



A Little Info from the Farms to Folks

CSA Deliveries for July 6

Berry Patch:

-Blueberries

Iowa Fresh:

-Carrots

-Garlic

-Parsley

-???

Onion Creek:

-Onions

-New garlic

-Beans-?

-Summer squash

-Carrots

-Parsley-?

Small Potatoes:

-summer squash

-Kohlrabi

-Onions

-Carrots

-Broccoli/cauliflower

To Contact Farm to Folk

Marilyn Andersen

Coordinator

Email:

marilyn@farmtofolk.com

www.farmtofolk.com

Phone: 515-388-5501

Cell: 515-460-7273

News from Onion Creek Farm

Hello, I hope you have a great 4th of July. So a little farm update. Despite the 4 inches of water we had here on Saturday the farm looks great. Ames has been pretty lucky; some places farther south have experienced much more rain. This week's dry weather has allowed me to adequately weed some beds I have been putting off and get some old crops tilled under. The tomatoes, cucumbers, summer and winter squash, and melons, all have many flowers and the beginnings of fruit. It has been amazing to see the squash and cucumbers without vine bore, squash bug or cucumber beetle which typically tend to eat the plants up. Let's hope it stays that way. The kale has gotten a disease called black rot, which it will usually pull through and edible leaves should be able to be harvested latter. You will receive this latter on in the season.

Plans for this week are to include onions, new garlic, beans(?), summer squash, carrots, parsley(?). I would love to include beans in your CSA share for many weeks if only I could pick 50 pound an hour, but sadly I'm not that fast. Instead our plans are to have a CSA bean harvest day twice during the season. I know some of you like to freeze or can beans and we have planted extra just for that. Will let you know a couple of weeks in advance. When you grow carrots you typically get a bit that are either leggy or are not in their prime. Instead of composting these I may put them out for you to take this week as juice/grade b carrots in addition to your other carrots. They are fine to be eaten as regular carrots people just tend to not value them as much.

There is a lot more food on the way in the mean time we would like to hear from you. This is Onion Creek Farm's first year doing CSA and we are slowly tuning our process. We want to know if you have any comments or concerns. Feel free to e-mail or call me. Corbincdc@gmail.com or 641-780-5446

In other news, I'm now engaged. Many of you may know but, Kim Smith (marketing director at Wheatsfield coop) and I have been together for some time and I finally got around to having a ring made. We will be having a September wedding out at the farm.

--Chris

News from Iowa Fresh Produce

Fantastic...beautiful... gorgeous... A single word can pretty much sum up the weather this past week. With the absence of rain we've once again begun the task of weeding. Those things just don't give up but for the most part even the larger weeds are easily dislodged from their hold in the soil making it less arduous than it seems for most years. I got caught up on planting as well sowing second and third plantings of beans, dill, cilantro, lettuce etc. The greenhouse is now completely converted over to summer crops and the tomato plants are loaded. Trellising them the other day I accidentally knocked off a couple tomatoes- MMMM lunch that day was green fried tomatoes. You either love em or you hate them. We did get about 5" of rain in a bit over 24 hours last weekend with a touch of hail but neither had any lasting effects on the crops.

Last evening I went through the cukes, winter squash and zucchini for which might be the last time for weeding this year as they have begun to run and once that begins it isn't long and then you can't hardly even get a tiller through the patches. Potatoes are all now blooming or just about done depending upon variety. Peas are about done (though the last planting of shell peas haven't filled out) and the beans are just a pin bean stage so a bit of reprieve may be in order for me in picking. I don't like to have peas and beans at the same time- way too much of the same type picking and I'm getting more sure of that with each passing year!

What you'll find Tuesday:

carrots
garlic
basil
?????

Again this week there may not be sufficient quantity of cukes. If not then you will receive them the following week.

A week ago I stopped at the Lowe's before coming home to get some supplies. A young gal checked me out and then upon taking my check asked for my ID. I dug it out of my back pocket and showed it to her. Then she asked if my address was correct which I affirmed it was. THEN she said "Can I have your phone number?" I smiled and said "I'm really flattered, BUT I'm married! Along those same lines when I stop in at the local Casey's they ask "did you get fuel?" not "do you have gas?" At least not anymore! (I always did think that was a bit personal!)

I hope you all enjoy the holiday weekend safely!

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.

Brian's Corner of Small Potatoes Farm

These past days have been good ones at Small Potatoes Farm, harvesting in the morn, and grabbing weeds out of the ground after all the good things are in the cooler. The last bit of barn work was completed last Sunday, the painters will sneak some work in this weekend, and then the farm will have the sharpest looking barn in the county. The fields are shaping up real nice, weeds are being pulled, rows are being tilled and new things are being planted. Yes, I finally got the pepper/eggplant field completed so Pedro can quit nagging me about it.

Summer squash is being picked; the peas are done sadly, so look for some beautiful summer squash, onions, kohlrabi and broccoli/cauliflower in the boxes, along with some carrots.

Enjoy the weekend, I sure will.

Brian Hayward

Kids' Activities at F2F

Girl Scout Troops 28 and 150 will again provide activities for children at F2F on July 6. This month's project is Chinese yo-yos.

Come make a traditional Chinese toy with us! Made of simple items found at home--paper and sticks, these toys will be sure to bring a smile to your face and hours of entertainment. Appropriate for children of all ages.



Small Potatoes barn is repaired and ready for paint.

We Need Volunteers for July and August!

Thanks to those who have already signed up!! We can still use some volunteers in July and August. We need 2-3 people each week. Please indicate your availability by going to:

<http://www.doodle.com/62ztb2isdc2db7gb>.

Thanks to last week's volunteers: Anita Maher-Lewis, Sarah Hargreaves, and Teresa Opheim!

Recipes

Spicy Carrot Soup

From carrotrecipes.net

Ingredients List:

8 carrots, roughly chopped.
5 celery sticks, cut into pieces.
2 cloves of garlic, chopped.
1 large onion, chopped.
4 cups of water.
1 tablespoon of olive oil
1 teaspoon of curry powder.
Salt.

Directions:

Heat up the olive oil in a frying pan; then fry the chopped garlic and chopped onion for 4-5 minutes.

Add a teaspoon of curry powder, and then stir.

Add all of the remaining ingredients except the salt and cook until the vegetables are tender.

Mix in a blender until the soup is smooth.

Add salt to taste and serve.

Berry Patch Farm



Berry Patch Farm is open from 8am till 6pm daily and will be open on July 4 & 5. Pick your own blueberries, raspberries, pie cherries, and red currants.

Blueberries will be delivered for the fruit shares on July 6.