



CSA Deliveries for July 27

Berry Patch:

No Fruit delivery this week.

Iowa Fresh:

- Tomatoes
- Cucumbers
- Zucchini/ Summer Squash
- Sweet Corn

Onion Creek:

- Potatoes
- Onions
- Garlic
- Cucumbers
- Summer squash
- Tomatoes?
- Cabbage for sharing table?

Small Potatoes:

Probably the following, but watch for Rick's update.

- Peppers
- Summer squash
- Bunching onions
- Carrots
- Potatoes
- Yellow beans

News from Onion Creek Farm

Windy and Stormy, a bit of sun. The farm as did the rest of Ames experienced heavy winds and rain last week. As a new farmer to Ames it caught me off guard. Another thing to worry about and get through to have a successful crop. However, the farm was lucky as we only experienced some minor damage. The tomatoes are beginning to ripen and the melons look very healthy. Our deer problem is somewhat reconciled as we put up a electric fence around our most vulnerable crops; sweet potatoes.

This week
Potatoes
Onions
Garlic
Cucumbers
Summer squash
Tomatoes?
Cabbage for sharing table?

Chris

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News from Berry Patch Farm

There will not be a fruit subscription delivery on July 27. We will resume those deliveries when the fall raspberries are ready.

Blueberries, tomatoes, cucumbers and zucchini will be available through a la carte and we are open daily from 8 till 6 for pick your own.

News from Iowa Fresh Produce

Optimists see the glass as 1/2 full and pessimists see it as 1/2 empty but no mistaking it this morning when I ventured out, the contractor style wheel barrow I use was nearly overflowing from overnight rains. Once again we have lake view property although I imagine my neighbor whose field is under water is none too keen on that notion. We have to make the most of it as Mother Nature has her own agenda. This is true of CSA's as well. We have to learn to work or eat within the parameters that nature dictates. That means enjoying the bounty of some crops at the cost of losing some other ones.

I'm always a bit apprehensive to mention the negative side but then those that followed George Bush (sr.)'s lead will be happy to note the absence of broccoli this season. The reason for this is several. First I started approximately 2/3 of what I normally grow since I was going to be hand planting it all myself. Two white fly infestations earlier in the season while in the propagation house cut into this number further and finally Mother Nature can take some credit as well. Very warm temps just about the time it was budding doomed the earlier planting and now that we are in more stable (warm and humid conditions) weather is affecting them as well. I will continue to put broccoli on the sharing table while it is available but it is a crop which I am certainly not proud of this season. If it is any consolation to broccoli aficionados, I haven't seen or talked to anyone this year that had a decent broccoli crop.

On the bright side some crops are enjoying this year's weather. Some such as basil are not included in my tentative plans when I plan out the season in the winter (figuring it is available ala carte` and on the sharing table on occasion) but since they have done so well they have been incorporated into the distribution. That is the nature of a CSA to share in not only the risk but the bounty.

What to look for at this week's distribution:

Tomatoes

Cucumbers

Zucchini/ Summer Squash

Sweet Corn

We still have yet to dig any potatoes and I've been waiting until Nick's detasseling career is over for some much needed additional help with that venue. Onions, garlic and basil are also possible additions dependent upon time and weather considerations. Hopefully green beans as well but I haven't checked on them in a day or so I hate to guess on their progress.

Cucumbers are now coming on in all sizes and we've been keeping a big bowl of "fresh" pickles in the fridge these days. Peel and slice the cukes. You can salt them and let them stand overnight if you wish but we usually fore go this as it slows down the process. If you do salt them be sure to rinse well. To the sliced cukes I add a couple glurges of vinegar and water to taste along with some dill weed and fresh ground pepper. Some enjoy just a touch of sugar to the solution. Very refreshing on these muggy days.

Cucumbers peeled and seeded (just the pulp) and then diced up and added to your favorite salsa gives it an interesting and refreshing twist as well. Everyone seems to like it but not quite know how or why the salsa tastes a bit different than usual. Works well with either your homemade or store bought version of salsa.

Enjoy the weekend!

Bruce

News From Small Potatoes Farm

Greetings,

Here is a farm report from special correspondent Stacy Hartmann.

Deliveries

Next week your box will probably include peppers, summer squash, carrots, potatoes, yellow beans and bunching onions. But watch for Rick's update. Greens share may be rainbow lacinato or collards.

What's New

It was very hot for our field day last Saturday, but we were pleased with the turnout. Rick and Brian had worked incredibly hard, 10 or more hours a day, 7 days a week for a couple of weeks to bring the farm back from the jungle-like condition caused by the seemingly constant rain. Not surprisingly it rained another 3 inches here between Saturday night and Monday afternoon and we were hammered by powerful winds. The power company had to come remove a large tree branch from our power line, a problem easier solved than righting the pepper and bean plants which were smashed to the ground. Unfortunately you'll likely notice more flaws in the squash and beans you'll get tomorrow as a result of this storm

Back to Reality

Isabelle returned from a week of shopping, primping, TV watching, and restaurant dining with her grandma (my mother). I collected her in town because grandma refuses to drive on the mile of gravel to our house because it will ruin her car. Isabelle's re-entry into the real world has been rough, particularly so because while at grandmas she developed an itchy rash on her face. We believe it to be poison ivy, but grandma, who first diagnosed it as chickenpox, called last night to inform me that she now believes it to be the measles.

Macho, Macho Farm

Little does she know that a true pandemic has swept the farm in recent weeks: the Creeping Macho.

