



Updates:

May 12 Deliveries

Iowa Fresh veggie:

- spinach
- romaine
- red leaf lettuce

Small Potatoes veggie:

- rhubarb
- asparagus
- green onions

Fruit shares will begin in a few weeks when strawberries are ripe.

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News from the Farms

Small Potatoes Farm

Hello Everyone,

Beginning Deliveries

We are eager to begin some preliminary deliveries. There are a few vegetables that could be delivered, and it gives us a chance to work out any kinks before we begin regular deliveries. This would include rhubarb, asparagus and green onions. Our first test run to **Ames at Farm to Folk will be on Tues. May 12th.**

At the Farm

We are caught up on our planting schedule. Already emerged from the ground are beets, chard, spinach, cauliflower, broccoli, rutabaga, kohlrabi, lettuce, carrots, arugula, flowers and peas. I believe potatoes will be emerging soon. Stacy replanted some spots of missing asparagus. We even transplanted two beds of tomatoes today until we were forced to stop because of rain.

Perennials have had our weeding attention. All of the asparagus has been weeded and most of the rhubarb and onions.

Most of our trees and shrubs have been mulched for the year.

We finished putting a new half wall on the north side of our packing shed. It was a considerable job in both time and material. It should protect the packing shed better from moisture and dust, however. Returning the old hay barn, in which our packing shed resides, to a sound and completely functional condition is high on our goals list this year.

Tune In

Iowa Public Radio is examining CSAs next Wednesday. Rick will be one of the guests. If you are near a radio, you may want to tune in. Here are the specifics:

Program: The Exchange
Host: Ben Kieffer
Date: Wednesday, May 13th
Time: 10:00am-10:30am

See you all soon,

Rick, Stacy and Tillie

Especially For Consumers

Reminder: Payments for CSA shares are due in May. Please remit to Farm to Folk, 15219 590th Ave, Story City, IA 50248
If you have questions about your balance email Marilyn@farmtofolk.com

Please remember to bring your own bag or box to carry your produce home. Reusable boxes will be available at the beginning of the season upon request. Canvas bags will be available to borrow for a \$1 donation. Read our new bag policy at this link:

<http://www.farmtofolk.com/Canvas%20Bag%20Roundup.pdf>

Cotton bag drive

As part of our plan to stop providing plastic bags at distribution, we are asking for donations of your spare cotton shopping bags. We will accept clean bags at the Farm to Folk distribution site at anytime. Thanks!

From Producers: Update from Iowa Fresh Produce

A new season begins..... and like most of them it takes some time to once again get into a routine. Sorry for the short notice last week as it wasn't until I received the update that I realized I had forgotten to say anything to Marilyn. Hopefully I'll get into the routine and that won't happen again. Its been a busy Spring here. For the most part, the weather has been pretty good and conducive to getting in some solid planting. After ALL the snow this past Winter my perception of the weather of late might be slightly skewed but it seems that we get several decent days before the next onslaught of showers. Just right for getting plants in the ground and then Mother Nature coming along and watering them in well. At this point we are about halfway through the planting of

cabbage, broccoli and will soon be turning to getting the eggplants , pepper and tomato plants in the ground. Following those will be the winter and summer squashes, melons and cucumbers once the soil has warmed a bit more and the weather becomes more moderate. Somewhere in the mix of the garden we will be celebrating Nick's high school graduation- much to his dismay. When we first approached this topic his only response was " Gee you want to celebrate it? I thought it was expected that I graduate from high school" Not one for a big fuss and yet to appease the grandparents we will have the grandparents and immediate family for dinner with the compromise that he can later on hang out with his friends. I may still be able to illicit his help the next few Summers as he will be attending ISU in the Fall to study Kinesiology.

Seems it wasn't so many years ago that he was a ragamuffin of a kid wearing his flap happy hat (one of those with baseball type caps with a flap in the back) lugging up 2-3' over grown zucchini emphatically stressing that " we NEEDED to get them picked - NOW" How quickly they grow up.

For Tuesday May 12:

bunch of spinach
romaine
red leaf

Sounds like a lot of greens but try them in a new way rather than just thinking of salads.

-Bruce

See Bruce's suggestions for using the greens on page 3.

To Contact Farm to Folk

If you have any questions,
please contact:

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Bruce's suggestions for using greens

Wilted spinach(with or without some crumbled bacon is always a tasty Spring treat especially when splashed with a bit of balsamic vinegar and topped with a grating of fresh parmesan cheese.

And romaine- Just happened to walk in and catch a bit of a cooking show where they halved the romaine heads in half lengthwise and put them on a hot grill cooking just long enough to get the usual crosshatch from the grates. The halves were then served with the grill marks showing and topped off with a homemade caesar dressing to which an avocado had been added to the blender and well mixed in. I haven't tried it yet BUT it looked like scrumptious.

Recipes

This was submitted by Teresa Albertson. She suggests substituting spinach for the kale.

Olive Garden™ Zuppa Toscana Soup Recipe

Recipe

- 1 lb. spicy Italian sausage - crumbled
- 1/2 lb. smoked bacon - chopped
- 1 qt. water
- (2) 14.5 oz. cans (about 3 2/3 cups) chicken broth
- 2 lg. russet potatoes - scrubbed clean, cubed
- 2 garlic cloves - peeled, crushed
- 1 med. onion - peeled, chopped
- 2 cups chopped kale OR Swiss chard
- 1 cup heavy whipping cream
- salt and pepper - to taste

Directions

1. Brown sausage in a pan over medium to medium-high heat, breaking up into small pieces as it cooks.
2. Drain sausage and set to the side.
3. Brown bacon in a pan over medium-high heat. Be careful not to cook crispy.
4. Drain bacon and set to the side.
5. Place broth, water, garlic, potatoes, and onion in a pot.
6. Simmer over medium heat until potatoes are tender.
7. Add sausage and bacon to the soup.
8. Simmer for 10 minutes.
9. Add kale and cream to pot.
10. Season with salt and pepper.
11. Heat thoroughly.