



Updates:

With pick – up the day after a holiday, don't forget to come on Tuesday☺

May 26 Deliveries

Iowa Fresh veggie:

- kohlrabi
- snow peas
- lettuce
- radishes

Small Potatoes veggie:

- rhubarb
- asparagus
- green onions
- chives
- spinach

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

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News Small Potatoes Farm

Hello Everyone,

Deliveries

We will be delivering to Grace UMC at Drake and Walnut Hills in Urbandale on Friday the 22nd. We will be delivering to our Ames members on the 26th. It looks like we will be bringing onions, rhubarb, chives, asparagus and spinach. I have actually updated the recipes with a great [chive dressing](#) and [rhubarb crisp](#).

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

May 22 - Drake and Urbandale

May 26 - Ames F2F

May 29 - Farm and Unitarian

At the Farm

I have a lot of information, but am too tired to pour it all out. Today's sustained 30 mph wind has me left feeling like I swung a hammer all day on a pile of rocks. Everyone went to bed right after supper (except the update writer). This past week we did a lot of hoeing and started hand weeding. I did do quite a bit of summer crop planting, too - winter squash, melons, and cucumbers. I also planted our fourth lettuce and second carrot and beet planting.

We are thinning spinach, broccoli, cauliflower and Brussels sprouts.

This is where the baby spinach we are delivering is coming from. My dad is visiting and helping out. Our first tomatoes are staked. One of our tractors is in the shop. Our cats vanished for almost an entire day, then reappeared as if they fallen from the sky. Our backup van wouldn't start (but is now fixed). We finally mowed our yard (last yard on our street). We have a new sign for our reconstructed prairie experiment. The car had a flat tire. One last item of note, last week Stacy's mother stepped out of her car. The exciting details I didn't mention are two-fold, 1) it was still running, and 2) it was in gear. It fortunately drove itself into the garage and was stopped by an attentive window washer working nearby. I'm not making up the last part of this story. This is the day she had a new Corvette delivered to her house. Vrrrooom!

Last, but Not Least

Not only do we have new recipes, but some new [images](#) posted. You'll also notice a new [event announcement](#). Farm group CSA member, neighbor and friend, Steve Brown, is hosting his long-time

Update from Iowa Fresh Produce

Good afternoon all-

We survived the whirlwind of activities last week. It was all fun and exciting to have all the family around but at the same time it sure is nice to have the peace and solace afterwards. It was half a day rearranging to get everything back in place and several meals of "leftover" celebratory foods but the week is taking on a more familiar appearance as each day passes. In keeping with being slightly unconventional (as some of our neighbors describe us) we had the usual graduation cake but also had some more unique items laid out on the buffet line..... and they went over well! No doubt since it was mainly family and a few close friends that knew (or knew to ask) what some of the items were that are not usually seen at graduation celebrations. Amongst those were stuffed mushrooms (one of Nick's poor friends didn't think to ask and thought it was chocolate) square deviled eggs and spinach wilted with a sauce of bacon renderings, catsup, Worcestershire sauce and balsamic vinegar.....

Today as I am sitting here listening to the winds howl outside I am hoping that they will die down at some point today. I would like to get some seed in the ground and at the rate it's blowing right now even sowing large seeds

such as zucchini or winter squash would be a lost cause. I plan to work up some ground in hopes that as sun goes down so will the winds. My Dad, being the avid weeder that he is, helped me over the weekend in getting the greenhouse looking spry once again. We got all the tomatoes trellised and weeded in between the plants and began laying down the drip hose so that soon we will be able to water the whole house at once making life just a bit easier than having to move water around every few hours.

We also got around to rohoing the carrots, peas, turnips etc and with the breezes we've had lately those displaced weeds don't last much more than 5 minutes after slicing them off from the soil. A few more beds and I will have gotten around to everything planted so far at least once and in some cases 3 or more times. Far easier to get after the weeds at this stage than having to wait (as in a rainy year) and then end up having to pull them..... A lot slower and far harder on the back!

CSA Patrons will find this week:

Kohlrabi
Snow peas
Lettuce (combination of varieties)
Radishes

SPF cont.

friend composer/guitarist Billy McLaughlin for a couple days. Billy will be doing a free concert in West Des Moines while here. Billy is known well for his acoustical guitar playing and has a very interesting life story.

Hope you are all well,
Rick, Stacy and Tillie

Cotton bag drive

Thanks to everyone that donated bags. We have plenty now. In fact, we've gotten so many bags that we have enough to give a bag to each member. You'll still have to remember to bring it as the same policy still holds.

Radishes aren't just for salads. They make a crunchy addition to stir fry if sliced and added late to the cooked vegetables. Similarly kohlrabi sliced thin can be added to stir fry as well though over the years the bulk of kohlrabi are eaten fresh- just peeled and sliced.

A BIG thank you to all those of you that have been saving those green strawberry boxes for me. I really appreciate getting them. Over the years I have been able to recycle them around 10 or 11 times before they finally break up so it is just another simple way of all of us doing something simple and small to add to the collective green movement.

Bruce

To Contact Farm to Folk

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please contact:

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More recipes can be found
at the Small Potatoes Farm
website:

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

We welcome any of your
recipes for this section too!
Just send them to
Marilyn@farmtofolk.com

Recipe: Serrano Spinach Dip

Ingredients

1. 1/2 pound fresh spinach, trimmed
2. 1/4 cup plus 1 tablespoon olive oil
3. 2 large scallions, coarsely chopped
4. 2 serrano chiles--halved, seeded and coarsely chopped
5. 3/4 cup coarsely chopped cilantro
6. 1/4 cup sour cream
7. 2 tablespoons fresh lime juice
8. Salt and freshly ground pepper
9. Assorted vegetables, for dipping

Directions

1. Set a large skillet over high heat. Add the spinach by the handful and stir to wilt. Cook just until all of the spinach has wilted, then transfer to a colander. Let cool slightly, then squeeze the spinach dry and coarsely chop it.
2. Heat 1 tablespoon of the olive oil in a small skillet. Add the scallions and serranos and cook over moderately high heat until softened, about 2 minutes. Transfer to a blender and add the wilted spinach, cilantro, sour cream, lime juice and the remaining 1/4 cup of olive oil. Blend to a smooth puree, scraping down the side occasionally. Transfer the dip to a bowl and season with salt and pepper. Serve chilled or at room temperature with a platter of the assorted vegetables.

Make Ahead

The dip can be refrigerated for up to 2 days. Season again before serving if necessary.