



The Weekly Note

Week of July 26, 2010

In this week's box – Green beans, Yellow Wax beans, Tomatoes, Zucchini, Cabbage (Red or Green), Cauliflower or Broccoli (last supply for a bit). Sweet corn with Thursday deliveries

Go Gourmet – Eggplant, Chard, Cherry tomatoes

Herb share – Rosemary or Flat leafed Parsley

This week finds us half way through the delivery season – amazing! We will soon be picking from the 3rd bean planting, the cucumbers will soon be coming on strong. Peppers are forming, but it will be just a little bit longer. The sweet corn will miss this Wednesday's delivery, but will be in this Thursday delivery. We will have it for next Wednesday, August 4. There are so many good vegetables, sometimes it's hard to know where to begin. The recipe of the week is a great way to combine many of them together.

A little housekeeping: We've seen a little drop off on box returns recently and want to encourage our members to keep up the good return rate we've seen earlier this season! We really appreciate your effort to return the boxes. When returned supply gets low we have to dig out brand new boxes which takes extra time that would be better spent with the vegetables. Thanks!!

Fresh for your kitchen ... We've had a great cabbage harvest and are sending along red or green cabbage today. The cauliflower

may need a trim here or there, but is a delightful addition to stir fries and curry dishes.

Recipe: Chana Masala

2 med. Onions, chop

2 lg. Cloves Garlic - *sauté in olive oil, add all other ingredients*

Curry Powder

3 Tomatoes, chop

3 ½ C. cooked and drained Chick peas

Add other vegetables as you have available

2 T. Lemon juice

1 t. Salt

Fresh Black Pepper

1 can Coconut Milk – *simmer until all vegetables and juices are well combined. Cook down to thickness of your desire. Season to taste. This is delicious served over steamed squash.*

News from the farm...

The transformation you are seeing in your vegetables reflects our summer's progression. The gardens too are undergoing transformation. As early crops are done, Tim has mowed beds

off and tilled them up in preparation for planting of cover crop. The **Hill garden**, peaking through the shrub row here, has been the source of your greens broccoli, cauliflower, cabbage, kale, bok choy and chard. You can see some open beds that have already been tilled in preparation for cover cropping.



Partnership matters ... Several years ago Wheatsfield Cooperative Grocer in Ames began to hold some producer

meetings in the winter as part of their commitment to support local growers. This kind of outreach and support has not been as forthcoming from potential buyers in our immediate area and



we were interested. We find ourselves in Ames area in the fall and winter for meetings so deliveries seemed a reasonable addition to those trips. We went to the producer meeting and found they

(Adam taking video of winter squash)

could use a larger supply of winter squash. We've also provided some other items, but winter squash is definitely the most significant. That meeting began a relationship that continues to grow. Just Tuesday of this week Adam Calder, Produce Manager of Wheatsfield visited the farm to

get background for an article that will be featured in their September newsletter. Adam was even taking video that they'll use to continue telling the story of the producers that supply for them. Wheatsfield has recently moved into a new, larger store space and with that has been able to expand all of their sections, including produce. Last year we sold 1,300 lb.s of winter squash. This year, our target is 2,000 lb. The plants look good and we expect a good harvest.

I'll explain about our squash project with ISU in next week's note.

Contact us at 641/495-6367 or libland@peconet.net or www.ostgardens.com

Meet the final crew members... The Leckrone boys (Levi and Luke) began working here at the suggestion of their friend Christa Hanson (whom we featured a couple of weeks ago). This summer Liz joins her brothers. These three are always at the ready with any task we request. They live directly across East Twin Lake from us to the south where their family manages Pheasant Run, a hunting business. They have a busy household and have just welcomed a new baby into their family last week!



(Pictured: sister/brother - Liz and Luke)

Always wanted to visit the farm?

Sunday, Aug. 8, 2 – 5 p.m. Is your prime opportunity
The Art of Cultivating Creativity

Directions to the farm:

From the **North:**

South on Hwy 69 at Garner to B55 (Klemme)
W. on B55 3 miles, S. on R56 5 miles
W. on 120th St. 1 ¼ miles

From the **South:**

5 miles N. of Belmont on Hwy 69 to Goodell,
W. on B63 3 miles, N. on R56 1 mile,
W. on 120th St. 1 ¼ miles

1465 120th St., Kanawha, IA