

**CSA  
WEEKLY**

**Week 17  
2017**

**In The Box:**

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

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IOWA DEPARTMENT OF AGRICULTURE & LAND STEWARDSHIP  
**Certified Organic**



**ALL AROUND THE FARM**

Last week we spoke of the last tastes of summer: sweet corn and melons. The weather may still seem like summer with hot temperatures expected, but this week, Fall has arrived on the farm!

The first of the acorn squash is ready and the new crop of sweet potatoes is ready as well. Eventually, there will be spaghetti squash and butternut squash. In a previous newsletter, a new-to-us sweet potato was mentioned: Carolina Ruby. The rich, reddish purple color makes it as beautiful on the outside as it is tasty on the inside. We also have the standard orange-colored sweet potato. Though different on the outside, they have the same flavor. All potatoes have to be dug before the first frost, usually in mid-October. I guess my potato-digging exercise program mentioned last week will be lasting a while!

The rain finally came again over the weekend and yesterday after another 3+ week absence. This will obviously help the recently planted items and bring other items to fruition.

More greens were planted a few weeks ago as well as radishes. Those items should be ready for the last couple weeks of our Summer CSA, but at least by the time our Fall CSA starts. The Fall CSA goes for 4 weeks and will include many greens and storage crops. See the additional attachment for more information. Most of the markets will be officially over, so pick up locations will be customized. Be sure to tell others to make sure there is enough interest in your area. Sign up now to reserve your spot!

## -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. Ideally, only cut or cooked acorn squash should be refrigerated. The fruits and peppers 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 50: **"The banquet is in the first bite.** Taking this adage to heart will help you enjoy your food and eat more slowly. No other bite will taste as good as the first, and every subsequent bite will progressively diminish in satisfaction. Economists call this the law of diminishing marginal utility, and it argues for savoring the first few bites and stopping sooner than you otherwise might. For as you go on, you'll be getting more calories, but not necessarily more pleasure." (page 111)

## Recipe of the Week

### **Sweet Potato Brownies**

**1 medium Sweet Potato, cooked and mashed**  
**1/3 c. honey**  
**¼ c. coconut oil**  
**3 eggs, beaten**  
**½ t. vanilla**  
**3 T. coconut flour**  
**2 T. cocoa**  
**¼ t. baking powder**  
**½ t. cinnamon**  
**½ c. chocolate chips**  
**Salt/nuts as desired.**

**Grease 8x8 pan with coconut oil. Bake 350 degrees, 30-35 minutes**