



The Weekly Note

Week of July 19, 2010

In this week's box –Green Beans w/ a bunch of Summer Savory (see recipe feature), Broccoli or Cauliflower, Kale, Walla walla onions, Zucchini, Tomato and Carrots (to WDM members)

Go Gourmet – Cherry tomatoes and Bok Choy

Herb share – Sweet marjoram

Fruit share – no fruit until September when apples come in

The farm is hopping with visitors this week. Graham Kerwin, of St. Louis, MO, is a young man visiting area farms to gather background for a high school senior thesis project on sustainable agriculture. Graham spent Monday and Tuesday at the farm digging right in. Tuesday we also hosted a group of Costa Rican students (pictured here at the wash station) as part of an exchange program between Iowa State University and the University of Costa Rica. I was a participant in this exchange program



in Feb. 2008 and visited farms in Costa Rica. Like Graham, our Costa Rican friends are sampling a wide range of Iowa agriculture during their 10 day visit to Iowa.

News flash!! Last week we received very exciting news of the award of a mini-grant from the Iowa Art Council in support of our Aug. 8 farm celebration! See the orange box on back page for details on this event. Riki Saltzman, DM member and staff with the Iowa Art Council, provided some helpful counsel during the application process.

News from the field... For the next couple of weeks we're inviting you along for a virtual tour of the farm starting with The Bin Hill gardens.

The **Bin Hill** is home to the beans, two of our three squash plantings, the rest of the brassicas (broccoli, cauliflower and cabbage), field tomatoes, eggplant,



peppers, herbs, beets, potatoes, and late summer carrots. It's a big plot. You'll also notice from the photo that chicken pens are located here too. The photo is looking south. South of our gardens is beautiful East Twin Lake, hidden by the trees.

Fresh for your kitchen ... Our onion crop looks great. This week's supply of sweet Walla walla onions are a treat to add to any dish. More to come next week. Green beans have come on strong and so too our Summer Savory (the herb sprig in your box) – enjoy these two items together. Broccoli or cauliflower make for great cold salads on these warm days. We begin the zucchini supply with a sampling this week. Tomatoes too are just beginning.

Recipe: Green Beans with Summer Savory (adapted from www.moscowfood.coop)

2 lb. fresh, young green beans, trimmed – *steam until tender and bright green, drain, keep cool until ready to eat*
4 tbsp. unsalted butter – *when ready to eat, melt butter, add*
2 tbsp. finely chopped fresh summer savory, or 2 tsp. dried savory – *to the beans, cook 1-2 minutes and serve hot, seasoned as desired with fresh ground black pepper*

Meet more members of our crew ...

We met Kat Lodge (bottom of the picture), her partner Terry and their friend Donna (top of the picture) several years ago as part of a Master Conservationist program. Kat, who lives in Clarion, has a love for gardens – in her backyard, Clarion’s community garden and our farm - and turtles. Last year she took on the part of Garlic Czar cleaning, sorting and organizing much of our garlic. Kat’s also key in produce washing and packing. This summer Donna has joined Kat, expanding our process help. When we get our farm blog going (really, we will) Kat’s sure to have some part in our creature features... especially the turtles!



The farm/member partnership matters ...

Our member site hosts are awesome! In Des Moines we have Teresa Tomka, of Kitchen Collage of Des Moines, Inc. and staff. In West Des Moines we have Patty Dornacker filling in this summer for Liz

Brennan who will be back in 2011. And this week Patricia Dale is subbing for Patty. In Belmond we’ve had Sharion Hinman. Christa Hanson, of Kanawha, relays several boxes from the farm to her home for pick up there. Becky Ahrendsen, of Clarion, handles Clarion deliveries, Kathy and Randy Ingram, host the Garner site. Murielle and Dean Hess lend us their beautiful porch for the Clear Lake site. Dave and Laura Bernemann watch over the Mason City deliveries. These members not only provide the space for delivery pick up, but answer member questions and provide follow up if needed. **Many thanks to these generous folks for helping in such an important way!**

The Art of Cultivating Creativity

on Sunday, Aug. 8, 2 – 5 p.m.

**This celebration of
the farm’s 15th anniversary**

Come experience the best of Community Supported Agriculture

**Music, storytelling, a scavenger hunt,
a fabulous potluck** more music, more stories.
Featured musicians: The Porch Stompers, of Ames

Want to be involved? Volunteer opportunities include lemonade prep., table decorating, parking, potluck receiving and setting up, scavenger hunt hospitality, and clean up – don’t be shy!

*Sponsored in part by the Iowa Art Council, Practical Farmers of Iowa,
The Belmond Area Art Council, and Clear Lake Slow Food.*

(Potluck - Bring a dish to share and your eating ware. Beverage provided.)

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