



**MAY 18, 2010
CSA DELIVERIES**

Iowa Fresh

No delivery

Small Potatoes Farm

No delivery

Onion Creek Farm

Unsure; Chris Corbin will e-mail his members directly

Berry Patch

No delivery

**To Contact
Farm to Folk**

If you have questions, please contact:

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Coordinator

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Joe's Pain-in-the-Neck Thank You

In early spring, Joe Lynch of Onion Creek Farm, fell and broke some vertebrae while trimming trees. Demonstrating the health care woes that make national headlines nearly every day, Joe was not adequately covered by his health insurance policy. Farm to Folk took up a collection and members responded generously by donating over \$800 to help Joe and Lonna cover the resulting medical expenses. For those of you who still want to contribute, a "Joe's Pain in the Neck" fundraiser will be held from 4-8 PM on May 16th at Prairie Moon Winery, 3801 West 190th St, north of Ames. There will be live music, munchies, and a potluck starting at 6 PM. Soft beverages and tableware are provided; you may purchase drinks on-site but the winery asks you to refrain from bringing any alcoholic beverages with you to the "pain party."

Dear Farm to Folk Members,

Lonna and I thank everyone for your support. I am doing quite well, impeded only by the loss of strength in my arms and by this collar which I need to wear as a precaution for another month to assure that the fractures in my top two vertebrae heal properly. Though I am feeling well and sleep good (in spite of the collar), the strength in my hands and arms will not likely return till later in the summer or fall. I hope then that concerted physical therapy will help get much of my strength back. Nerves in my neck damaged during the accident are the cause of this. I expect these to return to close to normal during the next six months with no lasting damage. This is very good news! I can cook, crack and pick hickory nuts, go for long walks, play music and read but farming and house maintenance are out of the picture for a while which is frustrating but necessary!

My stand-in at farming, Chris Corbin, has the potential to be a much better farmer than I. He is doing a marvelous job, has completed the deer fence on our second field, installed drainage tile in our wettest field, found room for some crops we have not planted in several years, and vastly improved our tillage system (he's only 39 years younger than I) with an eye toward farming more acres in the future to support a larger CSA subscription.

Being patient is my biggest problem! Everyone is welcome to stop by to say hello and see Chris's handywork. Thanks again.



Low-income Support Group Receives a Local Food Budget!

Beyond Welfare has been part of the Ames community for 14 years. Its primary mission is to pull marginalized members of our community out of social isolation. Knowing that nothing builds community like food, BW offers an open invitation to people of all classes to take their Thursday evening meal at Collegiate Presbyterian Church. Unlike a typical "soup kitchen", where a hierarchy is set up between the haves and have-nots, the BW meal and meeting afterward serve as occasions for people to form friendships across lines of class, race, gender, and religion. A truly inclusive, self-sustaining community has formed as a result. About 40 people attend each Thursday.

This April, in honor of Earth Day, the Unitarian Universalist Fellowship of Ames collected \$600 for the purpose of creating a Farm to Folk account for Beyond Welfare. Farm to Folk has generously kicked in \$100 from its poverty fund. Now, BW families and friends can enjoy the most nutritious meat, vegetables, fruit and dairy products available!

This is not the first time Farm to Folk and BW have been associated. A couple of years ago, Beyond Welfare received a grant from the Rotary Club to spend on local food, which resulted in an apple-picking party at the Berry Patch.

--Greta Anderson (Prairie Sky Homestead)

Distribution Notes: Check in and Check out

Many of you have been asking if you need to check in and check out at the site after we informed you in previous newsletters about this new procedure we were considering. After some trial and error and informally polling many of you, we have decided not to make check in and check out a requirement but rather an option for you and/or your agent(s).

Here's how we *think* it will work: With the season picking up, we have set up a check-in table at the front entrance of the site. We will try to continuously staff the table throughout the distribution and will assist anyone who needs help locating their food. At the table is a master list of all the CSA shares you have ordered for the season. This list is there for you to consult; you do not have to check anything off on this sheet. If you send a neighbor, partner, friend or other representative to pick up your goods, please instruct them to go to the check-in table upon arrival so we can help them navigate the site and find your food. You don't need to detail them beforehand—let us do that work for you.

