The Weekly Note

One Step at a Time Gardens

Jan Libbey & Tim, Andrew, & Jess Landgraf

Week of June 2, 2008 – Box #1

Welcome - This first box is the exciting launch of the delivery season. After months of preparation, we finally begin harvest. From here on our primary communication to you, our members, will be these Weekly Notes. Each box is packed with one copy of the Weekly Note. If you share your box with a friend, check at the delivery site for additional copies. We try to pack several along with us each week. If you lose your Weekly Note, check out our website, they will be posted there. This is a bit one-sided so please do feel free to contact us with any questions or comments. Our contact information is provided at the end of each note. I have so much on my "to include" list that I know I'll run out of space in this first note. Good thing we have 18 weeks ☺. This week I'll focus on a number of specifics of getting the rhythm of deliveries down.

THIS WEEK'S BOX: Green Garlic, Lettuce, Spinach

VEGGIE NOTES

Lettuce – we start off the season with full heads of leaf lettuce – greens, reds and a mix of green and red. *These were started indoors in March and transplanted into our hoophouse in April.*

Spinach – Minimal cooking helps you get the best value of spinach's vitamin A and C. Toss with olive oil, lemon juice, diced garlic, a pinch of salt and pepper. Also great in sandwiches, burritos or tacos.

Green Garlic – provides some early season supply of this all important seasoning agent. This will be the only delivery. The heads are tender like a green onion. Simply dice up small into dishes for some wonderful garlic seasoning. In 2-4 weeks, we'll be snapping garlic scapes and providing those. What's a scape? Stay tuned!

All have been rinsed, but you may want to rinse them once again
Greens will continue. Look for green onion and radishes soon.

NEWS

Rhubarb bread at delivery sites – We are providing some delicious rhubarb bread at our delivery sites this week to say thank you for your membership. As our weekly delivery routine gets underway, if you have any questions, just give us a call or send an email.

There's more than vegetables in this week's box…

Box Care 101 – is a quick review of the best way to unfold and flatten your box so it remains in good condition. We reuse these boxes and need your help. Please either return it empty at next pick up or bring a sack to unload your box and leave it at the site at pick up Please help return and use carefully.

Member Profile – is self-explanatory. Please take time to complete and return to us. Check out the below "Connections" column and start to get to know who makes up our membership and how those *connections* may be helpful to you.

Other news – Fruit shares are expected third week of June, Go Gourmet shares are expected in three weeks or so.

EOW Calendars are provided at each delivery site.

CONNECTIONS

Liz & Scott Brennan – Liz has served as our WDM site host since we began DM deliveries in 2003. Liz and Scott have two children, Lexi, 12 and Joe, 10. Liz teaches preschool at Montessori Children's House in WDM. Scott is a lawyer at the Davis, Brown Law Firm and currently serves as the Chair of the Iowa Democratic Party. You can imagine some of the interesting discussions at the Brennan household these days!

Liz admits her discovery about local foods continues to evolve with numerous experiences. A family trip to Sweden introduced her to cucumber and cheese toast for breakfast which now is one of her favorite seasonal treats. Liz's winter read of Michael Pollan's "Omnivore's Dilemma" once again reaffirmed her support of local food as the book emphasizes how eating local supports the local economy as well as our Earth.

FROM THE GROUND UP

This column will feature various commentary and updates on local food news.

FARMER'S FOOTNOTE

Please visit our website – www.ostgardens.com – for a newly updated series of photos from the farm. The photos capture some of the images illustrating the reality of this cool, wet and slow, but also beautiful spring. As I write this we are just heading back into the field after last week's rains, but facing a forecast of yet more rain. We anticipate arrival of our two interns by Saturday.

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