



A Little Info from the Farms to Folks

JUNE 29, 2010 CSA DELIVERIES

Small Potatoes Farm

Snow peas
Kohlrabi
Onions
Other crops not yet known

Onion Creek Farm

Beans
Snow peas
Sugar snap peas
Carrots
Onions
Herbs?

Iowa Fresh

Onions
Lettuce mix
Sugar snap peas
European cucumber for
half of members

Berry Patch

Raspberries

Distribution Notes: Persistent Dairy Dilemma

Each week this year, we have encountered problems with distribution of the dairy shares. At least one member and often several each week are not receiving the dairy shares they ordered because those products go missing although their orders *are* filled by Picket Fence. In order to eliminate confusion and mistakes, we will now be instituting a process whereby **staff or a volunteer will fill your dairy order for you** rather than employing the self-service method we have relied on in the past. While member access to the product decreases and our level of control necessarily increases, this seems to be the least intrusive solution short of checking people out or retrieving all of your goods for you. While this may cause you some (hopefully very minimal) inconvenience and is not something we prefer to do because it requires more human resources on our part, we feel it is necessary to ensure everyone receives the goods they order.

We expect it to work like this: Tell the staff person or volunteer working the dairy area (identifiable by their Farm to Folk apron) your name if you have a CSA share or give them your invoice if you have ordered dairy products a la carte. S/he will check off your name if you have a CSA share and/or review your a la carte invoice. At that time, the staffer will retrieve the appropriate products for you. S/he will keep things moving as quickly as possible to avoid any bottlenecks but please be patient as we implement this new procedure. Thank you for your understanding. If you have any other suggestions on how to make this work better, we welcome your input!

To Contact Farm to Folk

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We Need Volunteers for July and August!

We are in dire need of volunteers for the month of July and first part of August. We have one member signed up for July so far but can use more help given we are entering the height of the growing season and now need extra help filling the dairy orders. If you can volunteer in July or August, please indicate your availability by going to: www.doodle.com/62ztb2isdc2db7gb.

Thanks last week to volunteers Breanne Hunter and Teresa Opheim. Both have become regular volunteers and we appreciate their commitment!

Small Potatoes Farm Update

Well, I won't talk about any weather or precipitation, as I am tired of the stuff. It is good enough to be weeding, mowing and painting the barn, which makes the farm look even better than it did. The peppers and eggplant are appearing out of thick weed cover, the grass around the fields have been knocked back to their correct length and distance from the crops, and the barn is white white white. And it is just the primer coat on so far. Friday the first paint goes on, named High Hiding White. It has been 50 years since it has last been painted, so Pedro and his muchachos are working their way around the barn for the 3rd time with scraping, priming and now painting the big thing.



The mosquitoes are out in full force these days and nights, Japanese beetles are flying into heads, vine borer moths are being swatted at, swallows are chased from unwelcome nesting spots, caterpillars the size of small fingers are squished, and the heat is on.

I know for sure the shares this week will have snow peas, kohlrabi, and some onions, but of course we will have more good things as well.

Brian Hayward



Onion Creek Farm Update

Alright, so first some farm updates and then a bit on your food this week. The rain here has been somewhat problematic, but not as bad as some areas further south. Brian Hayward from Small Potatoes Farm visited us last night and assessed the farm's weed pressure. He said "we have some but not as many as some farms I have visited." It's a constant struggle. We then cooked up a nice dinner from the farm—peas, kale, eggs, and onions. The tomatoes have been trellised and are setting first fruits. I have been diligently pruning them and watching for signs of early blight or wilt as heirloom tomatoes are more susceptible to the many tomato diseases. Deer pressure at Onion Creek is always a struggle as the fields butt up against "vast" Iowa woodland. We have deer fence up but that doesn't seem to stop them from eating things like beets and chard. I found both plants eaten to the ground yesterday. We will have to replant and cover so you may be receiving this a bit later in the season. This week's plan is to have beans, snow and sugar peas, carrots, and onions. We are moving into the summer season and thus the salad mix you have been getting every week is now bolting and getting bitter. We plan to have more in the fall. The green part of the onions can be used just like the bulb. The peas have been coming in a mixture of snow and sugar. I either eat them raw (without shelling) or sauté them. The beans are just starting to set fruit so we will see how many I can pick.

Chris

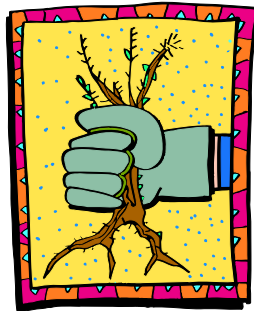
Iowa Fresh Farm Update

What a mix of weather this week. Hot humid days followed by some almost chilly (or rather refreshing) evenings and of course the wind followed by more wind.