I've identified two principle causes of this Macho outbreak. First, there is the arduous, psychically demanding nature of the work. Sweat, blood and sheer brute force brought the farm back from the brink and all was accomplished in staggering heat and a rabid mosquito population. The Macho thrives in such extreme environments. Second, there are now 3 men working here. The testosterone of each, which is manageable and even handy in isolation, has become amplified and unwieldy.

Symptoms of the Macho are numerous and vary by individual. A few that have manifested here include:

Ogling-

We have some young, female entomology students who come to take field data more scantily clad than good sense would dictate. I awoke last week to a lively, early-morning conversation between Rick and these ladies on the front steps. I was surprised Rick was up so early and even more so to hear how affable he could be in the morning, as he is generally uncommunicative until several cups of coffee

Small Potatoes News continued

have passed his lips. Throughout harvest I repeatedly found Brian trance-like and slack-jawed and not because he was enthralled with the carrots he was digging. Twice I went to see why Rick's potato digging was so slow, only to discover him conversing with the ladies. Short-shorts nearly brought harvest to a standstill. Alas, the poor dears were eaten alive by the mosquitoes.

Insubordination-

Every day is a battle of wills with 2 year-old Tillie, so imagine my dismay when Brian developed a streak of defiance. He increasingly argued with me over my every suggestion or order and suddenly, "No" became an acceptable answer. One morning in a patronizing tone he asked me if I was going to, "...write that down or just remember it?" We had a chat after that, the upshot: he doesn't know why talks to me like that, and he wouldn't talk to Rick like that. I diagnosed him with the Macho and made him a badge to wear to keep him mindful and in control of his affliction.

Competition-

We've always worked hard and fast on the farm but lately our work has become more competitive. This has left me disadvantaged in group tasks and has caused occasional tension. It is more pronounced between Pedro and Brian. Not to be outdone by a twenty-something, fifty year old Pedro regularly teases and challenges Brian. Brian, not to be outdone by the seasoned Pedro, works twice as fast when Pedro is here. If Pedro refuses a break, Brian does too. If Brian works until dark, Pedro does too. After a full day de-tassling Saturday, Pedro spent 3 hours weeding our largest asparagus bed in the sweltering heat. Upon finishing he shot up demanding to know where Brian was..."I told him I could get it done," he said. Though vexing this symptom has been great for productivity.

I will continue to observe this phenomenon and issue a follow-up report. I'm confident that with time and dialog, we can strike a balance at the farm and hopefully harness the Macho to use as a force for good.

Stacy and Crew

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.

Volunteers Needed!

We just have one volunteer signed up for July 27. (It looks like more, but it is the same person signed up multiple times and I don't know how to change it!) Please indicate your availability by going to: <http://www.doodle.com/62ztb2isdc2db7gb>.

Thanks to last week's volunteers: Teresa Opheim and Jeannette Johannsen!

Recipes

Lemon & Basil Sorbet

from *Cooking Light*, June 2002

Basil's faint licorice flavor is nothing short of fabulous in this tart sorbet.

3 c. loosely packed fresh basil leaves, torn in half
1 1/2 c. sugar
1 1/2 c. water
1/2 c. light-colored corn syrup
2 c. fresh lemon juice (about 2 pounds lemons)

Combine first 4 ingredients in a saucepan. Bring to a boil; cook 3 minutes or until sugar dissolves. Remove from heat; chill. Strain basil mixture through a sieve into a bowl, pressing basil with the back of a spoon to remove as much liquid as possible. Discard basil.

Combine sugar mixture and juice. Pour mixture into the freezer can of an ice-cream freezer; freeze until according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hr or until firm. Remove sorbet from freezer 10 min. before serving. Yield: 10 servings, 1/2 c. each.

(Cinnamon) Basil-Pecan Sandies

from *Southern Living*, July 1997

5 fresh cinnamon basil leaves*
1/4 c. sugar
1 c. butter
2 c. all-purpose flour
1/4 tsp. salt
1/2 tsp. ground cinnamon
1 c. chopped pecans
1 1/2 tsp. vanilla extract

Process basil and sugar in a blender or food processor until basil is minced. Melt butter in a large saucepan; add basil mixture, flour, salt, and cinnamon. Stir in chopped pecans and vanilla; remove from heat.

Drop dough by 1/4 cupfuls onto ungreased baking sheets; flatten to 1/4 inch thickness with bottom of a large glass. Bake cookies at 300

Wild Greens Farm

This week, the spotlight is on basil! Try Italian large leaf basil in a Lemon & Basil Sorbet or cinnamon basil in (Cinnamon) Basil-Pecan Sandies. Offered for the first time this week: purple kohlrabi, Parisienne carrots, and bulb fennel.

We were fortunate to not have much storm damage last Sunday morning! The collards and kale that were turned on their sides recovered and turned themselves back upright within a couple of days; the only permanent damage was on last week's rainbow Swiss chard, which had many small perforations in it, but was still ok for those who had pre-ordered it. The cornfield that surrounds the main vegetable field is very tall and thick, and seems to have done a good job of protecting the crops from the 70 mph wind.

For now the main concern is the squash bugs, which appeared for the first time today on the summer squash. The days of summer squash and cucumbers may be numbered if bacterial wilt sets in. Otherwise, everything else in the field is looking great! The original row of Swiss chard is producing slowly enough that it must take a sabbatical, but yesterday I planted two new rows, so rainbow chard should be bursting and leafy again by early September.

Sally

