



CSA DELIVERIES Small Potatoes Farm

Peas
Pac choi
Maybe some lettuce,
onions,
kohlrabi and radishes

Iowa Fresh

Summer lettuce mix
Snow peas
Sugar snap peas
Swiss chard
Garlic scapes among
other items available for
the sharing table

Onion Creek Farm

No report

Berry Patch

Hopefully raspberries

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Iowa Fresh Farm Update

I'm always a bit apprehensive to complain about the weather lest she throw something our way far worse than what we've had but the break in the rain yesterday was a welcomed sight. Our garden plot sits atop a knob of sandy loam so it does dry out fairly quickly and at times too quickly when tender young transplants are being set out. Several years back I had been digging post holes and within a couple feet of the surface ran into almost quarry grade pure sand so most summer rains don't seem to bother us—it's those torrential rains or a prolonged streak of daily rains and the weeds are out of control. So yesterday morning with the sun bright and the humidity higher than the temperature (at 7 AM the humidity was 92% and the temp was about 63) it was the perfect day to get after the weeds. After a morning of listening to the drone of the tractor motor, I had the winter squash and cukes basically weed free— 'basically' being the optimal word there as we never completely get the weeds. Ideally we would but there are always some that seem to avoid whatever means we throw at them. And that's ok too. (Just as long as they don't begin to set seed!) Grass seems to be the primary culprit now but is easily cultivated out while it is young. It's a never ending cycle, however, as with each rain more seed seems to germinate and having a buffer zone of 2 rods or so around the garden, it seems there is always a ready store of seed which the winds have no trouble broadcasting.

Hopefully this week we will get the propagation house emptied out. We still have a few flats of late tomatoes to plant as well as some peppers so I am optimistic that after this week, the next time it rains there will be the propagation house to clean up and put away all the flats and containers for next year. After these are planted we will continue to plant seed directly into the soil for the next several months. (Son) Nick has taken the cucumber and zucchini plants under his care this summer. They are looking nice too as he has hand weeded around each hill just awaiting to be tilled in between each row. The first patches of green beans are just about to show signs of initiating a blossom bud and have not had to endure the bean beetles at all this year even though they were planted early. Soy beans erupted from the soils first and the beetles had already found a "home"—thankfully not here!

Enjoy your weekend,

Bruce

Small Potatoes Farm Update

Brian's Corner of Small Potatoes Farm

While there hasn't been a rain gauge on the farm until now (though it is currently inside) the 10+ inches of rain that landed in this area within these first days of June really threw us for a loop. All but the young ones at the farm were looking mighty down until a couple days ago. Rick was waving off any news of dark clouds or possible rain, Stacy being 'real glad we got that rain we needed' as well as getting the clothes on the line that triple rinse they needed and me looking apparently 'real depressed' and 'sad'. While the rains and waterlogged soil canceled the CSA delivery to our members in Ames last week (first time in 5 years), the gravel road dust is blowing again, and we have peas, pak choi, maybe some lettuce, onions, kohlrabi and radishes coming for Tuesday. Unless of course the hail and big storm forecast for this night (Thursday) takes one of the following....

For those of you who don't know me, I shall introduce myself. Born and raised in Maquoketa, IA (3 hours straight east of Ames) I have called central Iowa home for the past 3 years. I just recently turned 26 years old, am what my Grandma calls 'footloose and fancy-free' and have one of those pesky degrees (in Geography) from the wonderful and far superior University of Northern Iowa. I like bicycles, old trucks and growing food. Enjoy!

We Need Volunteers at the Distribution Site in July

We have no volunteers signed up for July and would like 2-3 to help out at the site. If you'd like to volunteer for a 4:30-6:00 PM time slot (and stay for cleaning if you have time), please choose one or several on our ongoing doodle poll available at

www.doodle.com/62ztb2isdcd7gb

Thanks last week to volunteers Breanne Hunter and Lauren Sullivan. They volunteered two weeks in a row and we appreciate their friendly smiles and dedication!

Distribution Notes: Unclaimed Produce

Unclaimed CSA and a la Carte Items Feed Hungry Families

If you have the misfortune of forgetting to pick up your goods (and we hope you won't), don't despair! Your goods are NOT wasted. While we do understand your disappointment, take solace in the fact that your produce is delivered to hungry families relying on the food bank for sustenance. In years past, Marilyn delivered leftover and unclaimed produce to the Food Bank at Bethesda Lutheran Church. However, this year, the Food Bank is sending a coordinator to pick up the produce at the Farm to Folk site at 6:30, thereby easing our cleanup responsibilities. If you realize you've forgotten your produce/goods before 6:30, call ahead and we can save your produce in the refrigerators. Otherwise, it will be donated to the Food Bank as part of our effort to increase access to local healthy food for limited resource families. Again, our donation policy for the Food Bank does not apply to dairy and meat items for the first week they remain unclaimed, and we will continue to save those items for you 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 does 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 show up at the site until 6:30 to claim your produce.

Baked Cheese Polenta with Swiss Chard

From Cooking Light, May, 2001

2 bunches Swiss chard (about 1 1/2 pounds)
Cooking spray
8 garlic cloves, minced
2 tablespoons water

For Polenta

1 3/4 cups water
1/4 teaspoon salt
1 (14 1/2-ounce) can vegetable broth
1 cup yellow cornmeal
1/2 cup (2 ounces) crumbled goat cheese
3 tablespoons grated fresh Parmesan cheese
1/4 cup reduced-fat sour cream

Preparation

Preheat oven to 400°. To prepare chard, remove stems and center ribs. Discard stems and chop ribs; coarsely chop leaves. Heat a large nonstick skillet coated with cooking spray over medium heat. Add garlic; sauté 30 seconds. Add ribs and 2 tablespoons water; cover and cook 5 minutes. Add the leaves; cover and cook 5 minutes or until wilted.

To prepare polenta, place 1 3/4 cups water, salt, and broth into a large saucepan. Gradually add the cornmeal, stirring constantly with a whisk. Bring to a boil; reduce heat to medium, and cook 8 minutes, stirring constantly. Add cheeses, stirring constantly with a whisk. Spoon half the polenta into a 2-quart baking dish coated with cooking spray, spreading evenly. Top with the chard mixture. Spoon sour cream over chard, spreading evenly. Quickly add remaining polenta, spreading evenly.

Bake at 400° for 20 minutes. Let stand 5 minutes.

