



2018 Weekly Note Week of June 25

**NO DELIVERY NEXT WEEK
DUE TO JULY 4**

This week's box contents:

Spinach
Kohlrabi
Carrots
Radish
Green Onion
Garlic scapes

FRUIT SHARE: 1 Qt. Strawberries

Farm Snapshot

Oh my gosh – I just reread my concluding comment in this section from last week... “now it can rain” Famous last words. Oops – wasn't meaning as much rain as has fallen in this past week, however!!

Seems the only appropriate photo from this past week is of a cloudy or rainy day. We've been nipping in and out of the field around persistent rains. We worked in the hoopouse - clearing out some of the spring crops that are done – such as lettuce & turnips so the hoopouse is opening up a bit.



Winter squash – got their first cultivation during a rare break when the soil was dry enough. They are thriving in warmth and ample moisture. If we can manage the weeds, it won't be long and they'll be “canopying” their beds, shading out the weeds.



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Farm Contact:

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

We're making progress with our carrots. First planting of carrots is up and has been cultivated once. Second planting of carrots was planted Monday afternoon, just ahead of a ...timely rain. First planting carrot sprouts poked their way through the burlap we use to help with germination. Timing of burlap removal is key. At this stage they slip right back through the burlap which we moved on to the second planting. Six beds (250 ft each) have been planted so far. Two more to go.



Fruit Share Update – This is the **second and final** of the

strawberries for our Fruit Share members. They've been delicious and go so well with spinach!



We expect **blueberries** for the next fruit share item. These should be coming right after our July 4 break so stay tuned. There will be one delivery of 1 quart.

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

Spinach is another crop with historical roots from the Middle East, related to beets and chard. The first record of spinach cultivation dates back to Persia, 2000 years ago. Spinach is 80-90 percent water but packs a nutritional punch with high levels of chlorophyll, vitamins A and C. A great source of valuable minerals, but our bodies have a hard time assimilating them due to oxalic acid levels that bind naturally occurring calcium, preventing its absorption. Cooking spinach (as long as it's not overcooked) breaks down the oxalic acid, increasing spinach health benefits. One half cup cooked spinach will give you three times as much nutrition as one cup raw spinach.



Salads, egg dishes, smoothies, sandwiches, burritos, tacos. With all these delicious ways to enjoy spinach, it's not likely to last long in your refrigerator!

Spinach dressing - spinach and it goes especially well with strawberries and here's a great dressing to use! $\frac{3}{4}$ C. sugar, $\frac{1}{2}$ C. red wine vinegar, $\frac{3}{4}$ C. vegetable oil, $\frac{1}{2}$ t. paprika, $\frac{1}{2}$ t. salt, 2 cloves garlic (minced). Mix well, store in the refrigerator until ready to serve.

With the heat, we had smaller broccoli supply and quick end to lettuce last week. This week we are reintroducing **carrots** to help make up some of this short fall. **Radish** seem to have hit a peak week – oh, my, that's a good-sized bunch! **Tips:** try them in stir fry, roasted, add radish greens to salads, chop and add to a potato salad for a peppery crunch. Trimmed roots will store for several weeks. This will be the last week of **garlic scapes**. They do store really well in the refrigerator and even the freezer. Try roasting them with potatoes – yum! We hope to have cauliflower in our box after the July 4 break.

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Recipe Spotlight

Chicken or Tofu Stir Fry (Simply in Season) - Quick and easy and flexible (great way to use lots of different vegetables)...delicious! We've had this several times this past week.

Sauce:

¾ C. broth

3 T. soy sauce

2 T. brown sugar

1 T. sesame oil

Whisk together in small bowl, Set aside.

Protein:

1 lg. chicken, or 1 block firm tofu (brine for 30 min, covered in water with 3 T. salt – drain and rinse before proceeding).

Dredge brined tofu with cornstarch, in large frypan over medium- high heat, sauté tofu in small amount of oil until meat is cooked through or tofu is lightly browned. Remove protein.

Veggies:

2-3 C. fresh veggies (carrots, broccoli stems, turnips, radish, onions, peppers, chard.

Cut to uniform size for even cooking.

Add to fry pan, steam until brightly colored and just tender. Add sauce mixture and bring to a boil, stirring. Reduce heat and simmer until sauce thickens. 3 minutes.

Serve veggies and sauce over Rice or pasta, top with chicken or tofu and green onions.

Serves 4-6.

1 T. sesame seeds

1 T cornstarch

2 † Ginger root (peeled and minced)

1.5 †. Garlic (minced)

Spotlight: Carbon Dioxide Levels Impact Plant Nutrition

While we do a lot of work here to assure you get the highest quality, nutritionally dense products, last week National Public Radio had an intriguing report on what changing levels of Carbon Dioxide might have for plant nutrition.

“Mounting evidence suggests that many key plants lose nutritional value at higher CO₂ levels, and scientists are running experiments all over the world to try to tease out the effects.,’ they reported. Rice is a primary food source for more than 2 billion people.

Across the different types of rice, they observed average decreases of 10 percent in protein, 8 percent in iron and 5 percent in zinc. Four important B vitamins decreased between 13 and 30 percent.

“Most of the food crops that we consume showed these nutrient reductions,” says Harvard's [Sam Myers](#), who studies the impact of climate change on nutrition.



Rice within the octagon in this field is part of an experiment to grow rice under different levels of carbon dioxide.

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"Under what circumstances would this be a big problem?" Most likely, he says, it would be in situations where someone is "living relatively near a threshold of nutrient insufficiencies, so you're just barely getting enough of that particular nutrient." And secondly, it would more harmful when that person gets a meaningful amount of a nutrient from the crop that's losing nutritional value.

"There's a lot about this that we don't understand yet," he says. "And the need to understand this in terms of the potential implications for food quality, and of course for human health, are imperative."

Food for thought: Know your farmers...in July

One Step at a Time Gardens (OSTG) is able to provide our farm members continued deliveries from mid-July into mid-August – when we will be taking a bit of a break - thanks to partnering with North Iowa Fresh (NIF). This young food hub business launched a food box program – North Iowa Fresh Bounty – this season. OSTG is a producer member of NIF and will contribute some product, but most of the product will come from other NIF members.



The boxes are packed at our aggregation site – One Vision, in Clear Lake. OSTG will continue to handle deliveries. The Weekly Note will shift to the Bounty Briefing during this time as well. You should hardly notice a change...except for a delivery day shift for our Garner, Clear Lake, and Mason City members – we do have to make a shift from Tuesday to Wednesday.

North Iowa Fresh is the outgrowth of market development work, led by Healthy Harvest back in 2013, and began sales in 2014. NIF involves 15 local producers from Wright Co, to Floyd Co. NIF is an important cog in North Iowa's growing local food system. The "one stop shop" model of the business makes it easier for buyers. North Iowa Fresh has played a part in the opening of two restaurants - Fieldhouse in Clear Lake and Café Mir in Fertile – focusing on Farm to Fork menu and will be supporting Farm to School sales which are expanding in our area. We are excited about this opportunity to share the NIF experience with our members and get support for our mid-summer break while keeping the fresh coming to you!



NIF will host a field day on Sunday, Sept. 23, 2-4:30 pm. Mark your calendars and plan to come to get the full story of this budding North Iowa local food business and their many partnerships! More details will be coming.

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