

**CSA
WEEKLY**

**WEEK 8
2017**

In The Box:

-Zucchini

-Tomatoes

-Cherry Tomatoes

-Onions

-Fresh Garlic

-Kohlrabi

-New Potatoes

-Baby Kale Mix

-Sweet Potatoes

--Yellow Squash

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ALL AROUND THE FARM

We have a new rhyme that we are saying on the farm...."RAIN, RAIN...PLEASE COME TO STAY." Even when the weatherman talks about the slight possibilities of rain, it seems to miss us by not coming at all or by splitting off to go north or south of us. Therefore, we are still waiting!

As mentioned, we baled hay last week so I am thankful that, even though it was hot, it was DONE last week and not this week. Farmer Dale can out-stack many much younger than him. He has had lots of experience. It was my first experience driving tractor, baler, and hay rack, and following his various hand signals. I am glad to report that we both survived!! Though some more practice on the hand signals is needed. ☺

On a walk around the farm, Farmer Dale said the sweet potatoes vines are really spreading out, the green beans are getting taller and finally look like they will do something this planting. Third time is a charm, they say. Yesterday, we worked together to place the strings on the stakes for the "outside" tomatoes, so they can remain standing as they grow. Tyler and Amanda added the upper level of strings to the "inside" tomatoes or the tomatoes in the high tunnels. They will reach the rafters and we may need to use a ladder to harvest them later on.

We have been harvesting the onions and hauling crates of them to the upper level of the corncrib for drying/curing so they will keep and be available later on.

Broccoli is coming along and you may see some at the Farmers Markets but quantities aren't enough to include in the CSA yet. The sweet corn has grown so much since I was out there pulling weeds with Farmer Dale. Ears are on the stalks and growing. We are just waiting for them to get bigger so we can harvest. YUM!! Ours are ready later than many since we don't use any treatments and can't plant as early in the year. We assure you, it will be worth the wait! The second planting is coming up as well. The rows of squash nearby are filling in nicely and the melons are looking cozy and comfortable in their nicely mulched area.

We are digging potatoes regularly. We have 5 acres planted and several varieties that you have begun to see in the CSA. More to come. Kale has been a consistent staple and keeps producing well. See recipe, page 2.

The grapes are enjoying the heat and the clusters are getting large. Peppers are setting on the plants, but they will need water. We planted them with our drip line system and are keeping them moist, but a good rain will help them and almost everything, a lot. Until then, we trust.

Thank you for participating and supporting local farms.



-Food Storage Tips-

Be sure to keep the kale mix in the crisper drawer of your fridge. Kohlrabi also needs kept in the fridge. Squash and Zucchini are also best in the crisper drawer. Potatoes, sweet potatoes, onions can be stored in a cool, dark cupboard.

Excerpt from an expert:

Michael Pollan, author of Food Rules

Another food rule to continue on last week's rule: "Consult your gut. Most of us allow external, and usually visual, cues to determine how much we eat. The bigger the portion, for example, the more we eat; the bigger the container, the more we pour. In so many areas of modern life, the culture of food has become a culture of the eye. But when it comes to food, it pays to cultivate the other senses, which often provide more useful and accurate information. It can take twenty minutes before your brain gets the word that your belly is full; that means that if you take less than twenty minutes to finish a meal, the sensation of satiety will arrive too late to be of any use. So slow down and pay attention to what your body—and not just your sense of sight—is telling you. This is what your grandparents were getting at with the adage 'Your eyes are bigger than your stomach'" (pg 109)

Recipe of the Week

Wilted Kale Salad

-1 bag of kale

-Lettuce and spinach optional

-Diced garlic

-2 tbsps olive or coconut oil

-1/4 cup currants

-1 tsp orange zest

-2 tsps balsamic vinegar

-salt + pepper to taste

1. Heat oil in skillet over medium heat. Add garlic and onions and sauté until translucent. Add kale (and other greens if you desire) and cook until completely wilted.
2. Remove from heat and let cool. Add the vinegar, currants, zest and salt and pepper to taste.
3. Toss well to combine ingredients. If you did not sauté the spinach or lettuce, it can also be added in now.
4. Enjoy!