

**CSA
WEEKLY**

**Week 16
2017**

In The Box:

- Eggplant
- Sweet Corn
- Cantaloupe
- Watermelon
- Apples
- Tomatoes
- Onions
- Potatoes
- Cherry Tomatoes
- Peppers: Bell,
Banana, Jalapeno (hot)
- Concord Grapes

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ALL AROUND THE FARM

As promised...SWEET CORN RETURNS!! Melons are HERE!! Summer isn't over yet if you can still enjoy refreshing melons!! See the melon salad recipe on page 2.

But things are changing with the seasons. This quote is from last year's Week 16 newsletter and bears repeating: "September has arrived and the landscape of the farm has changed significantly from the beginning of August. As the days are now nearly an hour shorter, the temperatures are also colder. The plants take these two signals as time to hurry up and finish their reproduction cycles. The fruits are mature and the root crops are filling out quickly as soil temperatures fall back into their desired range." That kind of information is helpful to this city girl who can see what is happening but may not yet know the reasons behind it.

I do know this---we are digging, AND digging, AND digging potatoes this week. I try to think of it as an exercise program for the arms, legs, shoulders, hips, and backside with all the bending, lifting, squatting, etc. Who needs the gym??

I was excited this last week to get the following text from one of our CSA customers in Clarinda. She gave permission to quote her and use her name. She had made good use of the items in her CSA box. She states: "Busy kitchen this morning. Goulash with fresh green, red, banana, and 1 jalapeno pepper. Also fresh tomatoes and onions mixed in. Cooked down the grapes and will make sangria with sliced peaches and some sparkling wine. Apple cobbler in the oven to surprise Bryon (her husband)." She continues: "I will do another batch of fresh salsa also to use more of the tomatoes and peppers. I went into this (CSA) to eat everything fresh. Nothing has gone to waste—my goal!!" Gail and Bryon Barr are the owner/operators of Colonial White House Bed & Breakfast in Clarinda. It is a beautiful, big, older home decorated to reflect its heritage. Check it out.

Only 5 weeks left of the CSA and we would appreciate your comments. What would you like less of/more of? What other items would you like to see? Your input will help us plan and improve for next year. Thank you in advance and, as always--**Thank you for participating in the Bridgewater Farm CSA this year!**

-Food Tips-

Refrigerate ripe melons. It is best not to cut a cantaloupe until you are ready to eat it. If you need

to return the melon to the refrigerator, do not remove the seeds from the remaining sections as they keep the flesh from drying out. A watermelon can be stored in the refrigerator for 2 weeks, and sometimes as long as 3. When storing a cut melon, wrap the cut side in plastic and it should keep in the

fridge for about 3 days. Eggplant: If you don't intend to eat the eggplant within 2 days, it should be refrigerated. To refrigerate, wrap in a paper towel and place in a reusable container or perforated plastic bag in the crisper for use within 5-7 days.

Excerpt from an expert:

Michael Pollan, author of Food Rules

Rule 15: "Get out of the supermarket whenever you can. You won't find any high-fructose corn syrup at the farmers market. You also won't find any elaborately processed food products, any packages with long lists of unpronounceable ingredients or dubious health claims, anything microwavable, or, perhaps best of all, any old food from far away. What you will find are fresh, whole foods harvested at the peak of their taste and nutritional quality—precisely the kind your great-grandmother...would easily recognize as food. The kind that is alive and will eventually rot." (page 33)

**Remember Rule 13 on Week 13 "Eat only foods that will eventually rot."

Recipe of the Week

Fresh Melon Fruit Salad (BettyCrocker.com)

- 2 T. honey**
- ¼ c. grated lime peel**
- 2T. fresh lime juice**
- 2 C. cantaloupe balls or cubes**
- 2 C. honeydew melon balls or cubes**
- 2 C. watermelon balls or cubes**

- 1. In a large bowl, mix honey, lime peel and lime juice. Add remaining ingredients. Toss gently to coat.**
- 2. Cover, refrigerate at least 1 hour to chill**
- 3. Stir salad before serving. If desired, garnish with fresh mint.**

Yields 12 servings