The Weekly Note

One Step at a Time Gardens

Jan Libbey & Tim, Andrew, & Jess Landgraf

MAKE UP DELIVERY TO DES MOINES MEMBERS

Week of October 6, 2008 – Box #19

In This week's Box:

Tomatoes, Green & Yellow Beans, Carrots, Butternut Squash

News υ Fall bounty makes up where early summer fell short – On Tuesday, June 10 we had a cooler full of vegetables ready for delivery, but no way off the farm. Our farm sits on land adjacent to the East Twin Lake wetland. Our ¼ mile lane leads up from the low marsh area. With May rains followed by heavy early June rains, the marsh and adjacent river had backed water up over the road and up our lane enough to halt travel. We were stuck. Our interns had just arrived amidst a terrible series of severe storms and the summer was off to a very rocky start. Now, in early October, we find the late summer and fall have granted us an extended harvest opportunity. Where you, as our members, rode the impact of a tough season's start, you also benefit from this year's late fall. We are pleased to be able to bring you this extra delivery for our final delivery.

υ Final reminder for Member Evaluations, 2009 Deposits – all are available from our website. If you need help getting any of these materials, please let us know. Your feedback as well as your 2009 membership is important to us!

υ Late box returns – If you find a box lingering after deliveries are all done, please drop them off at your delivery site host. We will be seeing site hosts this fall and can pick any late box returns up there. Thank you for diligent box returns this season. υ Post season Weekly Notes – To keep our members up to date with farm developments, I plan to provide a short post season Weekly Note next week until December. I will email these out and post them on our website. So stay tuned and stay in touch.

Veggie Notes υ Butternut squash – We just harvested the squash on Monday. To cure the squash, keep it in a well-ventilated area at room temperature for 10 days. Then move to cooler storage where temps. range between 50 and 55 degrees F. The curing helps to harden the skin for long storage. If you plan to cook it soon, no special curing is necessary. Winter squash boasts 10 times the vitamin A of their summer squash relations, and is an excellent source of potassium, fiber, and complex carbohydrates. Versatile and delicious, winter squash is great in soups, casseroles, muffins, waffles, stuffed and more! Check pg. 17 of our Recipe Collection for a tasty dish.

Connections – I began to write about our young members with just 2 or 3 stories in mind and only enough room for one last week. And then at both DM delivery sites children were everywhere! At Kitchen Collage, I got to hold a 1 year old while her grandfather picked up his veggies – sweet! Pretty soon Aria, 5, arrived with her mom and immediately asked if she could help unload boxes from the van (I said "Yes" and "Thank you!"). At the WDM site, Quinn – 10, Milo-4 and Jonas – 21 mo. came charging over to pick out their box and almost left me a rhinoceros beetle toy. Soon Kaitlyn, 3 ½, arrived with her brother Kalvin, 1 ½, after stopping at the playground. Kaitlyn proudly helped carry her family's vegetables back to their van. Then late last week we received a wonderful letter in the mail from one of our member families about "overeating on Tuesdays", signed by all members of the family, including the boys. And if Tim were writing, he'd tell about a young member on his route that greets him enthusiastically each Thursday, hollering her Hellos from across the street when she's at a friend's. We delight in seeing these young people excited about making connections with their food...and their farmers. Our farm motto is "raising healthy food…raising hope". We count our selves fortunate to have so many young members and thank their parents for helping instill such enthusiasm. You've all certainly raised our hope.

From the Ground Up – Within the Upper Midwest, the Land Stewardship Project, based in Minnesota (LSP) is one of the premier sustainable ag organizations. LSP is well known for a rich blend of local organizing and national policy advocacy. They are organized with three regional offices, allowing staff to be in contact with issues specific to their members' area. LSP's Farm Beginnings program has helped to put new farmers on the land at a time when commodity agriculture is losing farmers. Their work models effective community organizing and passionate commitment to rural vitality. To learn more about LSP, visit their website at www.landstewardshipproject.org

Farmers' Footnote – It's time for more field preparation and Tim's had our new subsoiler (see pic.s of it on our website homepage) out again. One set of beds deep dug in August has now just been final tilled in preparation for garlic planting later this month. Tim was impressed with how nicely that ground tilled up in comparison to where he had not deep dug…and this was just over 4 weeks this fall. Over this past weekend, Tim deep dug a number of additional beds. We have great hopes that this deep digging treatment will open the ground up to deep penetration of water through the winter and wonderful freeze/thaw effects. Spring soil is wonderful to work with and we're excited to see the extra effect of

this deep digging. **Our Contact:** Phone: 641/495-6367 or libland@frontiernet.net, Cell: 515/571-3383, Web site: www.ostgardens.com