



A Little Info from the Farms to Folks

June 15, 2010 CSA Deliveries

Iowa Fresh Produce

Parsley
Shell peas
Cilantro
Baby carrots

Onion Creek Farm

Salad mix
Herbs
Garlic scapes
Peas (If ready)

Small Potatoes Farm

No report

Berry Patch Farm

Strawberries

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Iowa Fresh Produce update

It's been a productive week and with the warm day time temps and recent rains the crops are looking very good. Most have doubled in size from the week prior though still too young or immature for use it is a positive sign. Cabbages are now forming the loose clusters of leaves prior to producing heads, broccoli are beginning to look robust (a few have already produced a head- no doubt from stress earlier on in the season when it was dry), the corn plantings look to be staggered fairly decent as of now with the oldest planting just a bit over a foot tall now. Late last week I had planted winter squash and those are now breaking though. I still have space for about 3 beds yet and then we will begin to replant a second crop in areas as the first comes out.

We are in the process of transitioning the greenhouses from Spring to Summer crops now too. Most early plantings are now out and have become the walkways between the various tomato varieties. After having pruned them last week this week I decided to experiment with planting next to their vines. Time will tell if this will work but as the plants get larger they shade the ground and even on the hottest of August days the soil and air are much cooler than at canopy level. With this in mind I am experimenting by planting some Spring crops in that area. If it doesn't work I won't have much invested other than a bit of time and a few dollars of seed.

What to look for on Tuesday:

parsley
shell peas
baby carrots
cilantro

What? No lettuce? We are in between crops now and have some green, romaine and perhaps buttercrunch (if it doesn't bolt) yet to come as well as 2 plantings coming on in our Summer house which at

Iowa Fresh Produce continued from p.1

this point remains without shade cloth. A few days of hot sunny weather, however, will move that job up the list of to-dos. Not sure just how many shell peas there will be. I picked a few today and it looks like they should be ready by Tuesday.

Our mother cat sure has been on the move lately. I caught her sneaking around and figured it was about that time and sure enough she appeared "skinnier" one day several weeks ago. Then just before one of those Tuesday rains I noticed her walking out of the ditch with a young one in her mouth. Apparently a bit miffed at me for finding where she hid them in the machine shed she moved them once again. I wasn't quite sure until one morning I opened up the Morton building and out she ran. She has them in there now and I imagine they will have to be coaxed out at some point. She "hid" them in the closet which houses the hot water heater and softener (leftover vestiges of when we called that home) that backs up to the shower. Maybe Mom knew something all those years ago when she hounded us boys to "close the door". I'd left that closet door open and now pay the price. I've yet to see what color they are but rest assured they're there- and healthy at least from the sounds of the hiss and spits.

Be sure to have a rain coat handy this weekend,
Bruce

We Need Volunteers

We are looking for Farm to Folk members and family/friends to help out at the distribution site. Responsibilities include staffing one of four CSA tables or the check-in desk to greet people, help them through the line, and offer food preparation tips. If you'd like to volunteer for a 4:30-6:00 PM time slot, please choose one or several on our ongoing doodle poll available at <http://www.doodle.com/62ztb2isdc2db7gb>

Thanks to last week's volunteers Breanne Hunter and Lauren Sullivan!

News from Berry Patch Farm



Strawberry season is in full swing and pick your own strawberries is underway now. Best time is in the mornings, Monday through Saturday. \$ 1.85 / lb or we pick them for you for \$3 /lb. Rhubarb season is over and blueberries will be the next crop to ripen in a few weeks.

Fiber Sharing

Attention fiber enthusiasts!
The yarn sharing table was popular last year and we'll try it again on June 15.

You are encouraged to bring any yarns you'd like to share or to select something to start your own yarn stockpile.

News from Small Potatoes Farm

Hello to all! This is Brian Hayward, farmhand on Small Potatoes Farm with an update.

Over here on the farm things have been rainy, muddy, but a little cooler thankfully, and everything is growing real well. The summer squash is threatening to bust out of the row covers, the weeds want their fair share of things, and the peas are coming around the bend at full speed. This week starts the skating and music in the middle of bustling Minburn, come join the crowd!

Who will win the battle to put out the watering system? Rick or Brian?



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.

Back Door Exit Only

We are also asking for your cooperation to use the back door as an exit only to improve flow through the site and minimize traffic jams at the refrigerator. Feel free to use the front door by the check-in table as both an entrance and exit.

Unclaimed CSA and a la Carte Items Feed Hungry Families

Unclaimed produce is taken to the food pantry to fill the bellies of hungry families after each distribution as part of our effort to increase access to local healthy food among limited resource families. This does not apply to dairy and meat items for the first week they are unclaimed, which we will continue to save in the refrigerator/freezer. However, if those items remain in the coolers unclaimed by the end of distribution the following week, those items will be removed. As Farm to Folk grows, so too do the number of unclaimed items at the site. Unfortunately, we are no longer able to call you if you forget to pick up your a la carte items or CSA share. Please remember to pick up your shares! If you are running late for any reason, you can usually catch us until 6:30 at which time a representative from Bethesda Food Pantry picks up all unclaimed food.

Thank you for your understanding and cooperation!

Picket Fence Creamery

Join us for our "June is Dairy Month" 3-Farm
Tour &

SAMPLE SUNDAY

Sunday, June 13 Noon to 5 p.m.

Admission is FREE! Lots of great local food and fun!

The Homestead

I would like to introduce you to a new a la carte producer. The Homestead, located right across the highway from the Southeast Polk High School east of Pleasant Hill, is a non-profit organization that provides services for children and adults with autism. To find out more about The Homestead or autism in general, you can visit www.thehomestead.org. On our campus, we also have about 6 acres of Certified Naturally Grown fruits (strawberries, raspberries and apples), vegetables and herbs. To find out more about Certified Naturally Grown, you can visit www.naturallygrown.org. Eric Ambrecht, a Farm to Folk consumer member, is the Vocational Director at The Homestead and organizes the workforce of 29 adults with autism. Jason Jones, Farm Manager, and Amanda Edsall, Seasonal Farm Worker, provide the management, organization and farm labor not accomplished by the 29. During the spring, we start all of our own transplants in our greenhouse and sell some transplants to other greenhouses, other CSA farms and home gardeners. We have a 95 member CSA that provides shares to the Des Moines Metro area, Newton and Ames. Our CSA is where almost all of the fruits and vegetables that we produce go to. After the CSA season, we produce fresh greenery wreaths and finish poinsettias for sale. Through Farm to Folk's a la carte system, we hope to be able to offer you a sampling of some of the things we produce. The food that you buy from The Homestead helps create an environment where a person with autism can have a legitimate and meaningful job. Thanks!

HERBED NEW POTATOES WITH FRESH PEAS from Cooks.com

2 lbs. new potatoes

Boiling water

1 1/4 tsp. salt

1 lb. fresh green peas (precooked)

1/2 tsp. ground basil

1/8 tsp. freshly ground black pepper

2 tbsp. butter

1/4 c. light cream

Fresh parsley for garnish

1. Scrape the potatoes and place in a saucepan with 1/2 inch boiling water and the salt. Cover and boil until done, about 25 minutes. Shake the pan occasionally.
2. Five minutes before the potatoes are completely cooked, add the peas and basil. When the peas are heated through, remove from heat and drain if necessary.
3. Add the pepper, butter and cream and heat a few seconds. Turn into a serving dish and garnish with fresh parsley. Serve immediately!