



# 2018 Weekly Note

## Week of October 1

## Farm Snapshot

Top of the road! Yes, as of Sunday, we could see the top of the road going west from the farm and could actually drive out.

Yahoo! That is after making delivery by canoe Tues and Wed. last week. By Friday, we had gotten to that awkward stage of water being too shallow for effective canoe and kayak transportation yet still enough water that we had needed our high boots. So now we have more ready access to the outside world.



### **This week's box contents:**

- Spaghetti squash
- Delicata Squash
- Big Beef/heirloom Tomatoes
- Green peppers
- Red or Yellow, Sweet Peppers
- Broccoli
- Carrots
- Red Potatoes
- Leeks
- Garlic
- Lettuce
- Spinach
- Mixed mustard greens

**FRUIT SHARE:** Apples



In the meantime, life continued chugging along on the farm and winter squash harvest was a top priority. Wednesday we got it all complete. The flatrack is full and we can simply pull off what we need and wash it up at our convenience. Another yahoo!

We also buttoned up the hoophouses in preparation for anticipated cold Friday night with possibility of frost...which we did not get, but we're prepared now.



### **Delivery schedule:**

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

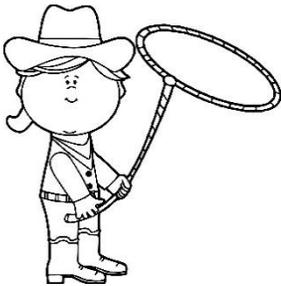
### **Farm Contact:**

Jan or Tim, 515/851-1690, [libland@peconet.net](mailto:libland@peconet.net)



**Total 2018 crop harvest to date: 9,200 lb.**  
2,700 lb of that was last week's winter squash harvest  
We still have carrots to come.

Yes, carrots! We have finally begun our carrot harvest. We are digging by hand at present as soils are too wet for tractor bed lifting and it's a slow process. We are hopeful that we'll catch a dry window here in later Oct. Fingers crossed. We expect we will get the carrots harvested, but we are struggling to get the quantities we need for these last two deliveries. To compensate being short on carrots, we are upping the winter squash delivered in the next two weeks.



**ANNUAL BOX ROUND UP** – Yee, Haw! You'll notice we are using paper sacks for this week's delivery and will do so again next week. Please be sure to return any lingering boxes over the next couple of weeks and bring those doggies in!! Thank you!!

#### PARTY TIME!

**Last call for the Oct. 13 OSTG Party!** Sign up by Wed., Oct. 3 to join us by going to this link

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

Use this passcode – **ostgparty**. Please join us!

Our end of CSA party is set for Sat., Oct. 13, 3-5pm **NOTE:** the time has shifted one hour earlier.

We will be enjoying a couple of salads, lasagna, and pizza. Members will need to purchase their own beverages. Come hungry and ready for a fun celebration!! We've eaten at Café a number of times and their food is wonderful. Plus, they are one of North Iowa leading restaurants in featuring a local food based menu.

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## In the Box Featured vegetable of the week: Leeks & Squash



Leeks are in the onion family. They are milder and more refined in flavor than onions, and produce a pleasing aroma and sweeten as they cook; no tears when cutting a leek. To clean – remove green tops to within 2 inches of the white section. Cut leek in half lengthwise and wash thoroughly to remove grit and soil between the layers.

Leeks may be eaten raw, chopped into a variety of salads, broiled whole – try braising or baking. Thin slices are great – try a leek, tomato, melted cheese sandwich. Chop them into quiches, egg dishes, casseroles, stews, soups, stir fries. Leeks store well in a plastic bag in the refrigerator and should last up to 2 weeks or more...just don't forget them as you'll come to really enjoy working them into all your dishes.

**Delicata squash** – This winter squash is beautiful and makes a great single serving dish – bake or steam as you would any other rich, fleshed winter squash. Perfect for tonight's supper. These are not long storage squash and we know a few we are delivering have some minor blemishes. We encourage you to use these up within the next week or two.



## Recipe Spotlight: Spaghetti squash salad with citrus dressing (Source:

*Serving up the Harvest*)

1 Spaghetti squash



Ingredients

1 Spaghetti squash, 3 ½ lb., halved lengthwise – *place halves in large pot, cover with water and bring to boil until just tender, 12-15 min. Drain well and let cool. Meanwhile, combine*

3 T. canola oil

2 T fresh lime juice

2 T fresh orange juice

1 T. fresh lemon juice

½ t. fresh lime zest – *wisk well. Season with Salt & ground pepper*

*When squash is cool enough to handle, scrape out the strands of squash with a fork. Toss, pat dry, add ...*

1 carrot, grated

1 C. flaked almonds, toasted

3 scallions, white and tender green parts, chopped or 1/3 C. diced sweet onion (or Leek)

2 T. fresh Cilantro, chopped

2 T. fresh mint, chopped – *Toss again. Pour the dressing over the salad, toss well. Taste and adjust the seasoning.*

*Let salad stand for at least 30 min. to allow the flavors to blend. Serve at room temp.*

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## Spotlight: Another community local food celebration

Clear Lake Central Gardens will be holding a Family Fun Food Festival this Sat., October 6<sup>th</sup>. Join this celebration of the bounty of our locally-grown food at Central Gardens in Clear Lake...

Enjoy hot, homemade soups made with fresh, local ingredients. You bring: Potluck dish to share - local ingredients are encouraged! (side dish, bread, salad, appetizer or dessert), Lawn chairs or picnic blanket, Your own place setting and drinks.

There will be yard games, folk music (by Dave Morris and Friend) and gift drawings! BIG Thank You to CL Tel for the generous music sponsorship, Furleigh Fruit & Vegetable Farm for the pumpkins and gourds for the center pieces, and to Central Gardens of North Iowa for being a great partner. For more details: <https://www.healthyharvestni.com/events/family-fun-fall-feast/>

## Food for thought: Life Without a Farm Bill: Expiration Day Arrives

(Excerpted from National Sustainable Ag Coalition website)

October 1, 2018



On Monday, October 1, the thing that family farmers, sustainable agriculture supporters, and farmer advocates across the country have been working over a year to prevent happened: the 2014 Farm Bill expired.

What does this mean?

Without a resolution on a new farm bill or a farm bill extension, USDA will lose legal authorization to fund conservation programs, and a host of other "tiny but mighty" programs that support a more sustainable food system will screech to a halt in terms of new

funding and grant opportunities for fiscal year 2019. North Iowa has benefited from several "tiny but mighty" program grants to help grow the North Iowa local food system.

The focus of advocates must now shift to trying to help pass a good, bipartisan 2018 Farm Bill later this year. The **National Sustainable Agriculture Coalition (NSAC)** is an alliance of grassroots organizations that advocates for federal policy reform to advance the sustainability of agriculture, food systems, natural resources, and rural communities. They have been a leader in advocating for a good 2018 Farm Bill and will be a key player keeping the pressure on Congress to finalize a bill ASAP.

"Though [the lack of a 2018 Farm Bill was] disappointing", the NSAC site continues, "it is *not* the end of our fight for the farm bill. We have been in this scenario before and still come out with major wins for America's family farmers and rural communities, and by working together and not losing steam we can do so again in this farm bill cycle." As someone who clearly cares about local food, we encourage our members to be part of that conversation.

To continue to follow this and other important sustainable ag discussions, visit the National Sustainable Ag Coalition website: <http://sustainableagriculture.net/>.

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