

**CSA  
WEEKLY**

**Week 10  
2017**

**In The Box:**

- Sweet Corn
- Tomatoes
- Onions
- Cucumbers
- Cherry Tomatoes
- New Potatoes
- Basil
- Sweet Potatoes

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**Certified  
Organic**



**ALL AROUND THE FARM**

Next week will start the second half of the summer CSA season...and the produce bounty is looking really good, despite the lack of rain. We were promised a good rain last week, according to the weatherman, but only ended up with 3/10ths. I was in Clarinda last Wednesday where it rained gently and steadily most of the day. That is what we need here. The promise of rain this week doesn't sound too promising either. The cracks in the ground are long and deep. It is a good thing that we don't rely on the promises of the weatherman.

We are grateful for the cooler weather and so are the laying hens. The heat caused a revolution by the hens (and I don't blame them) and drastic reduction in their production, but there seems to be peace in the chicken coop again which means washing eggs is back to being a larger part of my morning ritual.

SWEET CORN is making its first appearance and it is DELICIOUS! We had some yesterday for lunch...and for supper! It is definitely worth of wait. Cucumbers were slow at the beginning of last week but produced abundantly this week so enjoy the bounty with us. We are planning to plant more kale as the heat and pests took its toll on the current crop, so we hope to see it again later. We did have to say good bye to the broccoli as it never did amount to much this year to make it into the CSA box as well as the cabbage which showed up in your box maybe once that I recall. In their place, we planted the last of the tomato transplants. The tomatoes are in full swing and cherry tomatoes are back in the CSA. We hope you are enjoying them alone, in sandwiches, and as an ingredient in your favorite recipes.

Peppers are starting to come on and the melons are getting bigger. We continue to work at weeding and watering the sweet potatoes and plan to finish harvesting all onions this week. Garlic, though, is done. Last week and this, we added the herb, basil, to your box. Amanda takes care of the herbs and creates most of her dishes by taste, feel, and memory. We did find a recipe similar to the pesto she makes often. (see recipe on page 2 as well as a tip regarding herbs).

We appreciate your patience as we deal with a lot of factors that are out of our control and hope that you find this week's bountiful box enjoyable. REMINDER: please return your empty CSA boxes each week as we re-use them to fill for you in the future. Thank you for letting us provide good healthy food for your family.

## -Food Tips-

When using herbs in cooking, the standard method is to put dry herbs in the beginning of the process and fresh herbs in last so they maintain their flavor.

## Michael Pollan, author of Food Rules

I have been bouncing around the Food Rules book and reviewing some of the remaining rules for use in the newsletter. I have realized that I have never used Rule #1: "Eat Food. These days this is easier said than done, especially when seventeen thousand new products show up in the supermarket each year, all vying for your food dollar. But most of these items don't deserve to be called food—I call them edible foodlike substances. They're highly processed concoctions designed by food scientists, consisting mostly of ingredients derived from corn and soy that no normal person keeps in the pantry, and they contain chemical additives with which the human body has not been long acquainted. Today much of the challenge of eating well comes down to choosing real food and avoiding these industrial novelties." (page 5)

## Recipe of the Week

### Fresh Basil Pesto

(Simple Recipes.com)

1 c. Fresh Basil  
¼ c. parmesan cheese (about 1 oz)  
¼ c. extra virgin olive oil  
2 ½ T. Pine nuts, (optional, or substitute walnuts, cashews, shelled sunflower seeds)  
1-2 garlic cloves (about 1 ½ t.)  
Salt and pepper to taste

1. Place basil leaves and nuts into food processor or high speed blender, pulse several times.
2. Add garlic and parmesan cheese, pulse again several times, scrape sides with rubber spatula.
3. While food processor is running, slowly add olive oil in a steady small stream. This helps emulsify the keep oil from separating.
4. Salt and pepper to taste.
5. Toss with pasta, dollop on baked potato, or spread on crackers or toast.