



CSA Deliveries for September 7

Berry Patch:

- Honeycrisp Apples

Iowa Fresh:

- Winter squash
- Tomatoes
- Peppers
- Various gleanings from the fields

Onion Creek:

- Summer squash?
- Garlic
- Onions
- Tomatoes
- Sweet potatoes
- Peppers?

Small Potatoes:

- Potatoes
- Tomatoes
- Summer squash
- Garlic
- Onions
- Green beans

Greens Share:

- Kale

Iowa Fresh Produce Update

Good afternoon all-

Fall is definitely close by now. Talk of football, cornfields turning a golden hue with a southward bound setting sun and tractors everywhere out on the roads. Normally Labor Day is a day of labor here on the farm- and may be yet this year but usually it is dominated with harvesting. This season, year end cleanup will be on the agenda. The end of the season is here for me. It's worn on me this year as it seemed we fought what Mother Nature had in store for us all season long. After such a promising beginning, this year will be more remembered by all the rains in July and August and yet in retrospect I imagine it will actually be not near as badly remembered as when we were living it. Likened to 1993 (the last 500 year flood that rampaged through Ames before this year) at least this year the rains came after we had a chance to do some planting. That year it was almost impossible to set out plants at all and our lake front property was a whole lot closer to the water that year as I had a stream running through the crops for several weeks throughout the spring.

The Seed catalogs are not far off now either; in fact the first one came almost 3 weeks ago. I will be spending the next weeks cleaning up buildings, repairing equipment, doing some cosmetic repairs to the house and then come November seriously sit down with coffee in hand and pour through the seed catalogs with anticipation for next year.

This will be the last of the regular CSA deliveries for me this season. It will be concentrated around winter squash.

continued

Iowa Fresh News continued

Butternut (the confederate colored tan ones), **acorn types** (green, cream and green striped **heart o gold** and **festival** which looks like a heart o gold but has more typical acorn shape and also has yellow/orange mixed in with the cream and green stripes) and **sweet potato squash** (elongated shape with green and cream stripes) which to me resembles a cross between the butternut and acorn types. Some red curry and sweet dumpling squash will most likely be available on the sharing table as well. **Tomatoes and peppers** will be available. Zucchini found on the sharing table will most likely be limited to larger ones suitable for baking or shredding for use in quick breads etc. The last of the gleanings will also be on the sharing table and in limited quantities. **Basil (weather permitting)** along with **garlic** will also be available for a last chance on stocking up the freezer with pesto for the winter

Enjoy your holiday weekend!

Bruce

News from Onion Creek Farm

We will be delivering this week! I hope you like sweet potatoes! We dug a test today and found a great yield, which we will be passing on to you. The first batch will be a smaller amount of pounds and subsequent larger poundage deliveries can be stored. We will not be washing them as it degrades their shelf life, although it makes them look more appealing. Your bag will include some smaller and larger sweet potatoes.

I enjoy making sweet potato fries with the smaller ones. Simply, cut them in half/ thirds, about a quarter inch, and fry them up in some oil. The peppers are finally looking decent and I hope to have enough for all. We will also deliver tomatoes, garlic, onions, and maybe some summer squash.

Chris Corbin

Brian's Corner of Small Potatoes Farm

I had the whole farm to my self this past weekend, and it was fun. Doing all the things I wanted, as long as they were on the list of things for me to do, and having a good ol' time getting those things done.

Although one of the things I did do, watering newly planted lettuce and cilantro, turned out to be irrelevant with the couple inches of rain that came and stayed for the past couple days. I haven't been up to Ames there to see how the rains have treated you all, but mosquitoes are the reminder of the water content of the summer.

The box this week will contain those wonderful 'Green Mountain' potatoes, a bit of garlic, the last of the storage onions, summer squash, the last of those beautiful tomatoes, and some more of those green beans. The greens share was treated to a bit of the new planting of winterboer Kale, and the lacinato kale is still holding on.

I will be getting my fall/winter gear out soon, I could have used a jacket for a bit today, but the rain jacket was a better choice sadly. Enjoy the days!

Brian Hayward

News from Berry Patch Farm

Red and gold raspberries are in season now as well as several apple varieties: Cortland, Lura Red, Honeycrisp, Earligold, Mollies Delicious and more. We are open for pick your own from 9 till 6 daily during September. We're open Labor Day from 9 till 1.

For the Fruit subscription this week, we'll bring a bag of Honeycrisp apples.

Apples should be refrigerated for best quality.

To Contact Farm to Folk

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Girl Scout Troops 28 and 150 will be at the distribution on Tuesday, September 7. We will be making spinning tops out of recycled materials. You can have hours of fun playing with these tops (moms and dads included). Come join us for the last children's activity of the season! This project is appropriate for children over the age of three as there are small parts involved.



Garlic Fest

The Fourth Annual Garlic Festival, a fundraiser for Practical Farmer of Iowa will be held on September 12. The event begins with a field day at Berry Patch Farm, 62785 280th St, Nevada at 3pm followed at 6pm by a garlic tasting and gourmet meal of locally grown foods at Vesuvius Wood Fired Pizza, 1620 S Kellogg in Ames.

To purchase tickets online:

<https://secure.acceptiva.com/?cst=3b154d>

Volunteers Needed!

We need 2-3 volunteers for September 7. Please email [Marilyn@farmtofolk.com](mailto:marilyn@farmtofolk.com) or corry@iastate.edu to indicate your availability. (The doodle site is down for maintenance and we hope to have that updated soon.)

