



**MAY 25, 2010  
CSA DELIVERIES**

**Iowa Fresh**

Red leaf lettuce  
Snow peas  
Turnips  
Spring leeks

**Small Potatoes Farm**

Plan to deliver but no report submitted

**Onion Creek Farm**

Plan to deliver but no report submitted

**Berry Patch**

No delivery

## Iowa Fresh Farm Update

Another week has passed and I was hoping by this time the weather would be settled but this morning with the winds blowing with vigor it seems we may be in for some excitement once again. The garden could use a nice gentle rain and hopefully that is all it will amount to.

It wasn't until the other day I noticed that we must have had some frost two week-ends ago. We were over in the Chicago area at the time and so I was unaware of it. As a precautionary measure I had run the cultivator through the potato patch but apparently it was more severe than I thought it might get. Even with the light cultivation there were some plants that sustained a bit of nipping but now it appears that almost all of them have outgrown that minor setback in their growth.

This was the week to step back and weed everything that has been planted. The first patch of sweet corn and both plantings of peas have been hoed and we are in the process of going through the garlic, leeks and onions for the umpteenth time so it seems, but each time is easier and quicker than the last. With the promise of rain in the forecast I have begun the zucchini and winter squash planting as well. I always like to wait until the rains are here to thwart the ground squirrels. If that seed sits in the ground more than a day or so before getting rained on it seems those darn creatures have a heyday digging up the various hills. They even seem to prefer some squash seeds to others but indiscriminately take whatever "meal" is out there for them.

What to expect on Tuesday:

Red leaf lettuce  
Snow peas  
Turnips  
Spring leeks

There should also be some gai lan and baby bok choy available if you would like to add those to make a stir fry with your peas. The turnips are mild and could also go into a stir fry, or perhaps thinly sliced and added to a salad or eaten raw. Further inspiration can be found by a quick google search as well. The spring leeks can be used in about anything, as can their wild relatives called ramps. Simply substitute either in place of onions.

### To Contact Farm to Folk

If you have questions, please contact:

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# Iowa Fresh Farm Update, cont.

Enjoy the weekend!

Bruce

P.S. Congratulations to all the recent graduates—both from high school and college. After the celebrations you can hang your diploma on the wall or tuck it away with all your other mementos of achievement but remember that learning is a lifelong process and one that is never fully accomplished.

## Berry Patch Update

We will have tomatoes (a 2# basket for \$6) for a la carte Tuesday the 25th (see picture below). These have been growing in our greenhouse since February with the aid of heat provided by our wood-fired boiler.

Our son, Mike, is harvesting rhubarb daily now.

The strawberry season looks to be earlier than last year, and the forecast for warm weather will also help! :)

Something new is added this year in our items for sale! We have several varieties of blueberry plants grown in containers: Duke, Bluecrop, Elliot, Elizabeth, Aurora, and Liberty. The cost is \$10, \$20, or \$30 for one-, two-, and three-year-old plants, respectively. They need to be planted in a mixture of soil and Canadian peat moss and we include an instruction sheet and a small amount of sulfur. Full sun is preferred and frequent watering is required! :)



## From Tomoko: Nutrition Information on My Baked Goods

A few people have asked me the caloric value of my scones. According to the USDA National Nutrient Database for Standard Reference website (<http://www.nal.usda.gov/fnic/foodcomp/search/>), one cranberry-orange scone contains about 265 kcal, one apricot scone is approximately 262 kcal and one cherry-walnut is about 294.5 kcal. I don't know if these numbers will help my scone sales or not, but here they are!

I'm out of brandied sour cherries (from downtown Ames) for cherry-walnut scones. So this week, I'm back to dried cranberries and apricots. During the growing season, I hope to use local fruits again and am waiting to go out to Berry Patch to pick strawberries, blueberries, black currants, etc....

If you'd like to know more information on my scones or bread, please contact me anytime!

Tomoko

## Messages from Marilyn

The new dairy share will begin on May 25. Let me know ASAP if you want to continue your dairy share or start a new one.

Prairie Sky Homestead will start a new 10 week egg share on May 25. Let me know if you'd like to sign up for that. (\$30 for 10 weeks)

Small Potatoes Farm has one week left in their current egg share. They will offer another share starting the following week. Current SPF egg share holders have first chance at this share, so please let me know either way if you want to continue so we can offer any available shares to others.

Nick Wallace will deliver pre-ordered fish, beef and pork products on May 25. Please order directly to [nick.wallace@wallacefarms.com](mailto:nick.wallace@wallacefarms.com)



## Member Notes: "Serious Eats" Blog

From Farm to Folk member Elaine Newell: I was reading a blog I recently found called "Serious Eats" and they had a fun article entitled "The Crisper Whisperer: 10 Secrets for Making the Most of Your CSA." It was a great article for somebody (like me) who's trying to learn how to use up all the CSA produce we get before it goes bad. I thought I'd pass on the link in case you wanted to send it out to any other 'newbies.' Members can find the article at:

[www.seriousseats.com/2010/05/10-secrets-tips-for-making-the-most-of-your-csa.html?ref=latest](http://www.seriousseats.com/2010/05/10-secrets-tips-for-making-the-most-of-your-csa.html?ref=latest).

If that doesn't do it, they can check out the general [www.seriousseats.com](http://www.seriousseats.com) website and search on CSA.

## Turnip Tips

*From "Asparagus to Zucchini"*

- Eat turnips raw. Slice or thickly julienne and add to vegetable platter or eat alone with or without dip.
- Grate raw into salads.
- Bake turnips alone for 30-45 minutes at 350 degrees, basted with oil, or bake along with other seasonal roots.
- Cook turnips with roasting meats.
- Mash or scallop turnips, just like you would potatoes.
- Dice turnips into soups or stews, and julienne into stir fries.

## Pear and Turnip Soup

*From Sundays at Moosewood Restaurant*

1 medium onion, chopped  
1 T butter  
3 medium-large turnips, peeled and chopped (about 3 cups)  
3 large pears, peeled, cored, and chopped (about 3 cups)  
1tsp dried thyme  
1/2tsp salt  
1 1/4 cup vegetable stock or water  
1/4tsp nutmeg  
1 1/2-2 cups pear or apple juice  
freshly ground pepper  
shredded daikon radish (optional)  
a few raspberries (optional)

In a large saucepan, saute the onion in butter for about 5 minutes, until translucent but not browned. Add the chopped turnips and pears along with the salt and herbs. Saute for another 10 minutes or so, stirring occasionally.

Add the stock or water and cook, covered, on low heat for 20-30 minutes, until the turnips are soft and tender. Add the spices. In a blender or food processor, puree the soup with the juice, until smooth and thick. Season with pepper to taste. Serve with optional garnishes, if desired.