



The Weekly Note

Week of June 14, 2010

In this week's box – Lettuce, Spinach, Green Onions, Radishes, Snow Peas, Garlic Scapes

Fresh for your kitchen ... Oh, where to begin with the addition of snow peas and garlic scapes....almost broccoli?? Don't settle for the old familiar. Now is time to step it up and stretch that comfort zone just a bit and try new recipes. Today's recipe was featured for lunch last week by Eli...delicious!

African Pineapple Peanut Stew (from Moosewood Restaurant Cooks at Home)

1 C. chopped Onions, 2 cloves Garlic (4-6 inches Garlic Scapes), minced – *sauté in...*

1 T. Vegetable oil..*until lightly browned*

4 C. sliced Greens – kale, Chard, Spinach, Lettuce, or radish tops
- *Wash, slice crosswise into 1 in. thick slices, Add...*

2 C. undrained, crushed Pineapple (20 oz. Can) *to onions, bring to a simmer. Stir in greens, cover and simmer for 5 min.s, stirring a couple of times, until tender. Mix in...*

½ C. Peanut butter, 1 T. Tabasco sauce or other hot pepper sauce

½ C. chopped fresh Cilantro...*simmer for 5 min.s, add...* Salt to taste
Top with Crushed, salted Peanuts and Chopped Scallions

Serve with rice



←**Snow Peas** are a new item this week. These delicate, flat peas are great fresh out of hand, in salads and stir fries. Enjoy the completely edible pod and all.

Garlic scapes →

These graceful flower stalks from the garlic plant are snapped off to encourage more bulb formation. They are topped with a small flower bud that should be trimmed off. You will have the balance of a tender, delicious stalk of usable garlic. Dice it, roast it, crush it. Use the full stalk just like you would any other supply of fresh garlic. We hope to have some more next week too.



On a less encouraging note, our sugar pod peas have been pretty lousy. We had challenges with germination and this has resulted in very low to nonexistent crop. Other demands and rains have hampered timely replanting. We may not see sugar snap peas this early summer. We are just as disappointed as you. These are one of our most popular early season items! We may try for a fall crop. In the meantime, enjoy the snow peas and greens which are doing well. Broccoli is almost ready and should be in next week's box.

Direct Fresh from the farm... Enough moisture for now here, how about at your home?! What a crew! Faced with a heavy Monday harvest schedule...and anticipating rain, I had posted an email Sunday night saying prepare for wet and mud. And that's just what we got - mud, muddy, and muddier. After lunch on Monday, when the rain fell heavy we held up playing cards for a bit. Then, feeling the harvest pressure, we donned rain coats and pants and headed out to pull green onions. It was

a beautiful, light rain – the kind you'd love to stroll in, sit by the back door and watch...or take a nap to, but Monday didn't provide us those more romantic opportunities ☺. Once harvested, the green onions, at least, could be trimmed and washed in some semblance of shelter at our wash station. At the end of the day the muddy entrance edge of our packout shed had to be scrubbed down and Monday chores spilled into Tuesday. At least we are enjoying a couple of drier days now,.

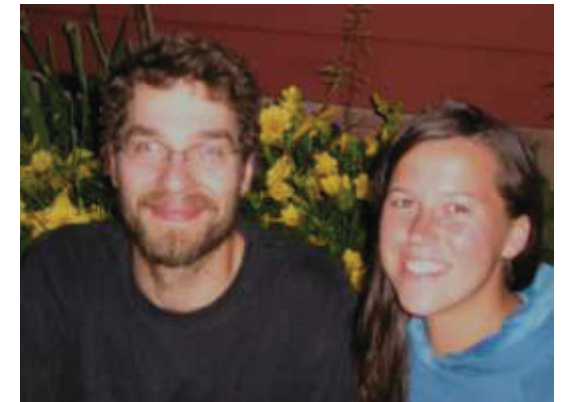
Still more available from the farm... I've been

encouraging you to order chicken and many of you have – Thank you!! Here's a quick summary of what's involved in getting the chickens ready. This week was our first change out of chickens. The first batch of chickens was loaded up and taken to our processor in Greene, IA on Monday afternoon (a little damp, but at least it has stopped raining). Tim takes the load over and usually is the one to pick up the final bagged and cleaned chicken on Tuesday afternoon. This week he was off to a Practical Farmers of Iowa Board meeting on Tuesday (he's currently serving as President) and I did the pick up after dropping off the delivery to Charlie Brown Daycare (see first Weekly Note for more on our Charlie Brown deliveries). At pick up we weigh all the birds, load them in our coolers, pack with ice and head back to the farm. At the farm, we pack the chickens in bags, put them in the freezer and wait for the cold to set in before making deliveries. On the field side of things, we have pens to clean up before another batch gets moved from the barn into the field. Like dominos, one action impacts the next. Once the batch in the barn moves out to the field, there's bedding from the pen in the barn that needs to be scooped out, that pen cleaned up and set to dry. The second of two brooder pens in the barn is already clean and waiting for the anticipated arrival of the next batch of baby chicks this Thursday. Now,

while this sounds like a crazy amount of work (don't get me wrong, it's work!), not every week ...nor every day is like this. We schedule our batches three weeks apart. This hectic list of tasks comes with this change out. Generally daily chores with chickens include moving pens in the morning and feeding them (a 20-30 min. chore for two people), and tending the batch of baby birds in the barn (generally a 10 min chore for one person)

The farm/member partnership matters...

As we build this partnership, it's important that our members get introduced to just who is doing all this work. This week, let me introduce this year's interns – Genesis McKiernan-Allen and Eli Robb. This couple comes here from



Portland, OR where they've been for the past 8 and 5 years respectively. Genesis has just finished two years with Americorp and Eli has just finished his job of high quality tile lying. They've wanted to explore farming and have boldly stepped away from the Portland community with all it held for them to begin their research...first hand. They bring a great enthusiasm, willingness to do anything on the task list, ask great questions and have helped meld a great crew this season. They are also visiting other farms and building network connections to broaden their base of "greenhorn" experience. They will be here through early October and you are sure to hear more about their part in this farm as the season progresses.

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