In the coming weeks, we plan to laminate the master list and put a dry erase dot by your name if you ordered a la carte that week so we can help you or your agent remember to pick up those goods as well.

Like check in, check out also will be voluntary if you want to ensure you collected everything you ordered. If you like, you can recheck the master list at the voluntary check in table when you are ready to leave.

Your feedback is welcome as we try to create a distribution environment that is user friendly, helpful, and efficient. Let us know if you have any ideas to improve the process!



I'm including one last rhubarb recipe submitted by member Jane Esterly-Rettig for those of you with rhubarb still stashed in your refrigerator from last week.

Rhubarb Crumbly Coffeecake (Vegan)

Crumb topping ingredients

- ¼ cup flour (I use Paul's 7 grain)
- 3 tablespoons brown sugar
- ½ tsp cinnamon
- 1 tablespoon olive oil
- ¼ tsp salt

Coffee cake ingredients

- 1 tablespoon ground flax seeds + 3 tablespoons water
- 4 tablespoons applesauce
- 1 ½ cups granulated sugar
- 2 tablespoons black strap molasses
- 1 cup olive oil
- 4 or 4 ½ cups rhubarb, diced
- 2 ½ cups flour (I use Paul's 7 grain - it makes it quite hearty!) ☺
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- 2 tsp cinnamon

Instructions

Preheat oven to 350 degrees F. Use a 9x13 pan... I don't prep it at all.

Place ground flax seeds in small bowl and whisk with water, then set aside.

Make crumb topping: Mix flour, sugar and spices in a small bowl and mix together with fork while drizzling oil in. Once it becomes crumbly, set it aside.

In a medium bowl, mix together applesauce, sugar, molasses, oil and flax & water mix.

In a separate, larger bowl, mix together flour, salt, baking soda, baking powder, and cinnamon.

Add the dry ingredients to the wet ones and mix until just combined.

Fold in rhubarb and pour into pan. Sprinkle crumb mixture on the top.

Bake for 40 - 60 minutes, until top is browning.

Volunteer Opportunity for Enthusiastic Gardeners

A few enthusiastic gardeners are planting a garden at the Boys and Girls Club in Ames for the second year in a row. The idea is to teach children about gardening and food while helping them grow their own (pesticide-free, if possible) garden. We could really use some help advising the kids (and hoeing the weeds!) and planning a curriculum including easy take-home recipes for the crops being grown. Any level of involvement would be very welcome!

Our next meeting will be Saturday, May 22nd. We will meet at 11:30 AM at the Boys and Girls Club, 210 S. 5th St., Ames.

If you would like to help, can't attend the meeting, or just have questions of any kind, please contact Rebecca Boss at rebeccaarielle@gmail.com or (319) 400-2580.

Ag Around Town

Local Food as Economic Development. Monday, June 7, 5:00-7:30.

Public Meeting Room, Story County Administration 900 6th Street, Nevada

Come join us as Ken Meter presents the impact of the local food system in Story County. Supervisor Melvyn Houser from Pottawattamie County, Iowa, will also outline successful initiatives from Southwest Iowa Food and Farm Initiative (SWIFFI).

If you are attending, while not required, we do ask that you let us know by calling 515-382-7251 or emailing pzweb@storycounty.com so that we can make sure we have enough space to accommodate everyone!

In last year's analysis of the Marshall County, Iowa, farm and food system, Ken Meter found that county farmers earned a surplus of \$4 million per year producing \$175 million of crops and livestock over the thirty year period 1979 - 2009. Yet at the same time, those same farmers earned \$37 million less in 2007 than they had earned in 1969, after doubling productivity. Moreover, many farm inputs are sourced from outside the county, so Marshall County farmers spent \$80 million per year buying inputs from outside the county.

Meanwhile, county consumers bought \$90 million of food that was raised outside the county — these flows of money away from Marshall County totaled \$166 million per year, nearly as much as the value of all commodity production in the county.

The study also found that local consumer choices could make a strong difference. If Marshall County consumers were to buy 15% of the food they bring home to eat directly from county farmers, it would create \$8 million of new farm income.