

CSA

WEEKLY

Week

18

2018



In The Box:

- Basil
- Watermelon
- Green Beans or Acorn Squash
- kale
- Peppers: bell & banana
- sweet potatoes
- tomatoes
- Squash: butternut/spaghetti
- Leeks
- Radishes
- Sweet Corn

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LIFE ON THE FARM

SQUASH!! SQUASH!! SQUASH!! We have harvested all the squash from the field now and Dale estimates about 20,000 pounds of butternut, spaghetti, and acorn squash. WOW!! It is now in its' new home...the cool basement of the house. Someday, we may be able to completely separate the house from the farm, but little by little and step by step until someday arrives. To get an idea of what a basement full of squash looks like, visit our Facebook page: Bridgewater Farm.

As you know, we had some returning items in last week's box: green beans, sweet corn, radishes, and greens (last week was arugula, this week is kale). Sweet potatoes were starting to be dug last week and will continue until done. They get to come join the family in the basement as well. I hope we have room. You will see them in your box until the CSA ends as well as at least one of the varieties of squash each week.

Some things are winding down as we enter fall and yet, some things are gearing up. We are gearing up for harvesting the remaining crops, primarily potatoes. We had to say good bye to some of the things we had hoped for: spinach. The most recent attempt was drowned by the large amounts of rain received. At our farm, it was 17" inches in a short period of time. That last time I reported on rain, it was 1/10 of an inch over a long period of time.

Our workforce was geared down as our student/workers returned to school, basically cutting our work force in half. That means, I have been a little more involved with harvest and basically responsible for all packaging, with less time in the office, which resulted in reduction in newsletters. Our chicken work force is now down to 35 with still no answer to the mystery. They don't like this cooler weather and the few left are producing less. Sadly, it may mean refunds instead of eggs in your CSA. We will add more layers but availability for organic pullets (baby layers) are limited.

The farmer's markets are also winding down: Creston is finished but we will be there today and for the final two more weeks of the CSA, through Oct. 15. Johnston Farmer's Market allows us to keep coming as long as we want so again we'll be there until final CSA drop off on Oct. 16. Madison County Farmers Market has one more week, this Saturday, Oct. 6 and we will be there. The final CSA drop off for Winterset will be Oct. 13. We are not a vendor for Covered Bridge Festival but will make arrangements to meet/deliver Winterset CSA boxes that Saturday.

As always, we welcome your comments, criticisms, suggestions so we can improve your CSA experience. We are considering changes for next year and checking into more customization and different drop off/pick up locations. Your input would be helpful.

Thank you for supporting Bridgewater Farm!

-Food Storage Tips-

Basil: trim stems, place jar/glass of water (like cut flowers) but also cover loosely with a plastic bag

Melons: store whole watermelon at room temp. If cut, wrap tightly and refrigerate.

Leeks: wrap in damp paper towel, place in perforated plastic bag in fridge

Squash: store in cool dark place

Tomatoes: room temperature, single layer out of direct sunlight, stem side down to keep fresher longer and finish ripening

Sweet potatoes: store in cool, dark place

Radishes: remove leaves, store in plastic bag in fridge

Food for Thought

“Perspective is everything when you are experiencing the challenges of life.”

Joni Erickson Tada

Farm Lessons for the City Girl:

This week's lesson: perspective. This last week we have been harvesting ALL the squash from the field. As we place it in cool storage (ie. the house basement), we move it from the harvest crates to the storage bins. One morning this last week, I didn't want to get out of bed. Dale, on the other hand is ready to move harvested squash to the storage bins. Score: "Squash: 1, Marcie: 0"

*He quickly explained that the squash has to be moved to the bins SO THAT the crates are empty. The crates have to be empty SO THAT we can get more squash from the field. We get all the squash from the field SO THAT we have product to sell over the winter. We sell squash over the winter SO THAT we can pay bills. So really the score is: "Marcie: 1, Squash: 0" **IT IS ALL A MATTER OF PERSPECTIVE.***

Now getting out a bed isn't really a challenge for me, but I liked the quote above because of the story of the author it is attributed to and it was short and sweet, so easy to remember, SO THAT I can use these lessons in life. We can try to see things from the perspective of another, SO THAT our understanding is increased. We can try to increase our understanding SO THAT our compassion and empathy can grow. We can try to grow our compassion and empathy SO THAT we can show kindness to all. It seems like kindness to all would affect the perspective of all...but that is just my perspective.

Recipe of the Week: Sweet Potato Casserole

I found this recipe last year and it has quickly become a favorite. I believe I shared it in a previous newsletter but since we have several new CSA members and it is regularly requested by Farmer Dale, I'm including it again. Enjoy!

4 cups mashed sweet potatoes (I don't peel our potatoes, but just cut in chunks and boil til soft)

1 c. sugar

2 eggs, beaten

½ c. milk

½ t. salt

1/3 c. butter, melted

1 t. vanilla

Combine all of the above and pour into greased 9x13 baking dish.

Combine topping ingredients and crumble atop mixture in baking dish.

Topping:

1 c. brown sugar

½ c. flour

1/3 c. butter, melted

1 c. pecans, optional