

**CSA
WEEKLY**

**Week 14
2017**

In The Box:

- Apples
- Tomatoes
- Onions
- Potatoes
- Cherry Tomatoes
- Green Beans
- Peppers: Bell,
Banana, Jalapeno (hot)
- Baby Kale Mix
- Concord Grapes

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ALL AROUND THE FARM

We are still reaping the benefits of the much needed rain we received as the plants have responded well to all the moisture. The netting we added to the grapes worked well to preserve them from the birds and they are now part of your CSA this week. Enjoy them as a snack or in your favorite fruit salad or freeze some for later.

After all the rain soaked in and the muddy conditions dried some, we have been able to get back out to dig more potatoes so they are returning to your CSA box. We have finished harvesting the onions and are curing/storing some to last into the fall.

The rain really helped the second crop of sweet corn which should be ready again in a couple weeks.

The pepper plants are doing well as the bell, jalapenos, and banana peppers are getting bigger. We have other kinds planted as well but not ready yet. A favorite recipe that customers often mention is Bacon-Wrapped Jalapeno Poppers. See a recipe on page 2. We are always looking for recipes from you showing how you use your CSA produce. We also like to hear your thoughts/results/suggestions on any newsletter recipes you try.

Tomatoes continue to do really well. I'm sure they missed Tyler and Amanda this week as they were gone on vacation. The outside hybrid tomatoes will be ready soon. We have had a few different varieties of cherry tomatoes that you have seen in your box.

It was good to meet the Creston CSA and Farmer's Market customers last night and looking forward to meeting the Johnston customers tonight as Dale and I are "subbing" for Tyler and Amanda this week.

Again, please remember to return your empty CSA boxes each week as you exchange them for a FULL one!

Thank you for participating in
Bridgewater Farm CSA this year!

-Food Tips-

Grape storage: to keep grapes their freshest, store them unwashed in a plastic bag in the refrigerator. Fresh grapes usually keep well for up to a week in the fridge; you can also freeze grapes for future snacking or use in cooking. Rinse grapes just before serving or adding to a recipe.

Excerpt from an expert:

Michael Pollan, author of Food Rules

Rule 14 for Week 14: This one could be hard to imagine but easy to follow. Hint: shop at your local farmers market!!

“Eat foods made from ingredients that you can picture in their raw state growing in nature. Read the ingredients on a package of Twinkies or Pringles and imagine what those ingredients actually look like raw or in the places where they grow: You can’t do it. This rule will keep all sorts of chemicals and foodlike substances out of your diet.” (page 31)

Recipe of the Week

Bacon-Wrapped Jalapeno Poppers (Allrecipes.com)

1/2 c. cream cheese

1/2 c. shredded sharp cheddar cheese

12 jalapeno peppers, halved lengthwise, with seeds and membrane removed

12 slices bacon

- 1.** Preheat oven to 400 degrees. Line a baking sheet with aluminum foil.
- 2.** Mix cream cheese and cheddar cheese together in a bowl until evenly blended. Fill each jalapeno half with the cheese mixture. Put halves back together and wrap each stuffed pepper with a slice of bacon. Arrange bacon-wrapped peppers on the prepared baking sheet.
- 3.** Bake in the preheated oven until bacon is crispy, about 15 minutes