

**CSA
WEEKLY**

WEEK 1

2018

In The Box:

-Spring Lettuce Mix

-Kale Mix

-Arugula

-Green Onions

-Asparagus

-Rhubarb

-Radishes

-Carrots

-Strawberries

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LIFE ON THE FARM

We began the first CSA newsletter of the season for Summer 2017 informing you of a few changes around the farm. Summer 2018 brings even more changes. First, let's talk about a few of the many things that will remain the same:

We are committed to growing USDA certified organic fruits and vegetables for you--All items (EVERYTHING) is...Grown by us...Grown for you

We will continue to bring you a variety of produce in season throughout the Summer 2018 season

We will communicate with you regularly through the CSA newsletter and Facebook: Bridgewater Farm and try to address any communication to us in a timely manner

Dale is still your hard-working farmer: planning the crops, preparing the fields, planting, and teaching and directing the outside team on a multitude of tasks to help everything grow, except the weeds! There are so many things that he keeps track of that I don't even know them all, nor would there be room in this newsletter to list them!

This city girl (Marcie) is beginning her second season and still learning everyday regarding life on the farm. I take care of the packaging and the packing room with a rotation of the female team members to help me. I also oversee the details (the business side of the farm): CSA, orders, invoices, AP/AR, farmers markets, book-keeping, supplies, correspondence, marketing, Facebook, which is getting a little easier with my ONE YEAR of experience.

Now, here's what is new:

We have gathered a good team throughout the spring to help us keep the above commitments to you. Current team members, besides, Dale and I, are:

Jason, Clint, Tami, Audra, Joleen, Lindsay, Lauren, Scott, Arielle, Seth, Ava, John, Johnna, Roger—a few of those are on the farm daily, with others working regularly part-time, and some work once a week. A few of our CSA members are scheduled to come out throughout the season as well. There is always something to do on the farm and we invite you to schedule a visit or even a working visit.

You will see a variety of helpers at the Farmers Markets when you pick up your CSA as well. Creston: Marcie and son, Jason**Johnston: Jason, with helpers**Winterset: Marcie, with helpers**Atlantic and Clarinda CSA deliveries: Marcie PLUS, You may see an occasional sighting of the farmer, Dale, but he will primarily be on the farm.

Obviously we could not do it without a team AND WE COULD NOT DO IT WITH OUT YOU!!! This year has brought many new customers and CSA members. We are grateful for them and for those of you who have supported us throughout the years. YOU ARE THE REASON WE DO WHAT WE DO!!!

Thank you for participating in our CSA and supporting Bridgewater Farm!



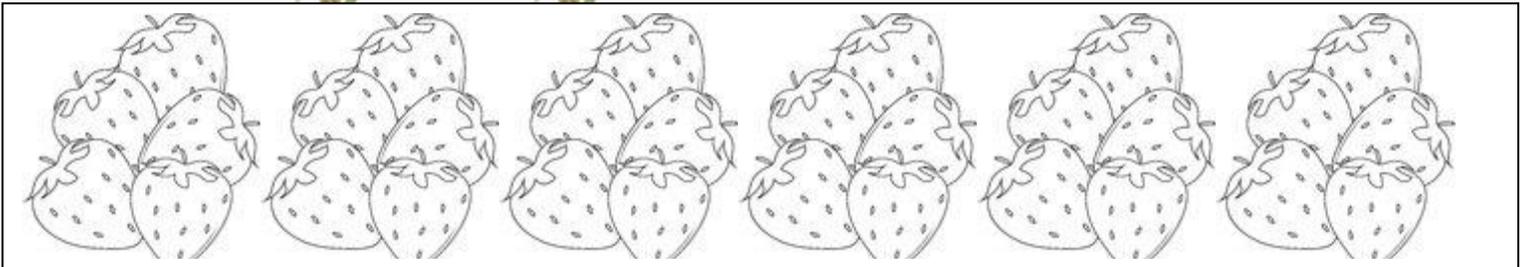
-Food Storage Tips-

Greens: crisper drawer of fridge
Strawberries: crisper drawer of fridge
Green onions, asparagus, rhubarb: plastic bags in fridge to retain moisture
Radishes: remove leaves, store in plastic bag in fridge
Carrots: remove leaves, store in container with water in fridge

Food for Thought:

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

Ann Wigmore



Recipe of the Week

Strawberry Vinaigrette

Ingredients:

1 c. strawberries, steamed & chopped
2 T. honey
5 T. apple cider vinegar
1/3 c. extra virgin olive oil
1 t. kosher salt
¼ t. black pepper

Preparation:

Combine all ingredients in blender and puree until smooth—2 minutes.

Store 2 days.

Makes 1 cup.

The recipe above was submitted by a CSA member.

Please send us your favorites using your CSA box items for use in future newsletters.