a by product of the thinning efforts.

Walking around I had hoped to see some shell and sugar snap peas-those appear to be about two weeks away before any will be ready for distribution as the first plantings of each are just setting a few pods now. Look for them about the week after next. Zucchini, winter squash and corn that were planted last week are germinating. One of these first days I'll go back and replant where the ground squirrels found the hills and dug up the seed. Seems we have a great many of them this year but help is on the way. Saturday I got 4 more kittens so soon our pest control troops will be up to full force. In the mean time the two litters (we have 8 kittens in all) are cute and rambunctious and yet full of hiss and spit if startled!

We still have our "hole" out in the field as the county has yet to come back and repair the tile line. Last night it was cause for a few moments of suspense as Laurinda couldn't find Nick anywhere inside and had me look around outside to no avail.. That hole with its fast moving water and steep sides is a regular boy magnet (for me when I was a boy it only lacked that gooey mud!) About this time he came into the yard..... he'd been out bike riding and I had forgotten ALL about that as he had told me earlier that he planned to.....OOOOOOOPS

For Tuesday distribution:

Spring mix or Baby romaine mix
bok choi
perhaps the last of the snow peas
radishes

The snow pea planting was an experiment this year. I planted a row down the center of the greenhouse and have now resorted to pulling them away from the trellis and letting them hang outward suspended by twine. I've had to resort to this the last couple days as the vines are now almost 8' tall and the peas barely within grasp. Hopefully by letting them grow away from the trellis they won't get the tip singed as they had been when they reached the greenhouse gutter.

Enjoy your weekend! Bruce

News from Small Potatoes Farm

Hello Everyone,

Deliveries

We will be delivering to all locations this week. And, unless an unusual event occurs, we should be delivering weekly from now on. This week we will be bringing a lot of lettuce, spinach and a few onions for cooking.

At the Farm

Now that we've added harvest, deliveries and regular rains into our schedule, its getting quite full. This week we thinned and cut chard, hand weeded carrots, hand weeded lettuce, weeded asparagus, took notes on plant varieties, replanted any winter squash that didn't emerge, trellised peas, prepared the field and planted our second tomatoes, watered transplants, hilled potatoes, got straw, dug dock from the prairie, planted sweet potatoes...

I Want to Be Average

We've had a very average year so far, about average temperatures and about average rain (probably now a little over). We've missed any extreme rainfall or dryness. Peas are flowering, kohlrabi and carrots are bulbing, and summer squash will flower soon. With the last tomato and sweet potato planting in, I feel we are officially through the normal planting cycle. And it seems we are off to good start. If we could only stay near average for a very long time.

The English Are Coming

Stacy is extremely excited about the eminent arrival of a British engineer and his Philippine wife to Minburn this weekend. Rumor has it they are traveling from Vietnam and have paid their rent in advance for an entire year. She is planning a welcoming party for them.

Is This Right?

For people that are new to our CSA, and perhaps new to eating local, the season does begin slowly and then gradually builds through the summer. We don't go to extreme lengths to have the first this or that, no black plastic, no hoop houses, no greenhouses. I'll expand on this sometime. Seems like a good topic to discuss.

If you are using a waxed cardboard box from the farm, you can keep it in good condition by NOT pulling the box apart BEFORE pinching the fold in the carton ears. No more should we see doctors, lawyers and titans of industry struggle to flatten their box without tearing them.

Hope you are all well.

Rick, Stacy and Tillie

Expect something like this later in the season.

Contact Info

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

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Recipes

The following recipes and photo are from F2F member Joanna Steven.

Berries & Greens Smoothie (makes about 40 ounces)

Ingredients:

A few ounces of leafy greens (Swiss chard and spinach work best, I'd say 1
or 2 ounces is good for someone who never had green smoothies)
2 cups sliced strawberries
1 cup blueberries
1 cup frozen dark cherries
2 large, ripe bananas

Directions:

Blend all the ingredients together in a blender until smooth. Serve immediately.

Spinach Strawberry Salad by Joanna Steven

Spinach Strawberry Salad (serves 1-2):

Ingredients:

2 ounces fresh spinach, shredded
2 cups strawberries, thinly sliced (I use an egg slicer)
2 T olive oil
1 T raw apple cider vinegar
1/2 T raw agave nectar
1 T unhulled sesame seeds
1/2 T poppy seeds

Directions:

Mix the olive oil, vinegar, agave nectar and seeds with a fork until emulsified. Toss in the spinach and strawberries

For More Recipes

Small Potatoes Farm website:

http://www.smallpotatoesfarm.com/CSA_Cooking_Tips_Index.html

Farm to Folk archives:

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

This site lets you enter the ingredients you have and it gives recipes that use those ingredients.

http://mealplanner.eatrealgood.com/

We also welcome your recipes! Please submit to Marilyn@farmtofolk.com