The Weekly Note

One Step at a Time Gardens

Jan Libbey & Tim, Andrew, & Jess Landgraf

Week of September 15, 2008 – Box #16

In This week's Box: Acorn or Buttercup Winter squash, Zucchini, Tomato, Onion, Garlic, Green or Red Pepper, Yellow Watermelon (Kitchen Collage on Tuesday and Mason City on Thursday)

News υ Paper work – This week you'll find our Member Evaluation, a Deposit form for 2009, along with a self addressed envelope, and a talking point document about Iowa's local food systems in with your vegetables. There's explanation on each throughout the Weekly Note.

Member Evaluation – We've done a lot of "talking" this season through the Weekly Note. We want to give you a chance to give us some feedback on this season. We've included a copy of our member evaluation with today's box and have posted a copy on our website. Please fill out and return to us. We appreciate your comments.

2009 Deposit - We are already looking ahead to 2009 and invite you to make a deposit to hold you a spot for next season. A self-addressed envelope is included for you to use to return the evaluation. Feel free to bring it to next week's delivery or simply mail it to us. You can also download a copy from our website.

Veggie Notes υ Winter squash signals fall and the "comfort" foods of the season! Check out our Recipe Collection (pg. 17) for a favorite squash gratin recipe. υ Zucchini - Think you can't eat another? We just tried a ratatouille recipe that was quite tasty. Here's a quick description: Sauté onion, garlic and roasted peppers, add to a tomato sauce and cover bottom of 9x13 casserole dish. Top with alternating layers of thinly sliced – zucchini, eggplant, and potato. Bake 425 degrees for 45 min.s Yummy!

Green Peppers – while we haven't had a stellar crop this season, those that you do receive provide a whopping supply of vitamin C – 107% of RDA in ½ C. raw - as well as a good source of vitamins A and E and iron and potassium. υ Yellow Watermelon…again! We're having a tremendous melon crop! We have enough for a second round. Between this and next week everyone will get a second melon. Enjoy!

Connections – Barbara Kingsolver's book Animal, Vegetable, Miracle, has awakened a new layer of consciousness about food system issues. Jessica Bottenfield-Biehn, one of our West Des Moines members, described how closely Kingsolver's choices fit her family's efforts to live as sustainable and naturally as possible - a sentiment echoed by many of our members. Jessica's family of five not only gets a weekly box, they also put in their own large garden with the goal of canning for the winter. When not working with her children or the garden, Jessica uses her skills as a guitarist/music instructor, doula and RN, and textile artist. From interest in discussing issues raised in Kingsolver's book to a summer of vegetables to a commitment to make daily choices that make a difference… this is once again the power within our membership.

From the Ground Up – Two weeks ago, I wrote encouraging our members to recognize that farm member voices are needed in the political debate about the food system serving health, social and economic needs in this state and country. This fall provides rich opportunities to speak out and your membership experience gives you more credibility to speak about agriculture than you might at first realize. To help with your conversations, should you take this challenge, we're providing a couple of good talking point resources. We are including a copy of the Iowa Policy Project's white paper on Iowa's Local Food System. Additionally, "Visions of Good Food for Iowa: Cultivating Community-based Food Systems for Healthy Iowans and Communities", dated August 2008, is available by Angie Tagtow. Angie's document provides both a thorough background on issues ranging from agriculture to health and infrastructure issues. I'm working on posting both Laura's and Angie's documents on our website – they have great information that can arm you for a strong argument for setting community-based food systems as a policy priority. We'll include these resources once more next week as our Every Other Week Members change between this and next week.

Farmers' Footnote – There were numerous times this summer we couldn't wait to reach the end. The rains, the wind, the weeds, the hail were enough to discourage many….and then finally the fall crops began to emerge. The next blow, we knew could be early frost. But this week is treating us to just what we need – warmth and no frost. We still have some great crop to provide over these next two weeks - more carrots, leeks, tomatoes, just starting a new crop of green and yellow beans, and we'll be checking on our sweet potato crop. υ **Our Contact:** Phone:

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