



The Weekly Note

Week of June 7, 2010

In this week's box – Lettuce, Spinach, Green Onions, Radishes

On my mind: These first couple of weeks are times to check that everyone is getting communications, has their delivery site process figured out and is finding at the pick-up site what they expect to find. From the pick-up reports we've gotten back, it appeared last week's delivery went pretty well. There always seems to be a flurry of last minute member details to settle in place. So...if you found last week's delivery went smoothly, we'd love to hear that. We also want to hear if there were any catches with your delivery. Now is the time to clear up the process.

For the sake of our Every Other Week members picking up for the first time this week, you may find some repeat information in this Weekly Note. Remember, these notes will get emailed out on Tuesday, posted on our website by week's end and we provide a collection of some hard copies available at each delivery site.

Fruit shares – The first fruit is... strawberries (1 Qt. Per share) – YUM!! If you ordered a fruit share, expect three consecutive week's supply. If you are an EOW member with a fruit share, remember you need to plan to pick up even if it's an "off" week.

Fresh for your kitchen ... Radishes are a new addition this week. This vegetable is so common; it's easy to take them for granted. Your radishes will either be Cherry Belles (round and red) or French Breakfast (elongated with a white tip). Both are delicious, crispy radishes. The name "radish", derived from the Latin word radix, meaning, "root", doesn't say it all. While the cheery red root is the most familiar, it's actually the tops that pack the most nutrition – vitamins A, C and B's. Radishes are

believed beneficial as blood cleansers and digestive aids also. The root, itself, is 94% water with a smattering of minerals, potassium, phosphorous, magnesium and iron. Got a hankerin' for a radish sandwich? OK, but how about trying some of these ideas?

- A combination of mayonnaise and chopped radishes makes a tangy instant spread for ham or roast beef sandwiches.
- Toss radish greens (full of vitamins A, C, and B!) into mixed vegetable soups or stir-fry's. They cook quickly. If they are young and tender toss into a green salad.
- Sprinkle chopped or sliced radishes into tuna for more zip and texture.
- Roast radish halves brushed with oil at 450 deg. F for 15 minutes. Great with roast beef or chicken.

Radish Top Soup

6 tablespoons butter, divided
1 cup chopped onions or white leek portions
8 cups loosely packed radish leaves
2 cups diced peeled potatoes
6 cups water, chicken stock or combination
Salt
1/2 cup heavy cream (optional)

Freshly ground pepper

Melt 4 tablespoons butter in large saucepan, add onions, and cook until golden, about 5 minutes. Stir in radish tops, cover, and cook over low heat until wilted, 8-10 minutes. Meanwhile, cook potatoes until soft in water or stock with 1 teaspoon salt. Combine with radish tops and cook, covered, 5 minutes to mingle flavors. Puree in food processor or blender. Add cream and remaining butter, if desired. Season to taste with salt and pepper. Serve hot. (Note: To serve cold, omit butter enrichment.) Makes 4-6 servings.

From The Victory Garden Cookbook

Direct from the farm... We have just half of one of our squash plots to finish planting. We worked late Monday to get seed in the ground ahead of Monday night's rain. We hope the ground dries up enough to get the balance planted before the week's out. Some may think early June is quite late for planting the squashes. We have found this schedule helps diminish pressure from the cucumber beetle. This beetle is one of the most persistent garden pests, stumping organic producers. These beetles transmit bacterial wilt, squash mosaic virus and

can increase the incidence of powdery mildew, and a number of other plant diseases. They also damage plants directly by feeding on roots, stems, leaves and fruits. Our strategy is to try to get our plants going in the gap between the first and second generation of beetles when the chewing pressure is reduced. If we can hit that gap, it gives the plants the opportunity to gain some size which provides vigor to rebound should there be insect pressure. Last year we found we also needed to use an organically approved treatment called Neem. We're anxiously awaiting emergence of young leaves in the beds that have been planted. We'll keep you posted.

Still more available from the farm... Our first batch of

chickens will be ready for delivery the week of June 21. Our chicken order form is posted on our website under "Farm Products" and we'll have some hard copies at delivery sites. Please email us with your order! We'll let you know the price upon delivery as it's based on weight.

As mentioned last week, we also still have shares available and will continue to accept new members through June 18. After that we prefer to start new members with our Savor the Summer share the week of July 18.

The farm/member partnership matters ...Last week I

made reference to the importance of bees as creative engines...much as I believe community based farms can be



creative engines. The bee in this picture was working energetically on a clover bloom just outside our hoop house where your lettuce and spinach has been harvested. According to the Xerces Society for Invertebrate Conservation, the

pollination services of native insects in the U.S. (mostly bees) are estimated to be worth \$3 billion dollars per year.

We are increasingly aware of the importance of pollinator habitat that supports native pollinators. With non-native honeybees facing significant decline in numbers, what we do on our landscape to support diversity in the end helps support the farm's productivity.

Let me introduce the farm a bit to you.

I like to note that our closest neighbor is East Twin Lake, a natural glacial lake.

Just through the trees, at the top of this picture, you can see the glimmering waters of East Twin



Lake. The farm reflects the same glacial background as the lake and is marked by gentle hills of glacial deposit from over 10,000 years ago. The quality habitat of this area is what attracted us here 20 years ago. And we have worked to compliment this ecological neighborhood by both enrolling some ground in conservation programs and farming the way we do. It's a really beautiful place and we encourage you to make visiting the farm one of your 2010 goals. Find a time that works for your family and experience the creativity of One Step at a Time Gardens. While we welcome visits much of the time, we specifically invite you to visit us on Sunday, August 8 for our Farm's 15th Anniversary Celebration – where we will explore this theme of community based farms as creative engines through several activities and a wonderful potluck. We hope you can join us! Oh, I've run out of space. Next week we'll introduce our crew.

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