

**CSA**

**WEEKLY**

Weeks  
10 - 13  
2018



## In The Box:

--Sweet Corn

--Okra

--Cherry Tomatoes

--Bell Peppers

--Cucumbers

--New potatoes

--TOMATOES

--Broccoli

--Spaghetti Squash

-- Onions

--Leeks

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## LIFE ON THE FARM

The newsletter returns! I may have figured out how to make this happen each week. Thursday is the only day of the week (besides Sunday) that we do not have a farmer's market or store/customer deliveries. Now halfway through the season, I figured out that Thursday should be my office day instead of Friday. Dale knows by then what items are ready for the CSA and I might as well get started on the newsletter with all the information. In addition, Audra, a farm employee has offered to supply me with recipes using CSA items. She likes that kind of thing and it is my least favorite part. SCORE! Let's hope that means finishing the year with consistent newsletter editions for you.

Let's recap for the last few weeks: Rain was the biggest issue—over 7 weeks, we received 1/10 of an inch. But last week, we received almost 6 inches in one week! That makes a happy farmer! We are starting to see some items revive into life again and some that we thought were goners have persevered. We are hoping for a green bean revival and a second planting of greens have popped up through the now moist soil. The existing kale is sprouting some new growth as well.

Sweet corn made an appearance this last week and remains for this week but will be absent for a while. As stated back in week 6, Dale planted two varieties like usual but had to replant one variety. We use two kinds to have continuous corn but that situation put a gap in our plan. More will come later. Dale thinks the current variety is the sweetest one yet. We hope you enjoyed yours.

Banana peppers have come and gone but will make a comeback and bell peppers will remain. Spaghetti squash is ready and the other squashes look great so expect butternut and acorn in the future. Leeks are joining this week as well. My next step is learning to prepare those items.

Okra seems to be the item most don't know what to do with it. I have been picking the brains of our customers at farmer's markets to learn about okra and finally tried my FIRST okra dish. Recipe on page 2. I'll make it again but want to try some others as well before I decide if I am an okra fan. A CSA member provided a method as well. Also on page 2.

For those with egg shares, we aren't sure what the problem is with the hens—too cold, too hot, clipped wings or molting??? They are just hardly laying and therefore instead of eggs in your box, you are finding refund money. We are still hoping for a turn-around to finish the season strong. I greet them, I thank them for the eggs they do lay, I give them treats of tomatoes, but no success as of yet.

We do have other chicken items though—organic broilers: whole, cut –up whole, and halves. These were processed in June 2018.

Let us know if you want any and we will be sure to bring your order with your box.

## -Food Storage Tips-

Broccoli: mist, wrap in paper towel, refrigerate, use 2-3 days  
Sweet Corn: we store in fridge if not using right away  
Okra: wrap in paper towel, in paper bag, in vegetable drawer  
Peppers: store in plastic bag in crisper drawer of fridge  
Leeks: wrap in damp paper towel in perforated plastic bag in fridge  
Squash: store in cool dark place  
Tomatoes: room temperature, single layer out of direct sunlight, stem side down to keep fresher longer and finish ripening  
New Potatoes: Do not wash until ready to use. Store in paper bag or loosely wrapped plastic in fridge. Use within a few days  
Onions: vented and closed brown paper bag (use lunch size for air flow, paper punch to vent, paper clip to close), store in cool, dark, dry place AWAY from potatoes

## Food for Thought

“In cities, no one is quiet but many are lonely. In the country, people are quiet but few are lonely.”

Geoffrey F. Fisher, as quoted in Country Living, September 2018 issue, page 108.

### *Farm Lessons for the City Girl:*

*This week's lesson: contentment. I was thinking about this during a two week visit from my 10 year old grandson as I observed him to be perfectly happy with no electronic games and little tv watching but lots of helping Grandma in the packing room. In his free time, the creative juices were flowing as he thought of project after project to create. (We did refer to the web for some instructions). We made paper boats, bow and arrow, cardboard castle and some other things. On his own, he created a city in the driveway from rocks, sticks, and grass. He even designed a golf course with numbered flags to make use of the large dips in the yard where trees once were. Grandma was impressed and humbled.*

*It has been 20 months now since I became the wife of a farmer and I've realized that I no longer miss the corporate America routine, I hardly shop for myself and don't need anything anyway. (That didn't really stop me before—can one have enough dresses, purses, and shoes?) I realize really DO have enough dresses, purses, and shoe combinations to last me 2-3 years without repeating an outfit for my Sunday church attendance. I am a people-person and social butterfly, but it looks different now as my “people” are our employees and customers and my social life comes to me daily through interaction with them. I do manage to talk Farmer Dale into dancing occasionally—just to keep him in practice.*

*I enjoy the peace of the countryside, the rest after a long day, the satisfaction of completed tasks, and the wonder of God's creation—growing and sustaining us and those who support the farm. I am still trying new items and learning to prepare new dishes and preserve any abundance for future days. I may even reach “Farmer's wife” status one of these days!*

## Recipe of the Week: Okra Pilaf

4 slices of bacon (about 5 ounces), chopped  
1 cup chopped yellow onion  
1/2 cup chopped green bell pepper  
2 cups okra, sliced into disks, 1/2 to 3/4-inch thick (fresh or frozen, thawed)  
1/4 teaspoon cayenne (or to taste)  
1 teaspoon Kosher salt (use less salt if using seasoned broth)  
1 cup long-grain rice  
1 3/4 cup chicken stock\*

1 Fry the bacon: Spread the chopped bacon out in a pot so it covers the bottom completely and turn the heat to medium. Fry it until it's crispy, then remove the bacon with a slotted spoon and reserve. Drain off all but about 2 tablespoons of bacon fat.  
2 Add onion, bell pepper: Add the onion and green pepper and sauté for 2 to 3 minutes.  
3 Add okra, cayenne, salt, and rice: Add the okra and increase the heat to high. Add the cayenne, salt and rice and stir-fry for 1 minute.  
4 Add chicken broth, cover and cook: Stir in the chicken broth, cover and bring to a boil. Reduce the heat to maintain a low simmer and cook until the rice is done, about 20 minutes.  
5 Fluff rice, stir in bacon: Fluff up the rice with a fork and stir in the chopped bacon.

### Christy's Grilled Okra:

slice a slit length-wise, toss in olive oil and seasoning, grill.