The Weekly Note

One Step at a Time Gardens

Jan Libbey & Tim, Andrew, & Jess Landgraf

Week of September 22, 2008 – Box #17

In This week's Box: Zucchini or cucumber, Tomato, Green & Yellow Beans, Carrots, Leeks, Buttercup or Acorn Squash, Green Pepper, Watermelon (for WDM shares - Tues., Belmond, Farm, Garner & Clear Lake – Thurs.)

News - Second to last delivery – We can hardly believe this journey, which started back in that tumultuous month of June, is almost over…and going out so gently. υ The Great Box Round Up - Check out closets, garages, car trunks and back seats and return your used boxes. Thanks for all your good box returns through the season. υ Second round of paperwork We are again providing several paper resources in the boxes (WDM and several north Iowa sites to capture this week's EOW members) because we feel it's important that no one miss out. The information includes Member evaluations, self-addressed envelope, and a copy of the Iowa Policy Project paper on Iowa's Local Food Systems. υ 2009 Member Deposit included this week – Oops. I omitted our 2009 Member Deposit form last Tuesday, but got it this week. υ What about late season deliveries? Thanksgiving and Winter Shares that have been ordered are scheduled respectively – week of Nov. 10 and Dec. 8.Full schedule information will be out by late October. We are currently sold out of these late season shares. υ Celebrate Fall Equinox - With the change in light levels and temperatures come fabulous color displays and a shift in pace as well as different foods. Let your taste buds lead you in developing a seasonal palette and sensitivity.

Veggie Notes The bounty of fall impresses us each year. Last week alone we harvested more than 2,540 pounds of vegetables – We really are harvesting "tons" of vegetables. We've already got a good start on this week's heavy weight. Monday's total harvest weighed in at 737 lbs. I keep singing the praises of our handy carts – they have saved us a lot of back breaking hauling! υ Changing and bountiful crops - Both cucumber and zucchini plants are winding down and this is our last supply of both Tomatoes are again in full strength. Watermelon made a wonderful rally for a second round, but we are on the down side here too. υ Beets? We are nursing a small supply of beets. North Iowa still has not received any. We are struggling with deer who are nibbling on the tops and roots as though they were candy. υ Green & Yellow beans – a fresh picking from our newest crop of beans is one of the newest items. With mild temperatures, the beans will continue to produce over the next weeks. υ Whopping large carrots – these are serious roots providing a great supply of carotene! υ Go Gourmet – This is our last week of Go Gourmet deliveries.

Connections – Dori James and Steve Musson, of Mason City, both enjoy cooking, but Dori tips her hat to Steve who operated "Marjorie's Teahouse" for 9 years, using local products when possible. Steve now spends much of his time managing the Mason City AAA office. Dori can be found among the dogs at "A Cut Above", dog-grooming business in Clear Lake. Both savor food with flavor! Sometimes we go long times without seeing some of our members, but Dori actually sought me out early this season to introduce herself. She found me at the North Iowa Farmers Market, where I sell in Mason City. She just wanted to put that face with the name so this really can be "food with the farmers face."

From the Ground Up – To encourage our members to begin to speak out in support of community-based food systems in the political arena, we've been offering some new resources. Last week we included a report by the Iowa Policy Project on Iowa's Local Food System. This week we have two final resources for you. One, a public health bulletin developed by Angie Tagtow, is titled A Vision of "Good Food" for Iowa, Cultivating Community-based Food Systems for Healthy Iowans and Communities. The report is posted under Angie Tagtow's link at the Food & Society Fellows Program website at www.foodandsocietyfellows.org. The second resource is a list of Food Facts, a collection of key research findings from Leopold Center projects, can be found at www.leopold.iastate.edu. Links to all resources will be posted on our website soon – check out the "Member News" tab.

Farmers' Footnote – We begin to wrap up deliveries to our Every Other Week members in WDM, Clarion, Belmond, Garner, and Clear Lake this week. Many thanks for your great support. This season has challenged us as no other season has before – cold, wet, hail, wind, more rain, weeds with no end, and even a bad badger. But through it all we have had a wonderful work crew and very supportive members and are ending on a high note of bountiful harvests. Truly this kind of agriculture fosters a culture of support that defines sustainability! We say eat well this winter and we look forward to seeing you all again next season! υ O**ur Contact:** Phone: 641/495-6367 or libland@frontiernet.net, Cell: 515/571-3383, Web site: www.ostgardens.com