

**CSA**  
**WEEKLY**

Final  
2018



In The Box:

Love

Joy

Peace

Hope

Contentment

Merry Christmas  
and  
Happy New Year  
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**LIFE ON THE FARM**

We made it!!!! Season 2018 is behind us...almost!

Since the last newsletter, we harvested sweet potatoes AND harvested sweet potatoes. We planted 12000 sweet potato slips, each is supposed to yield 5-10 pounds. You do the math...that is a lot of sweet potatoes. Unfortunately (or maybe, fortunately), it was so wet late in the season that the yield wasn't nearly that. Too much rain for too long and we couldn't get in the field to harvest. When we did, we found too many potatoes rotten in the field.

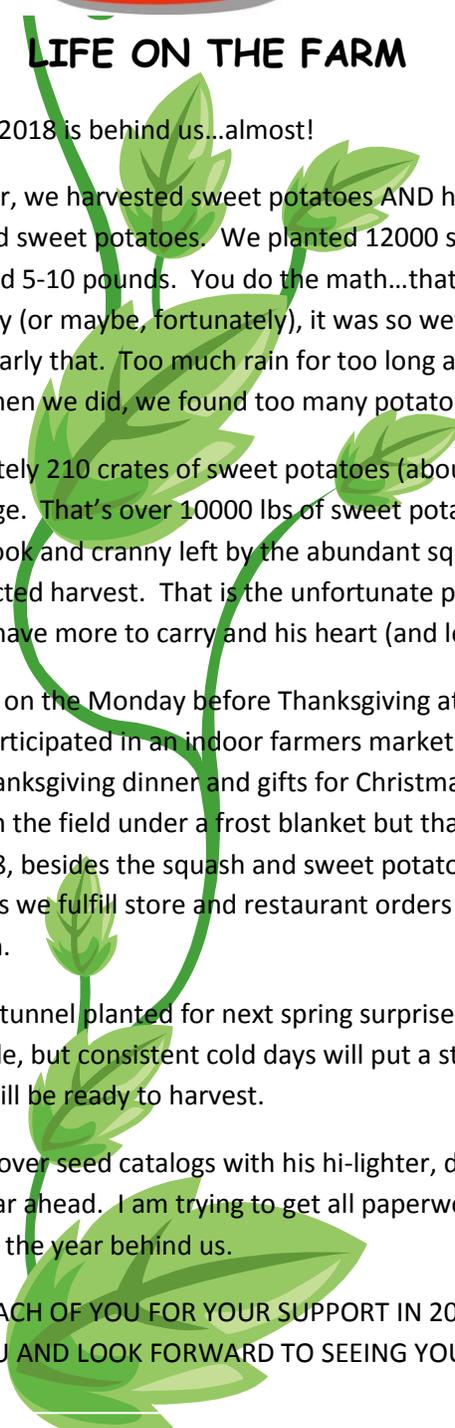
Dale carried approximately 210 crates of sweet potatoes (about 50 lbs per crate) to the basement for storage. That's over 10000 lbs of sweet potatoes with crates filling every available nook and cranny left by the abundant squash harvest. So only about 1/10 of the expected harvest. That is the unfortunate part. The fortunate part is that Dale didn't have more to carry and his heart (and legs/arms) are strong.

Our last event was held on the Monday before Thanksgiving at the Harvest Market in Atlantic where we participated in an indoor farmers market format as folks purchased items for Thanksgiving dinner and gifts for Christmas. We still have some of those carrots in the field under a frost blanket but that is the only remaining item for 2018, besides the squash and sweet potatoes. Those items see us through the winter as we fulfill store and restaurant orders until they are all gone and we start again.

The spinach in the high tunnel planted for next spring surprised us by growing enough to harvest a little, but consistent cold days will put a stop to that until about mid February when it will be ready to harvest.

Dale is already pouring over seed catalogs with his hi-lighter, deciding on quantities and varieties for the year ahead. I am trying to get all paperwork in order and recordkeeping done for the year behind us.

WE WANT TO THANK EACH OF YOU FOR YOUR SUPPORT IN 2018. WE ENJOYED GETTING TO KNOW YOU AND LOOK FORWARD TO SEEING YOU AGAIN IN 2019.



## -Food Storage Tips-

Love: store in your heart to overflowing , allow to spill over all your actions to saturate everyone in your life

Joy: keep in your spirit to overshadow all you do, refresh often with laughter and fond memories, let it shine from your eyes onto others

Peace: keep in your soul to use to soothe all relationships around you, Use to season all speech

Hope: Store in the forefront of your mind, let it affect all attitudes, share freely to others

Contentment: Store in your mouth to name your blessings one by one, then watch it multiply in you

## Food for Thought

“There’s a secret I’ve learned that works quite well at helping you achieve what you want: decide what you want.”

Jack Canfield

## *Farm Lessons for the City Girl:*

This YEAR'S lesson: embracing change. Though I have been working on this for two years, I'm still adjusting to all the changes from my former corporate life to my current rural farm life. I am not a Polly Anna who thinks all is sunshine always or a Debbie Downer who can only see clouds. I am generally optimistic. I tend to be too self-sufficient and kind of a pull-yourself-up-by-your-bootstraps girl. Even with that mindset, it has been a struggle, not with the farmer (okay, sometimes), but with the farm way of life. I have often questioned if I am cut out for this...how do you adjust from 8 hours days to 14 hour days; 5 days a week to 7 days a week; a structured daily schedule to an ever-changing schedule (day to day/hour to hour); knowing many in my community to knowing no one; being an employee to being an employer with employees; following the procedures and methods created by supervisors to being the supervisor creating them yourself, and the myriad of details and planning needed to run/grow a business. It has been sink or swim, mostly sinking or at least vigorous dog-paddling trying to stay afloat.

Yet, I married the farmer (no regrets there) and the farm came with him. I had to stop comparing my former and current life. I had to stop longing for the "way things were." I had to start looking at the benefits of my new life: #1 -husband: loving, caring, hardworking. The peace of the rural way of life that is often drowned out by the noise of the city. The joy of making a difference in the lives of others (through good food and new relationships). The hope for continued improvement in the years ahead. The ultimate contentment in the realization that I am exactly where I am supposed to be. So what did I decide that I wanted ?? Love. Peace. Joy. Hope. Contentment.

It seems that I have all of that in my own little corner of rural America already. Right here. Right now.

Wishing you all that you decide upon for 2019!

## Recipe of the Week: Marriage Happiness Cake

I found this in a cookbook created by a family friend and given to me for my high school graduation (a few years ago) so passing along to commemorate our upcoming 2<sup>nd</sup> wedding anniversary.

- 1 cup good thoughts
- 1 cup kind deeds and words
- 2 cups sacrifice
- 1 cup consideration
- 2 cups of beaten faults
- 3 cups of forgiveness

Mix well, add tears of joy, sorrow and sympathy. Flavor with love. Fold in 4 cups of prayers and faith. Blend well. Fold into daily life. Bake well with warmth of human kindness and serve with a smile...anytime. (applicable to all relationships)