



2018 Weekly Note Week of August 27

This begins our
Late Summer Share,
through week of Oct. 9

This week's box contents:

Kale or Chard
Chinese Cabbage
French Green Beans
Zucchini
Yellow Summer Squash
Big Beef/heirloom Tomatoes
Green peppers
Red, Sweet Peppers

Farm Snapshot

Welcome back to **The Weekly Note**. After a hiatus of six weeks, I'm ready to share more farm news.

Ah – from the grounded perspective of weeding carrots to the mountain top view near the Continental Divide in Rocky Mountain National Park – that's the farm snapshot since early July in a few words.



We've been both working and playing while deliveries continued thanks to North Iowa Fresh Bounty Program. We've been harvesting some of the longer storing items



such as garlic, onions, and have gotten a start on the potato harvest. We've been weeding – the story of many a garden and planting our fall greens!

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City
Wednesday: Clarion, Belmond, Farm

Farm Contact:

Jan or Tim, 515/851-1690, libland@peconet.net

Fruit Share Update – The next Fruit Share item to be delivered is RASPBERRIES. We will have two deliveries, half pint each time.



We are expecting first delivery week of Sept. 3. Stay tuned for confirmation update.

In the Box **Featured vegetables of the week:**

Chinese Cabbage We added Chinese Cabbage to our vegetable list a couple of years ago and I just love it. When you get a hankering for greens, yet the hot weather has made access to good lettuce challenging, along comes Chinese Cabbage – crisp and sweet and full of cooling, filling green needs as well as tough enough to stand up to cabbage slaw type recipes. I love, love, love it and think you will too! We supplied the Chinese cabbage in last week's North Iowa Fresh delivery and have another supply for this week.

It is not, which may surprise you, a nutritional knockout, however, but offers plenty of water, fiber, and very few calories. It should keep for up to two weeks in your refrigerator – giving you plenty of time to try it in traditional as well as nontraditional ways. It's so versatile – raw, cooked.

So hard to focus on just one vegetable this week as we're in that season where there is so much that is so good to eat!! So – I had to include two recipes – yum!



Recipe Spotlight

Chinese Cabbage Salad *(from Asparagus to Zucchini)*

- 5 C. chopped Chinese Cabbage
- ¼ C. sliced/shredded radish (if available)
- 1 ½ C. Chow Mein noodles (crunchy ones)
- 1 C. crushed peanuts
- ¼ C. Sesame seeds (black if available)
- 1 C. shredded/chopped, Carrot, Apple, other

Toss together

Dressing:

- 2 T. Rice wine Vinegar
- 4 T. sesame oil
- 3 T. soy sauce
- 1 T. honey
- ½ - 1 t. dry mustard

Mix, toss with vegetables to suit your taste. Serves 6-8.



A recent farm lunch: Chinese cabbage slaw, naan bread topped with humus, topped with fresh salsa, topped with chopped chard. **Summer is so delicious!**

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Spotlight: Spring Share Member Survey Results

We had 17 members who completed our Spring Share Survey and overall the chart at the right seems to sum up responses.

The key word here is “overall” and while this pleases us farmers, a little further digging is illuminating.

The less familiar vegetables including Bok Choy, Chard, Mustard greens, Salad Turnips, Kohlrabi, and Garlic Scapes were also the vegetables that did not get used as well and had some variation on quality remarks. Some Green onions, Broccoli, and Kohlrabi got some quality demerits for a couple of members. We were aware that some of our last green onions may have come with a thick stalk or that our kohlrabi may have been fibrous. I’m not sure about the broccoli concern. It’s a good opportunity to remind members, if you have any problems, please do contact us.

I was really pleased at the results of the question that asked how well members used the vegetables. Overall, the majority reported they used 75% or more of the supply provided! Our members were “eating their vegetables!” Again, where supply was underutilized was mostly those vegetables that were identified early in the survey as less familiar.

The Weekly Note got good marks with 94% indicating they read it!! Delivery sites seem to be working very well and comments that came through thanking our dear site hosts for their hospitality are very much deserved!! A remark about the mid-season delivery shift from Tuesdays to Wednesdays is understandable – changing that schedule was a bit confusing and I’m hoping the shift back to Wed. from Tues. this week goes smoothly.

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With a bit of pent up pepper supply here, we’ll be sending along some nice big green peppers and some of our red peppers that have been coloring up – all are sweet. I love **Pepperonata** as a delicious way to use a lot of peppers. It goes so well with humus, pita or naan bread or try it along side grilled meats!!

Pepperonata

3 red bell peppers and 3 green bell peppers, *core and slice into lengthwise strips.*

2-3 Onions – *about 3 C., long strips* 2 T. red wine vinegar

2 T. Olive oil 2 fresh tomatoes, *chop*

Salt and pepper to taste 1 t sugar (optional)

Heat oil in large skillet, add peppers and onions and sauté on medium heat, until tender and lightly browned. Add in tomatoes and vinegar, cook another 5-10 minutes/until the liquid has evaporated. Add salt and pepper to taste. Add sugar if desired. Serve hot or at room temp. Covered in refrigerator, this dish will keep for about 1 week. Allow it to come to room temp before serving.

Please rate your overall satisfaction with the quality of produce you have received

17 responses



Here are a couple of the comments provided along with the survey:

- *It's fun to try new veggies but sometimes one week of them is plenty. But I understand you're trying to please the masses and not just our family.*
- *As a new member the weekly email and note are very helpful.*
- *I am so happy :)*

This feedback is really helpful and our thanks to those who took the time to respond. We are pleased that the results reflect so positively on the hard work of our crew here at the farm all the way through to our site hosts!

Food for thought: Wrapping up our Farm Member Program in 2018

This is the week for us to formally announce that 2018 will be our final year to offer Farm Membership. We are extremely grateful for the loyal support we've had from our members over the years. Without you there would not have been OSTG. Our survey suggests we've done some things right and...you are eating your vegetables! We sure hope that won't stop and we're glad to have provided many members an opportunity to get introduced to



North Iowa Fresh Bounty Program over the past six weeks. It is our hope that you will shift your membership to North Iowa Fresh Bounty as you plan for your local food in 2019. Specific details about the Bounty program for 2019 will be coming later this year. A Field Day about North Iowa Fresh Bounty will be held Sunday, Sept. 23, 2:00-4:30 pm – more details will be coming. Mark your calendars and come along to meet the producers, NIF Broker, aggregation partners, and some of the others who have enjoyed the Bounty program this year.

This has been a 23-year journey and so much, on so many levels, has happened through our farm and through the local food movement over these years. Watch in coming Weekly Notes for some photos to provide a historical review of some of the highlights.

And to top it all off, we want you all to **[come celebrate with us on Saturday, October 13, 4-6 pm at Café Mir in Fertile, Iowa.](#)** Café Mir prides itself on sourcing as much local as they can and they are regular customers of North Iowa Fresh. The farm will treat its members to pizza (their wood-fired pizza is some of the best in North Iowa) and some side dishes. Beverages will be available for purchase on site. **[We are asking for pre-registration](#)** so we can coordinate with the chef at Café Mir on food quantity we will need. **[Please sign up by September 28](#)** through this Eventbrite link:

<https://www.eventbrite.com/e/one-step-at-a-time-gardens-member-celebration-tickets-49536900202>

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We aren't done quite yet, however. This week marks the start of our Late Summer Share providing a full 7 weeks of deliveries and concluding the week of Oct. 9. After that we have the Thanksgiving Share in November and Winter Delivery in December.

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