The Weekly Note

One Step at a Time Gardens

Jan Libbey & Tim, Andrew, & Jess Landgraf

Week of August 25, 2008 – Box #13

In This week's Box: Cabbage/Cauliflower or Broccoli, Zucchini, Cucumber, Tomato, Radishes, French Green Beans, Yellow Watermelon (for WDM shares)

News

We have this expanded version of last week's very brief note. Time was just too short to write much in time for delivery.

Veggie Notes

Watermelon is starting to come in gradually so we can fulfill one site at a time. We will cover WDM and Clarion this week. We expect to cover Kitchen Collage next Tuesday and all Thursday sites next or the following week Thursday.

And…it's yellow! The color may surprise you, the flavor will delight you!

Here is a great recipe featuring chicken, zucchini, tomato and pesto –

Grilled Pesto Chicken

1 Chicken from One Step at a Time Gardens
8 small tomatoes, cut into quarters
4 small zucchini, cut into ½ in. slices
½ C. Pesto - Prepare *in four separate foil packets and grill roast altogether in oven. Check chicken with meat thermometer for doneness.* DELICIOUS!

Connections – The bees. We have been fortunate over the years to have a number of beehives placed on the farm. This summer, the hives are owned by Curt Bromingen, an apiarist from Perry, but managed by our friend Pat Ennis, of Goodell. Just last week Pat and Curt came to pull the honey – Oh, it was sweet! They have left the bees with some honey for a couple of weeks. We continue to find the bees buzzing among the plants all over the farm. This winter, Curt will transport his bees to California where they will work in the orchards, providing valuable pollination and cash flow. Next Spring we will look forward to their return.

From the Ground Up –The Center for Rural Affairs, located in Lyons, NE - is *committed to establishing strong rural communities, social and economic justice, environmental stewardship, and genuine opportunity for all while engaging people in decisions that affect the quality of their lives and the future of their communities.* Their website FAQ describes that they believe it is in the interest of rural America and all of America to have a strong family farm system of agriculture. Specific characteristics of this agriculture include: genuine opportunity for those who work on farms and ranches to own the fruits of their labor and productive assets, opportunity for new people to enter the business even if they aren't rich, fair compensation for those who produce food and provides a meaningful share of food system profit to agricultural producers, a substantial number of farms and ranches, sufficient to support healthy communities.

We have known the Center for their dogged determination to champion this vision of rural communities and family farms. Most recently, they are playing a key role in the Iowa Farm Disaster Relief Coalition – 14 farm, faith, and rural organizations collecting donations and disbursing emergency funds to direct marketing farmers in Iowa like ourselves. For a thorough overview of this important partner, visit their website at www.cfra.org

Farmers' Footnote – Deep digging…that's what took place at the farm last Saturday. This past winter we had a friend build us a new implement – part bed lifter, used for garlic harvest (remember how excited I was about the time and labor saving of this device?!)/ part sub-soiler. Over years of tilling, farm fields develop a hardpan under the till depth that blocks access to deep soil nutrients. Sub-soiling involves drawing a" knife" deep through the soil, through this compacted layer, leaving a deep channel through the beds. Fall is an ideal time for sub-soiling as the late rains and snow and ice can work their way deep into the soil. Through winter's freeze and thaw patterns, the soil will naturally be broken up, readying the availability of a fresh flush of nutrients for the spring.

We also planted some cover crops – called a "green manure" to help turn nutrients back into the soil. Cover crops will be allowed to die back after frost, providing soil protection over winter.

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