

**CSA
WEEKLY**

**Week 13
2017**

In The Box:

- Apples
- Heirloom Tomatoes
- Onions
- Cucumbers
- Cherry Tomatoes
- Green Beans
- Peppers: Bell,
Banana, Jalapeno (hot)
- Baby Kale Mix

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ALL AROUND THE FARM

We have been “dancing in the rain” this week!! After being missed by the many storms that passed nearby, we have had SEVEN (7) inches since the last newsletter!!!! We are grateful for every drop! ☺

The green beans are finally here! They were planted 3 times and the last planting has been aborting its blooms for a few weeks in the dry weather. The rains received have kicked their production into full gear. Green beans represent fond memories and one of my very few gardening experiences ...snapping beans from my grandmother’s garden. Maybe some of you got to participate in that summer “chore” as well.

Also introducing this week in your CSA box—APPLES! Our trees are laden with them! Try them in your favorite dishes—Apple crisp/cobbler/pies, applesauce, apple salads, or just a crisp, juicy apple for a crunchy snack. Back in the box again is Kale mix. We gave the Kale a rest and it has responded with appreciation and growth. We hope you enjoy the greens.

We are taking a break from the potatoes this week for a couple reasons: many have reported having an abundance from previous boxes and with the rain; it is too muddy to dig the new potatoes. That is a problem we don’t mind having! The new crop of sweet potatoes will be coming soon. Look for them again as well as russets.

Our pepper plants are looking really good. More varieties are coming. Tyler found a “volunteer” watermelon last week that we sampled plus one of the cantaloupes and they were SWEET! I knew I loved watermelon but thought I didn’t like cantaloupe, but I was WRONG! I’m a new believer in its sweet, refreshing taste. Cold melon salads are in the future. We are seeing more squash, pumpkins, and watermelon forming from their blooms.

Yesterday, we put netting on the grapes to restrict the birds from adding them to their diet so you could add them to yours soon. Dale thinks the vines are about 100-125 years old and the flavor shows it. Again, another fruit I didn’t think I liked—wrong again. (Maybe the netting is to keep the workers out of them also).

Thank you to those who return their CSA boxes weekly and those who gathered them up and returned them last week. We appreciate it!

-Food Tips-

Be sure to keep the kale in the crisper. Store your onions, in a cool, dark cupboard until ready to use.

Cucumbers, Peppers can go anywhere in the fridge but best in the crisper. Tomatoes should sit on the counter, never refrigerate!

Excerpt from an expert:

Michael Pollan, author of Food Rules

Following the rule book in order for a few more weeks: Rule 13 for Week 13: "Eat only foods that will eventually rot. What does it mean for food to "go bad?" It usually means that the fungi and bacterial and insects and rodents with whom we compete for nutrients and calories have gotten to it before we did. Good processing began as a way to extend the shelf life of food by protecting it from these competitors. This is often accomplished by making the food less appealing to them, by removing nutrients from it that attract the competitors, or by removing other nutrients likely to turn rancid, like omega-3 fatty acids. The more processed a food is, the longer the shelf life, and the less nutritious it typically is. Real food is alive—therefore it should eventually die. (One exception would be honey). Note: Most of the immortal foodlike substances in the supermarket are found in the middle aisles." (page 29)

Recipe of the Week

Market Fresh Salsa

- 3-4 ripe tomatoes
- 1 cup cilantro
- 1 small onion
- 1-2 Jalapenos (remove seeds)
- 1-2 garlic cloves
- $\frac{1}{2}$ tsp salt

Combine all ingredients in a blender and blend evenly. Use spatula to be sure of this.

Pulse for less time for a chunkier salsa, more time for a puree.

Adjust taste as needed