



The Weekly Note

Week of June 21, 2010

In this week's box – Lettuce or Spinach/lettuce mix, Green Onions, Radishes, Broccoli, Snow Peas, Garlic Scapes

The top story Monday was the recent weather. Tuesday's top story was the amazing and fantastic traffic we've had on the farm. And by Wednesday, we again had weather stories! Oh, there's always so much to share with you I may run out of space...but that itself brings up another issue - The blog. If you know me, you'll know I haven't fully stepped into the world of social networking. But the crew is determined to help so we are on the cusp of starting a farm blog...In order to do that we may ask for your help as well. Stay tuned as we'll share what this platform may offer all of us.

Last week's weather whipped up a strong storm and rained down a short hail event on both Thursday and Friday. We have felt the impact in our greens, but most crops will do fine. We know it could have been much worse and remember the folks in southern MN who are still cleaning up from the storms.

Tuesday we enjoyed getting to know Gene's parents, Linda and Ron, who came from Indiana for a quick visit and found themselves embraced and fully engaged in the day's tasks and the community of our crew. At lunch Eli's good friend, Forest and his wife, Alex, stopped in. And later some new friends from Britt, Jo and Ed Lang, stopped for a short farm tour and to just connect and extend their support for the farm. This has been a whirlwind of a different and energizing sort!!

Tuesday also found Tim and our delivery to Charlie Brown Daycare getting local TV and newspaper coverage. Check out the story at www.kimt.com or Globegazette.com

Fresh for your kitchen ... Broccoli is the new crop of the week . This nutritional powerhouse has been around for more than 2000 years. The name "broccoli" comes for the Latin word brachium, which means "branch," or "arm." *The head you are receiving is packed full of nutrition, including (from a ½ C. raw serving) 60% of your daily Vit.C and 20% of your daily Vit. A at only 10 calories.* Like other cruciferous vegetables, broccoli contains the phytonutrients *sulforaphane* and the *indoles*, which have significant anti-cancer effects. There are numerous websites with extensive reference to research on the many other benefits of the tasty crop. Broccoli is great raw, steamed, or sautéed.

Garlic scapes (see last week's note for explanation) draw more rave reviews each year. A number of members greeted me last week cheering the arrival of scapes and their plans to make pesto. Here's a recipe for all to try.

Recipe: GARLIC SCAPE PESTO

(from: The Omnivore's Solution website)

1/2 lb. organic scapes, top bulbs removed (chopped into 1" sections)

1/2 C pine nuts

2 c. grated parmesan cheese (substitute romano or asiago)

1/2 c. extra virgin olive oil (to achieve the correct texture)

*Use only the tender parts of the scapes, peeling bottom ends if tough. In a food processor, combine the scapes and pine nuts, pulse to chop into a rough paste. Add cheese and pulse. With processor running, drizzle in just enough olive oil to achieve a moist spreading consistency. Taste for salt and add some sea salt if necessary. It depends on the saltiness of the cheese. Possible additions: 1/2 C fresh herbs – parsley, dill, or cilantro
Place in processor with scapes and pine nuts.*

DM member Riki Saltmann wrote: We served the pesto (diluted some w/pasta water) on tortellini and a sauté of asparagus, snow peas, and leeks (plus extra romano). What a great dinner! This week try adding broccoli into that mix too.

NOTE: If you have a recipe to share, please send it to our email. I know you love to cook and we love to share recipes here!!

Direct from the farm... The squash update...OK, if you've

been following our story of the squash planting from several weeks ago, here's an update. We did get the rest of the squash bed planted – Hurray!. Cucumber beetles are a tough pest for organic growers. Not only do we time delay to



provide some protection against cucumber beetles, we also have space separation with plantings in two different plots. Should we experience pest problems, generally one of the two sites has none or very limited problems. The first plot planted (planted 6/4/10) was already sporting young sprouts as early as Thursday, 6/10 (see inset picture). With the onset of warm summer days, these plants will soon be branching out and covering the field. More updates to follow.

Meet members of our crew... Last week we introduced Gene and Eli (check out Weekly Note #3 if you didn't meet these two yet). This week, meet Sarah Buck, of Crystal Lake, IA Sarah & I met in February 2009. Sarah had just recently returned home from an extended time traveling and working in

other parts of the U.S. She was ready to start her own garden/farming endeavor and I was thrilled to meet a young person with roots in our area committed to sustainable agriculture. Sarah is also passionate about growing the local food movement in north central Iowa. In fact, we and a couple of others are just

launching an effort to start a North Central Iowa Buy Fresh, Buy Local chapter. We'll have more on this topic later. Sarah's delightful laugh can be heard throughout the day and



she regales us with fascinating information she is learning about nutrition. She continues to grow her own garden, helps her brother farm, and is studying for an internet based Integrated Nutrition program on to her already full plate. Tim and I are so glad we were able to recruit Sarah for our summer crew where she always has a ready smile and quick attention to detail.

The farm/member partnership matters ... Locally

grown food matters and the numbers continue to add up. A study funded by the Leopold Center for Sustainable Agriculture reveals the economic punch of local food. This study looked at the impact of farmers in six states raising 28 crops in quantities enough to meet local demand. The results? If an ample supply could be grown regionally, it would spur \$882 millions in sales, more than 9,300 jobs and about \$395 million in labor income. Check for more information at www.leopold.iastate.edu.

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