

**CSA
WEEKLY**

WEEK 2

In The Box:

-Spring Lettuce Mix

-Spinach

-Kale Mix

-Dill

-Green Onions

-Asparagus

-Sweet Potatoes

-Radishes

-Turnips-

-Strawberries

Our contact information:

Email:;Bfproduce1@gmail.com

Call/text:

Dale 641-745-5368

Marcie 641-745-7764

Tyler 641-745-0318



ALL AROUND THE FARM

Summer is here and we are enjoying the nice weather and glad for the many days of sunshine to accomplish as much as we can. We (and the crops) will welcome the rain when it comes.

We do use a drip irrigation system for many of the crops to keep them watered so are not completely dependent on the weather but the plants and the workers enjoy the occasional rainy day. We are always adjusting plans with the weather, doing what we can, when we can.

We have added two high tunnels this year, in addition to the one we have had for a few years. This helps to extend the growing season and give a more protected environment for some of the crops. Two of them are FULL of tomatoes. The newest one is being completed as well as a smaller one to use as a greenhouse to start plants. Note: this city-girl/farm wife will be glad to have a place(besides the living room and basement) to give plants their start!!!!

As mentioned, tomatoes are planted and are growing well---the largest one is about baseball-size. The Kale mix and turnips are being harvested. (see this week's recipe using Kale). Onions have been in for a few weeks and the sweet potatoes are all in now...YEAH!!!

Strawberries are at their peak, raspberries to follow soon, cherries are ripening. Also planted and joining your CSA box in the future: broccoli, cabbage, cucumber, sweet corn, peppers, beets, kohlrabi, zucchini, and yellow squash.

We hope you enjoyed the first week of your CSA share and we know you will benefit from the ORGANIC, fresh picked produce each. We'd love to hear your thoughts, comments, and recipes.

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



IOWA DEPARTMENT OF AGRICULTURE & LAND STEWARDSHIP
Certified Organic

-Food Facts-

Kale is heralded by many as the healthiest veggie because it has more calcium than milk and more iron than red meat. Being a dark green, cruciferous veggie, it is also loaded with many other vitamins. If you don't like eating it, add it to a smoothie with fruit!

Excerpt from an expert:

Michael Pollan, author of Food Rules

“With food, as with so many things, you get what you pay for. There’s no escaping the fact that better food—measured by taste or nutritional quality (which often correspond)—costs more, because it has been grown or raised less intensively and with more care.” (page 99)

Recipe of the Week

Kale and Avocado Summer Salad

Ingredients:

1 (5-8oz) of kale, thinly sliced
Laciano, curly or red russian or mix
Juice of 1 lime
1/8 tsp. sea salt
1 avocado

Options:

Minced dates (6-8)
Minced fresh jalapeno pepper
Minced green onion (1-2)
¼ c. dried cranberries
1 cucumber diced
Fresh dill, minced

Preparation:

1. Massage the first 3 ingredients together a few minutes
2. Add mashed avocado to create a creamy dressing effect
3. Add your choice of any of the options
4. Keep in refrigerator, tightly sealed for 3 days...IF you have leftovers.