

**CSA
WEEKLY**

WEEK 9
2017

In The Box:

- Zucchini
- Tomatoes
- Onions
- Fresh Garlic
- Kohlrabi
- New Potatoes
- Basil
- Sweet Potatoes

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IOWA DEPARTMENT OF AGRICULTURE & LAND STewardSHIP
Certified Organic



ALL AROUND THE FARM

STILL WAITING ON RAIN..... but hopeful for some this week.

The good news is we are harvesting about 4-500lbs of tomatoes this week. We hope you are enjoying them in your CSA. (See attached recipe for another option for their use.) I found several variations of the recipe so feel free to let us know any of your variations.

We are digging lots of new potatoes, Red Norland and Dakota pearl varieties. Kennebecs, Colorado Rose, and Russets are hoping for rain. This city girl always knew there was more to potatoes than just buying the bag from the store and now I have seen the process, beginning to end: cutting the seed potatoes, planting, weeding, digging, harvesting, sorting, selling, storing.

The heat has caused the kale to slow down so we are giving it a break and then will resume harvesting. Cucumbers and peppers are coming on slow. The broccoli would really like some rain as well as the cabbage.

The sweet potato vines are really spreading out so we worked on more weeding in the row and gathering them back to the center of the row so Dale could weed between the rows.

Dale reports that the corn is tasseling and should be ready in a couple weeks...depending on the weather just like most of the crops.

We will be grateful for rain this week and hope it does not pass us by this time.

Thank you for participating and supporting local farms.

-Food Storage Tips-

Zucchini is best in the crisper drawer.

Kohlrabi should also be kept in the fridge. Potatoes, sweet potatoes, onions can be stored in a cool, dark cupboard and should not be washed until ready to use.

Excerpt from an expert:

Michael Pollan, author of Food Rules

Leave something on your plate. Many of us were told by our parents while growing up that we should always clean our plates—an instruction that in later life we have perhaps taken a little too much to heart. But there is an older and healthier tradition that holds it is more genteel NOT to finish every morsel of food: “Leave something for Mr. Manners,” some children once were told, or, “better to go to waste than to waist.” Practice NOT cleaning your plate; it will help you eat less in the short term and develop self-control in the long. (page 133)

Recipe of the Week

Cucumber - Tomato Salad

3 tomatoes
3 cucumbers
1 onion
½ c. apple cider vinegar
1 t. cracked pepper
2 T. sugar, optional
1 c. water
¼ c. olive oil

Cut into chunks or slices and mix well. Chill 1-2 hours before serving.