The Weekly Note

One Step at a Time Gardens

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Week of August 18, 2008 – Box #12

In This week's Box: Cabbage, Red Norland Potatoes, Zucchini, Cucumber, Tomato, Garlic, Radishes (Clarion and Thur. Delivery), Cauliflower, & Sweet Corn (Thur. Delivery)

Veggie Notes

Cabbage, cousin to broccoli and cauliflower, is a versatile vegetable with long storage. Stored properly in the refrigerator, cabbage can be expected to keep 3 weeks or more. But why wait?! There are so many great ways to enjoy cabbage – fresh in slaw, crunchy on sandwiches, steamed as a side dish, in a soup. Cabbage also packs a low cal, nutritious punch – at 15 calories per 1 C. and a great source of vitamin A & C, calcium, potassium and magnesium. One more perk: cabbage is recognized as a beneficial digestive and intestinal cleanser.

Potatoes – Red Norlands are great boiled or baked. Conventional potatoes are subject to multiple sprays for fungus and insects. At One Step at a Time Gardens, you can count on us to plant them, cultivate them, and harvest them. You enjoy them! It's as simple and delicious as that! υ Tomato supply dips a little this week as we await the field plants coming on line within the next couple of weeks. We are still harvesting primarily from our hoophouse. υ Bean break – No beans this week. The next round of beans still in full, beautiful flower have tiny beans too small to pick. They should be on hand in next week's box. υ Here is a tasty appetizer that uses many of the vegetables in recent week's box: Vegetable Pizza

2 Pkg. Crescent rolls, spread on jellyroll pan for crust*, bake and let cool*
2 Pkg.s Cream cheese υ ½ Pkg. Vegetable Soup υ ½ C. Mayonnaise – *Cream three ingredients, spread on baked crust* υ Fresh Vegetables – *Chop a selection - cauliflower, broccoli, cabbage, zucchini, cucumber, tomato, etc. and sprinkle. Chill*

Additions that came in after Tuesday's delivery. Radishes – making up for the early crop we lost to flooding. These are beautiful and delicious. Sweet corn – we were able to connect with another local grower for this final delivery of this summer treat to our Thursday members. Enjoy!!

We do still have some cauliflower and broccoli pass along this bounty.

Go Gourmet – Joining the Sungold Cherry tomatoes this week are Patty Pan Summer Squash – great for the grill or stuffing – and Eggplant - a typical black or beautiful lavender fruit or a long, narrow, Asian variety.

Connections – The Hansons – This family from Kanawha, just five miles west of the farm, does a work/share swap, making the farm a family affair. In the spring, "The Christas" come out. Christa, the mom, brings help – one of the other four family members. Young Christa holds her own. As we move into delivery season, young Christa continues on, helping into the fall and keeping our conversation lively. The Hansons are great support and have begun putting some of the lessons from the farm to work in their own home garden. This year there has been reports of success in several crops, which means they've found a way to keep the town rabbits and weeds at bay. Christa, the mom, says *I like to have my kids work on the farm so they can appreciate all the work that goes into their food; they feel more a part of the process.*

From the Ground Up - Iowa is home to a great group of sustainable agriculture networks and advocates. The Leopold Center for Sustainable Agriculture, based in Ames at Iowa State University, is one of the key organizations. The Center works in three primary areas: marketing and food systems, ecology, and policy . Established under the Groundwater Protection Act of 1987, The Center conducts research into the negative impacts of agricultural practices, assists in developing alternative practices; and works with ISU Extension to inform the public of Leopold Center findings. The Regional Food System Working Group has been particularly instrumental in bringing a rich diversity of perspectives into the local food development. Findings over the years have been compiled and posted on the Center's website – www.leopold.iastate.edu. Check it out – Food facts and research results are referenced right on the homepage - You'll find lots of fascinating information there.

Farmers' Footnote – Full moon, cool nights, changing crops. Last week we pulled all our onions and they are now drying down in the crib. One of this year's most celebrated improvements is the addition of two handcarts. As we push into harvest of heavy crops like onions, this week's cabbage, zucchini, and cucumbers, these carts have paid for themselves many times over making hauling the load so much easier.

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