



# The Weekly Note

Week of June 28, 2010

**In this week's box** – Lettuce/Spinach, Green Onions, Radishes, Snow Peas, Broccoli

*I often reflect how you eat the previous week's weather. The wet and warm weather of last has pushed a number of crops along, including our broccoli. What was planned as a succession of broccoli has matured as a cascade of broccoli with several beds coming ready all at once. Not to overwhelm, but to share the bounty you each are receiving two heads of broccoli this week. You'll want to feature broccoli at a lot of your meals or freeze some for this winter; a recipe and tips for freezing should help. We welcome a week of beautiful weather void of regular thunderstorm and more warnings!*

**Fresh for your kitchen** ... EOW members picking up this week may have missed last week's commentary on the nutritional powerhouse we have in broccoli. Check our website for those notes in Weekly Note #4.

**Recipe: Broccoli Tomato Salad** (adopted from a recipe by Sandy Block, Klemme member)

Cut up the broccoli into bite size pieces (not real small). Do the same with some of the snow peas.

Par boil 1 to 2 minutes. Put directly into ice water bath, drain. Set aside temporarily.

Cut up some tomatoes in fairly large pieces.

Survey what else is available in your refrigerator – cooked rice, pasta, hard boiled eggs, fresh herbs, Sprinkle with garlic salt.

Toss with some oil and vinegar dressing (see Weekly Note #1). Add cooked and cooled broccoli and peas Chill. Serve over a bed of fresh lettuce.

Tips for freezing a supply of broccoli - Prepare a pan of boiling water for blanching the broccoli. A *crock pot with a removable ceramic liner and then a drainer basket that fits down into the water works well here. We can easily submerge the broccoli and remove before it overcooks.*

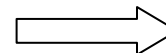
Prepare the broccoli by chopping into 2 in. pieces. Trim off tough outer layer or discard parts closer to the main stalk. When the water is boiling, submerge broccoli into the water for 1-3 mins, just until bright green color appears. Alternative: Set up to steam the broccoli. Follow remaining process

Pull out, drain, immediately put into ice cold water to stop any further cooking. Once cooled down, drain and pack into container or bag for freezing. To use this broccoli later, remove from freezer, thaw and use in soups, stir fries, etc.

**Direct from the farm...** The change in weather is opening up opportunity for progress. We are going to wrestle with weeds for a while. We have additional planting on our schedule this week also. We are beginning to feel the shift from early summer to mid-summer crops. This is the last week for radish and green onions. We are anticipating more lettuce, broccoli. This week we've been liberating cauliflower and cabbage from weeds. The plants, so relieved to have full sun again, look great.



**A teaser of what's to come.**



We are watching tomatoes form and grow. They look great and we project some supply should be ripening by late July/early August.

Meet members of our crew...Brian McGurk, one of



our key radish blaster masters (this is how we get them so clean), is a young man of many talents and lots of playful energy.

Brian, teaches Geography and Civics in the Clarion Middle School through the school year. During the

summer, he is a key member of our farm crew. Brian plays as well as coaches soccer, coaches volleyball and is active in the local Iowa River Players Community Theater. We love to hear stories of Brian's innovative teaching strategies and are ready to audit his class this fall. Brian also loves to spearhead zany stories from farm experiences. Monday the idea was to place a webcam on Lion's head (Lion is our farm dog) so we can travel into all the unknown places Lion investigates through the day. Tuesday "The Vegetable Liberation Front" concept was born (yes, we've been weeding a lot) – complete with T-shirts, theme music and a signature video. Brian may launch the idea, but he has lots of help expanding on the ideas from the other crew members.

Put a new spin on your July 4<sup>th</sup> celebration...

**DECLARE YOUR FOOD INDEPENDENCE THIS JULY 4.** For the second year, Kitchen Gardeners International is conducting "Food Independence Day" ([www.FoodIndependenceDay.org](http://www.FoodIndependenceDay.org)), a petition asking the nation's 50 governors and thousands of elected officials to

help declare their food independence by eating a locally sourced meal on Independence Day.

With support from the Institute for Agriculture and Trade Policy (IATP) Food and Society Fellows, the goal of the campaign is to educate and encourage consumers to source local and sustainable ingredients for their holiday meals. And, by requesting that their elected officials do the same, locavores are able to show, not just tell, officials why they think policy that supports local food systems is smart, healthy and patriotic.

The petition is accessible via [www.FoodIndependenceDay.org](http://www.FoodIndependenceDay.org) and asks elected officials to "Whet our appetites by publishing your planned menu in advance of the holiday. Share your recipes and the names of the local farmers, fisherfolk and food producers whose ingredients you'll be using. And, tell us why local food matters to you.

The farm/member partnership matters ...The "Art

of Cultivating Creativity is the title of a grant I'll deliver on Wednesday to the Iowa Arts Council in support of our Sunday, August 8 2 – 5 p.m. farm anniversary celebration But with this grant, we've been able to expand beyond just an anniversary celebration to an exciting partnership between the farm and local arts groups. We will use storytelling, music, a scavenger hunt, a potluck and many participatory activities to explore not only what this farm is all about, but how the creativity generated by farms such as ours play an important role in community vitality. Stay tuned for a report on the grant outcome.

**Mark your calendars now and plan to join us for**

**The "Art" of Cultivating Creativity**

**Sunday, August 8, 2 – 5 p.m.**

*Bring a dish to share, and table service*

*More details will come in later July*

**Contact us** at 641/495-6367 or [libland@peconet.net](mailto:libland@peconet.net) or

[www.ostgardens.com](http://www.ostgardens.com)