

**CSA
WEEKLY**

Week 18
2017

In The Box:

- Kale
- Squash
- Sweet Potatoes
- Apples
- Tomatoes
- Onions
- Potatoes
- Cherry Tomatoes
- Peppers: Bell,
Banana, Jalapeno (hot)
- Radishes

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**Certified
Organic**



ALL AROUND THE FARM

Yesterday, the potato digging continued as we dug 500-600 pounds of regular potatoes: Russets, Kennebecs, and Pontiacs. It was a perfect day to (almost) complete the task, but it seemed strange to end up with a sunburn in the first week of Fall. We were grateful to accomplish as much as we did before the rain started. Today the weather now feels like it is Fall with cooler temperatures. Fall weather means "goodbye" to some items and "hello" to others here on the farm.

Sadly, my new favorite, Concord Grapes are done for the year but another favorite has returned: Radishes! We started with Acorn Squash last week, but Spaghetti Squash gets its turn this week in your CSA box. We spent some time this last week also harvesting more of the new crop of sweet potatoes—I definitely like harvesting those better than regular potatoes! Dale reports that arugula should be ready by next week and we are hoping the lettuce and spinach are ready before the Summer CSA ends. Please see page 2 for a different way to enjoy your kale, submitted by one of our CSA members.

Tomatoes continue to produce and we have a really good crop of a variety of peppers. That means that last week, I had my first canning experience (Dale instructed as I was in training): 40 quarts of spaghetti sauce and 32 quarts of tomatoes. This week, I think salsa is on the agenda. It will be wonderful to enjoy the summer produce in the winter months. If you would like additional tomatoes or peppers, or any other item, please contact us.

This week is the official end of some of the Farmers markets, but we will continue to set up in some locations for a few weeks and of course, continue to deliver your CSA box.

The Fall CSA starts the week of Oct. 16 and lasts for 4 weeks. We will need to know if you plan to participate when you pick up your box next week (Week 19) and have payment by the final week (Week 20) or by Oct. 15. We will have some flyers at the markets or print out the attached application. Pick up locations will be customized for each area. Be sure to tell others to make sure there is enough interest in your area. Sign up now to reserve your spot.

**Thank you for participating in the
Bridgewater Farm CSA this year!**

-Food Tips-

Be sure to keep your kale in the crisper in the refrigerator. Store squash, onions, and potatoes in a cool, dark place and do not wash until ready to use them. Store spaghetti squash in a cool, dry place. Cut squash should be tightly wrapped in plastic wrap and refrigerated. The fruits, peppers, radishes can go anywhere in the fridge but best in the crisper.

Tomatoes on the counter.

Excerpt from an expert:

Michael Pollan, author of Food Rules

There are only a few more weeks to share some of the 64 rules in this book, so we will concentrate on a few simple, proven strategies for the remaining rules shared here.

Rule 53: **“Serve a proper portion and don’t go back for seconds.** You lose control over portion size when you have second helpings. So what is a proper portion? There is folklore offering some sensible rules of thumb based on your size. One adage says you should never eat a portion of animal protein bigger than your fist. Another says that you should eat no more food at a meal than would fit into the bowl formed by your hands when cupped together. If you are going to break the rule on seconds, at least wait several minutes before doing it: You may well discover you don’t really need seconds, or if you do, not as much as you thought.” (page 117)

Recipe of the Week

Kale Chips

Preheat oven to 350 degrees.

Remove leaves from stem.

Place leaves on parchment paper on a cookie sheet.

Spritz/Spray oil on the leaves.

Sprinkle with salt.

Heat 10 minutes until edges are lightly browned.