

CSA

WEEKLY

**WEEK 6
2018**

In The Box:

- Green Beans
- New potatoes
- TOMATOES
- Zucchini
- Beets
- Yellow Squash
- Kale Mix
- Onions
- Garlic

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LIFE ON THE FARM

The farmer and I had a HOT date on the Fourth of July attending parade, tractor pulls, and fireworks in New Market Iowa. It is our family tradition since I used to live in Clarinda. They do a great job each year with reminding us of the freedoms we have and the honor of celebrating those freedoms. My favorite part this year was the story behind our national anthem broadcasted before the fireworks started. I had heard part of the story before, which had since changed the way I think about those memorized words but this was a more complete story and will have an even greater lasting impact each time I hear/recite our national anthem. If you haven't heard the story, look it up...you may be inspired as well.

I realized I am a bonafide farmer's wife now since I have sat through TWO tractor pulls with my farmer!

We hope you enjoyed the tomatoes in your box last week and they will continue for quite a while. We are now finally starting to see more new things ready for you. This week: Green beans and new potatoes. See my favorite method for new potatoes in the recipe section.

Some things are done for the season: Sugar Snap Peas suffered some hail damage at the last storm and have some unknown insect enemy who thinks they can have their share of our crop. Green Onions will be replaced by regular onions.

Radishes, Carrots are done for now and more are being planted. It is finally dry enough to mow off and till some plots for more planting. We are hoping for a spinach crop still. Spring crop was great but sadly by the CSA start it was not so great. We are taking a break for dill and black raspberries but you should see them again. Sweet corn is coming: we plant two varieties with different maturities so we can have constant sweet corn. Because we are organic, we have to plant later than most and therefore, ours is ready later than others. It will be worth the wait!! One variety didn't germinate, which means wait for the replacement seed to come and replant. Weeding concentration has been peppers, sweet potatoes and squash.

Thank you for participating in our CSA and supporting Bridgewater Farm!

-Food Storage Tips-

Greens: crisper drawer of fridge

Zucchini/Squash: Refrigerate in plastic bag, do not wash until ready to use

Beets: maintain tail, bag root bulbs, store in crisper drawer, keep leaves in separate bag

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

Green Beans: store unwashed in reusable container or plastic bag in refrigerator crisper.

New Potatoes: Do not wash until ready to use. Store in paper bag or loosely wrapped plastic in fridge. Use within a few days

Onions: vented and closed brown paper bag (use lunch size for air flow, paper punch to vent, paper clip to close), store in cool, dark, dry place AWAY from potatoes

Food for Thought

“We are kind of obsessed with soil and that’s because we know the power of soil is big.”

Carla Vernon, President of Annie’s (Berkeley, CA division of General Mills) as told to the Associated Press and reported in the 03/22/18 edition of the Beatrice Sun Times. Quote was regarding the GM decision to convert 34000 acres to create South Dakota’s largest organic crop farm to meet growing consumer demand for organic ingredients.

Farm Lessons for the City Girl:

Before I married the farmer, dirt was something I tried to avoid—it wasn’t really complimentary to fashion, hard to remove from clothing or homes, and a general nuisance causing more work. I do remember my grandparents referring to the black, dusty/muddy stuff as “good clean dirt” which I didn’t fully understand. I lived in the green state of Oregon for many years after high school and they cared about keeping the state green and clean, so introduced me to recycling. So, I collected my items and faithfully took them to the curb with the trash every week. I thought I was doing my part in being a good steward of the one earth we all share.

But now, dirt and caring for the earth has taken on a whole new meaning! Yes, it seems like a nuisance on clothing and in homes, but for us... “good clean dirt” is what allows us to purchase any clothing or anything else and live in the home. Not only that, we try to pay attention to what we purchase, where it is made, and how it is packaged. All those things affect our world and our economy.

I don’t consider myself extreme but try to be responsible for this one earth we have as I consider the necessity of what I purchase, how to discard any packaging, and whom my purchase is supporting. (Yes, we occasionally shop at the big chain stores, but try to support the “little guy” because we are one.) Regarding the dirt, Dale is VERY particular about what goes in/on and happens around this farm. We are surrounded by conventional farmers and must educate them and their spray applicators to honor and value what we are trying to do to keep our dirt good and clean, therefore providing the healthy food choices for YOU, others, and ourselves.

Thank you for supporting us and other “little guys.”

Recipe of the Week: New Potatoes

(My favorite way)

Cut new potatoes into small chunks. Cook covered in salted water.

Drain water, add garlic salt/powder and pepper and lots of butter and cook just a little longer. I like mine to look like chunky mashed potatoes.

Enjoy!