A fella stopped by yesterday with a pickup load full of generators, power washers and air compressors all for only \$6500. We get these kind of "deals" all the time it seems, perhaps because we are on a major blacktop in the county or perhaps we're just 'lucky'(?). While I wasn't interested in dropping that kind of money to someone who was selling merchandise out the back of a truck with Florida plates I did find the guy interesting. A natural colored straw hat had been shaped just so atop his head and a gleaming smile but what really was interesting was his speech. "Hello mahn". ...a distinctive heavy Jamaican accent made me wonder just how long he had claimed Florida as home. I guess he found Nick and I just as interesting as we talked well past my "I'm really not interested" opening line. His interest in agriculture soon became apparent so we delved into that subject for a brief time, talking about any and everything from the local confinement buildings and how they operated to why I didn't raise corn and beans like my neighbors.

Of course like all good agricultural conversations this one included the weather. "Hey Mr. Bruce, is it always this windy here?" I had to laugh as he was chasing his hat. "Naw, sometimes its windier!" He was soon thereafter on his way down the road to Ames for the evening. Of course I told him about Hickory Park when asked for a place to eat so IF you were there last Monday evening I hope you met up with him. He was quite a character—friendly and inquisitive but hardly the typical salesman that seems to stop by from time to time.

With the passing showers we've had some weeds revive after hoeing or cultivating them out but so far we've been pretty fortunate in keeping up with them for the most part. Some areas even look pristine if you only glance quickly enough. Other places still need more attention and some like the first rows of peas are just awaiting the tractor and tiller. I get kind of lazy this time of year and really like to do all I can with whatever is attached to the tractor at the time rather than constantly changing back and forth. Since Nick was willing to mow we've had the finish mower on for two days now so hopefully he'll finish that chore today. In the meantime when I've had the time for killing weeds I've fallen back on the hand rototiller and doing some hand weeding which is personally very satisfying but progress is a lot slower.



What to expect this week: Onions, lettuce mix, sugar snap peas

Some of you will receive a European or burpless cuke as well (I'm not sure if production will allow for everyone so if you don't get one this week you will next week). With this past week's heat spell came the demise of the romaine, buttercrunch and green leaf lettuces. They have begun to bolt so those will be considered a green manure crop and tilled under shortly. Melons are just now beginning to run and some are showing signs of blossoms but are a long ways off yet. We now have the irrigation set up on the tomatoes and continue to trellis and prune them a few rows a day, otherwise it becomes too tedious!

Enjoy your weekend!

Bruce

SESAME SNOW PEAS

From Gourmet Magazine, 1996

1/2 pound snow peas, trimmed and strings discarded
1 teaspoon Asian sesame oil
1 scallion, sliced thinly on diagonal
2 teaspoons sesame seeds, toasted lightly

Cut snow peas on diagonal into long thin slices. Have ready a large bowl of ice and cold water. In a saucepan of boiling salted water blanch snow peas 15 seconds and drain in a colander. Immediately transfer snow peas to ice water to stop cooking and drain well. In a bowl toss snow peas with oil, scallion, sesame seeds, and salt to taste.

SUGAR SNAP PEAS WITH HAZELNUT BUTTER AND SAGE

From Mariquita Farm at www.mariquitafarm.com

Serves 6

2 tablespoons chopped hazelnuts
2 tablespoons unsalted butter
1 lb blanched and drained sugar snap peas (trimmed peas cooked 1 1/2 to 2 minutes in briskly boiling water and shocked in ice water to stop the cooking process)
2 tablespoons chopped fresh sage leaves
1/2 teaspoon salt
Ground black pepper

1. Toast hazelnuts over medium heat in small skillet, shaking pan often to promote even cooking, until just fragrant, 3 to 4 minutes.
2. Heat butter over medium heat in medium sauté pan until it browns to color of brown sugar and smells nutty, about 5 minutes. Take care not to burn. Add peas, sage, and nuts; toss to combine. Cook until just heated through, 1 to 1 1/2 minutes. Season with salt and pepper to taste; serve immediately.

SUGAR SNAP PEAS WITH LEMON, GARLIC, AND BASIL

From Mariquita Farm at www.mariquitafarm.com

Serves 6

2 tablespoons olive oil
Zest of 1 medium lemon, sliced very fine, plus 1 tablespoon juice
1 medium garlic clove, minced
1 lb blanched and drained sugar snap peas (trimmed peas cooked 1 1/2 to 2 minutes in briskly boiling water and shocked in ice water to stop the cooking process)
6–8 fresh basil leaves, chopped fine
Salt and pepper to taste

Heat oil over medium heat in medium sauté pan. Add zest and garlic; sauté until garlic is soft but not browned, about 2 minutes. Add peas, lemon juice, and basil; toss to combine. Cook until just heated through, 1 to 1 1/2 minutes. Season with salt and pepper to taste; serve immediately.