

**CSA
WEEKLY**

Week 12
2017

In The Box:

- Pears
- Heirloom Tomatoes
- Onions
- Cucumbers
- Cherry Tomatoes
- New Potatoes
- Peppers: Bell,
Banana, Jalapeno (hot)
- Sweet Potatoes

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



ALL AROUND THE FARM

RAIN...RAIN...RAIN...FINALLY! We are getting a much-needed rain as I type this week's newsletter. Last year's newsletter for Week 12 stated we had received 5 inches in the previous week. Dale says we have only received 6/10th of rain in the last 75+ days. That is not enough to keep things growing. Therefore, we have been watering, watering, watering. We are grateful for gray skies and getting wet!

That means there is hope for some of the crops we are unable to water and have been concerned about: the second crop of sweet corn may make it to harvest now. YUM! Green Beans will soak it up as well.

Tomatoes are doing great! Tyler and Amanda have been harvesting pounds and pounds of them. This week, you can enjoy our Heirloom tomatoes. Heirlooms are just as their name suggests: older varieties that have not been crossed to make them a hybrid. Their color and shapes are unique but the flavor is enjoyed by many. Let us know what you think.

We have been digging lots of new potatoes lately and Dale dug a couple of our sweet potatoes. The vines are looking good and now with rain, the ground will be softer and allow for more growth below ground. Along with our standard sweet potatoes, we are trying a new variety this year called Carolina Ruby. They are a beautiful red on the outside but the same light orange color inside. We are excited to try them out but will let them grow.

Some of the peppers are setting on and you will have three different kinds to enjoy in this week's box. The melons are coming along as well as some squash. It is enjoyable for this city girl to see how they grow and develop into what you see at the stores and farmer's markets. Watermelon is my favorite!

I'd like to offer my apologies for no newsletter last week. I was ill with the worst cold I've ever had and finally was upright by Tuesday afternoon, but too late and too behind with other things to compile the newsletter. Thank you for your patience.

REMINDER AGAIN: PLEASE RETURN YOUR CSA BOXES EACH WEEK.

Enjoy !!!!

-Food Tips-

Store your onions, potatoes 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

Rule 12 for Week 12: “*Shop the peripheries of the supermarket and stay out of the middle.* Most supermarkets are laid out the same way: Processed food products dominate the center aisles of the store, while the cases of mostly fresh food—produce, meat and fish, dairy—line the walls. If you keep to the edges of the store, you’ll be much more likely to wind up with real food in your shopping cart. This strategy is not foolproof, however, since things like high-fructose syrup have crept into the dairy case under the cover of flavored yogurts and the like.” (page 27)

Recipe of the Week

Cucumbers and Onions

This recipe was submitted by one of our customers and I gave it a try this week.

Soak cucumber and onions in cold salt water for 1 hour.

(I suggest 2 of each as I used 3 and it was too many for the amount of dressing)

1 c. sugar

$\frac{3}{4}$ c. vinegar (I used apple cider vinegar)

1 c. water

Boil until sugar dissolves and then cool. Pour over cucumber and onions and then put in the refrigerator. Dale says this is better the next day.