



## CSA Deliveries for July 20

### **Berry Patch:**

-Blueberries

### **Iowa Fresh:**

-Zucchini

-Kohlrabi

-Cucumbers

-Tomatoes

-????

### **Onion Creek:**

Summer squash?

Leeks?

New potatoes

Cucumbers

Onions

Green garlic

Beans?

Full share cherry  
tomatoes- if ready

### **Small Potatoes:**

-watch for the update  
from Rick

## Onion Creek Farm News

Onion creek farm bought a tractor this week. We have been using our neighbor's tractor to do a lot of our tillage and bed forming and decided it was time. Mosquitoes. Gary Guthrie visited the farm this week and could not finish his tour because the mosquitoes were so bad. He said they were equivalent to his time spent in Bolivia. We have had to wear mosquito netting and long sleeves all week which makes for a sweaty end of the day. The farm looks great. Our tomatoes have very little disease thanks to Lonna's and my extra care. I looked at both neighbors' tomatoes and they have a considerable amount of leaf disease. We should have a great crop.

We potentially have a lot of food this week if the weather holds out. The cherry tomatoes are starting to ripen. I will see what we have but I may just give some to the full share members. I also may include leeks.

Summer squash?

Leeks?

New potatoes

Cucumbers

Onions

Green garlic

Beans?

Full share cherry tomatoes- if ready

Chris

## To Contact Farm to Folk

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# News from Iowa Fresh Produce

A bit of improvement- I saw that subject heading on my personal weather forecast e-mail this am. I'm all for that after yesterday's sultry day and indeed it was correct. What a difference a few degrees off the thermometer and a bit less humidity make towards being comfortable- at least for the majority of the day. These days when they are as warm and muggy as they've been I usually try to get some harvesting done early in the morning and then spend the hot afternoon washing, sorting, etc. Any task actually where there's a roof overhead and an open doorway to allow any breeze to keep you cool. Then it's some light weeding or back to picking once the heat of the day is waning. Plants have been suffering through these past few days like we have and really relish when it's their time for irrigation. Even with adequate subsoil moisture some have shown signs of wilting during the day in order to reduce their water loss. Once the heat of the day is over they quickly recover but I've been irrigating them to keep the soil moisture. Seems we've missed the last couple of storms. Last night was promising but all we got was a lightning show and a few sprinkles.

What to expect this week:

zucchini

cucumbers

tomatoes

kohlrabi

??? (There may be some late additions dictated by weather and time available.)

I was hoping to have beans by now. Unfortunately the first patch was plagued by grass and then by grasshoppers but the second and subsequent plantings is looking good so you should see those beginning the following week. Hopefully sweet corn will be ready then as well. Winter squash are looking tremendous at this point- probably the best crop at least at this point in years. They are now making any further tillage passes impossible though we may rogue some weeds later on if their is available time to do so. Potatoes have fully bloomed now as well and are beginning to show signs of some die back- a signal its time to be thinking about digging them as well- BUT not in this heat! Onions are now all up under roof curing with garlic and shallots being harvested a bit each day.

Enjoy your weekend! Keep cool

Bruce

## **Distribution Notes**

*Site Open from 4:30-6:00*

We would like to remind you that the Farm to Folk distribution site opens at 4:30 PM. We are using the time until 4:30 to set up the site. This includes setting up and arranging tables, displaying and organizing produce, making signs, filling out appropriate paperwork, and communicating among the staff. Thanks for your patience and understanding.

## ***Hello from your friends at Picket Fence Creamery!***

Summer in Iowa has arrived! Our organically raised corn is tasseling and doing well with the nice rains we've been having; it should make great "cow chow" this fall and winter. Jill's tomato plants are sprouted, growing, and a few have even given us a couple tomatoes! We have a Holstein heifer calf in the hut, and a herd of dairy cows anxiously awaiting your kids to come and say hello. We invite you and your family to celebrate summer on the farm near Woodward for our monthly 3-farm tour and...

**Sample Sunday! July 18 Noon to 5 p.m.**

***FREE admission!*** This event is being held in conjunction with our great neighbors across the highway to the north, Prairieland Herbs, Northern Prairie Chevre, and Flowers by Donna Jean (in town). Check their websites for hours and details!

**Here at the Creamery, enjoy all of this...**

**\*FREE local food samples:** Root beer float ice cream, Iowa wines, Neva's cheeseball, buffalo sticks, creamed honey, fresh peanut and almond butters, cheese curds, snack mixes, and much more outside with our guest vendors: Summerset Winery, Krogh Family Farms, Twin Girl's Garden, Skeeter Creek Elk, Salsa By Joni, Buy Fresh Buy Local, and Russ & Frank's BBQ.

**\*Lunch is served!** GRILLED ELK BURGERS and HOT DOGS, brats, chips, and pop. Music provided by HB Productions, Altoona.

**\*Kids!** Get your face painted or make your very own spin art, see dairy calves, and in celebration of summer, get FREE TEMPORARY TATTOOS, BALLOONS, and PENCILS!

## **SUPER DEALS!**

\* Our own 90% lean ground beef...\$2.99 lb. w/ 10 lb. purchase

\*Any steak - \$8.99/lb.

\*Iowa wines - 2 for \$22

\*Pella's Vander Ploeg Bakery pie or crisp and quart ice cream - \$10

\*Grill Pack - \$45 - includes: 1 lb. steak, 5 lbs. ground beef, 2 lbs. Iowa chops, 1 lb. buffalo, and 1 bottle Picket Fence sauce.

Browse our store full of local and chemical free meats and foods from 90 Iowa families! Try our new Dutch apple crisp snack mix, veggie chips, Mexican taco mix, roasted and salted peas, wasabi peas, corn chips with flax, and hot Cajun snack mix. These are great with a nice and cool Kutztown Soda (flavors include root beer, red cream, sarsaparilla, grape, orange, birch beer, and black cherry).

# Brian's Corner of Small Potatoes Farm

There will be a Practical Farmer's of Iowa field day at Small Potatoes Farm this Saturday, July 17th, so come down and see the farm, and learn how certain crops held up in the walk-in cooler throughout the winter months and more useful information from the farm.

More information at the Practical Farmer's of Iowa webpage: [practicalfarmers.org](http://practicalfarmers.org)

Come to the farm from 3-6pm this Saturday for the field day, and then head uptown for the dinner (walking tacos, with beans!) and concert in Minburn as part of the 'Meet Me In Minburn' festivities.

Heat and humidity rule these days, I enjoy them more than most people, so it is fine by me that we are working long days to get the weeds dead. The storms and heavy rain that were supposed to hit on Wednesday night brought some wind and 1/10th of an inch of rain, so the newly planted carrots are getting a bit of help from us to get going.

I'm not real sure what will be in the boxes on Tuesday, but the beans appear to be going good enough to start picking, so watch for them!

Spain won the World Cup, Pedro and I are happy about that. Cinder blocks are no match for the mower, though granite stones pose stronger opponents for the blades.... The mulberries are wonderful, pollinators are thriving on the farm, and entomologists are crawling over the farm like the bugs themselves, trapping and studying and generally distracting us from the work of the day. This farm is a wonderful place for the small critters, though we take the good alongside the bad.

The garlic is all hung and curing, it's a beautiful sight (and smell) in the barn.

Brian Hayward

## PFI Field Day at Small Potatoes

**Farm** Saturday, July 17 3pm

24629 180<sup>th</sup> Street, Minburn IA

## Berry Patch Farm



Berry Patch Farm is open from 8am till 6pm daily. Pick your own blueberries and raspberries.

Blueberries will be delivered for the fruit shares on July 20.

New this year at Berry Patch Farm:

- Container grown **blueberry plants** for **your garden**.
- Blueberry workshop July 18 10AM - 12 noon
- \$30 includes planting & pruning instruction, 2 yr old blueberry plant, and snack
- Pre registration required, please call for more details 515-382-5138

## Cindy Madsen delivering on July 20

Please order directly to  
vcmdasen@iowatelecom.net

In addition to our deli sliced ham,  
we have added the following to our  
list of products for summer:

Dried beef is available this month.  
The packages weigh about 8 oz. at \$  
4.50 per package. The beef is from  
our Low-Line Black Angus cattle,  
raised on pasture -- no hormones,  
or animal by-products.

Danish Rollepulse is available this  
month. The packages weigh about  
8 oz. at \$ 4.75 per package. Danish  
Rollepulse is a specialty meat great  
for sandwiches. It is deli sliced,  
rolled pork, with mild spices in the  
rolls. Here in the Danish area of Elk  
Horn and Kimballton, it is very  
popular.

We have lots of spare ribs, pork  
chops, boneless shoulder roasts,  
boneless loin roasts, ground pork,  
sausages, tenderloin cutlets, mini  
hams, brats and other pork cuts.

Stewing hens, cured ham hocks, and  
pork soup bones are still available.  
Dog bones are also for sale.

Good on the grill: pork chops, ham  
steaks, brats, loin roasts, pork  
patties, ribs, and chicken

Good in a crock pot/slow cooker:  
mini hams, shoulder roasts, ribs and  
chicken

## Volunteers

Thanks to those who have already  
signed up!! We need 2-3 people each  
week. Please indicate your availability  
by going to:

[http://www.doodle.com/62ztb2isdc2db  
7gb](http://www.doodle.com/62ztb2isdc2db7gb).

Thanks to last week's volunteers:  
Jeannette Johannsen, Catie Brewer,  
Karen and Rebecca Wickert, and Alaina  
Christian!!

# Recipes

## **Lebanese style green beans in olive oil**

submitted by Joanna Steven

Ingredients (serves 2 as a main dish)

1 pound green beans, ends removed and cut in half  
1 fresh tomato  
2 onions  
4 large garlic cloves (I used uncured garlic and it worked great. Very large cloves were cut in half), skins removed  
100 ml extra virgin olive oil (about 1/3 cup I think)  
Salt, about 1/2 t  
Freshly ground pepper

### Directions

Wash the green beans. Cut an X at the bottom of the tomato and plunge it into boiled water. Leave for a few minutes then take it out and remove the skin. Chop roughly and set aside.

Chop the onions into a dice, and add to the hot olive oil in a pan. Add the garlic cloves, and stir regularly until the onions turn a golden color.

Add the green beans and tomatoes, sprinkle with salt and pepper, and stir well. Cover the pan with a lid and let the beans cook for about 20 minutes on medium heat, until tender.

Check the beans for tenderness. If they are nearly done, take the lid off and cook a few minutes longer to evaporate most of the liquid, stirring regularly. Serve with a side of quinoa or rice, which you can boil while the beans are cooking (quinoa takes 20 minutes too, I just take it off the heat when it's done with the lid still on, until the beans are completely done).

## **California Cole Slaw** from allrecipes .com

### Ingredients

- 1 small head cabbage, shredded
- 1 small white onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 small carrot, shredded
- 1/2 cup cider vinegar
- 3 tablespoons white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup vegetable oil

### Directions

1. In a large salad bowl, place the cabbage, onion, green bell pepper, red bell pepper and carrot. Combine the vinegar, sugar, salt, pepper and vegetable oil in the bowl with the vegetables. Toss the mixture until the vegetables are fully coated with the marinade.

Editors note: I made this using red cabbage from my garden and it was beautiful and delicious. Also very easy!!