



2018 Weekly Note Week of July 9

Farm Snapshot

Before....and After our July 4th break...here are some snapshots of the fields we've finally been able to help transform.

This week's box contents:

- Spinach
- Chard
- Kale
- Carrots
- Kohlrabi
- Green Onion
- Beets

FRUIT SHARE: 1 Qt. Blueberries

PEPPERS...WEEDED



BEETS...WEEDED



HERBS...PLANTED

After what seemed like perpetual interruption with rain, we've had a significant break in the precipitation.

We found the peppers & the beets, planted herbs, summer squash, french beans, the last round of carrots, and worked on weeding in the winter squash. Special thanks to Mary Sue Kislingbury, Mason City member, who spent a morning helping with the planting.

FRENCH BEANS...SPROUTING



**SUMMER SQUASH
...SPROUTING**



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PLUS...we got the hay cut, baled and loaded into the barn. Yes, Sass will have something to eat this winter!! Friends, Alana and Ethan Evelsizer, joined Tim on the rack and got pretty proficient with their hay hooks. They were troupers and not only helped on the rack, but helped load and stack bales in the barn. Their parents Andrea and Vince were also great help. Oh, so much progress!



FARMERS IN TRAINING....

Fruit Share Update – We are especially pleased to be able to bring you blueberries as part of our Fruit Share this year. The berries come from The Berry Patch, near Nevada. Becky and Jon Ahrendsen, Clarion pick up site hosts and good friends, joined us for some blueberry picking. We were surrounded by beautiful and tasty, ripe blueberries! We brought our own supply home and got pre-picked for our Fruit Share (that's too many for our picking speed).



Next fruit expected for the Fruit Share is either Blackberries or Raspberries. We'll keep you posted.

In the Box **Featured vegetables of the week:** This week's box is the final box from OSTG's spring planting. What's notable on this end is what's NOT in the box. We had hoped to feature cauliflower, but the plants are being pretty pokey on maturing. If they do produce, they are scheduled to be part of the Bounty Box. You may get some yet. As for using any of this week's greens – try any of the recipes featured in our Food Book, pages 8-11, <http://ostgardens.com/docs/yr2018/OSTGFoodBook2018.pdf>. The Savory Green Onion Noodle Cake on page 6 is also a tasty dish.

Recipe Spotlight

Pickled veggies on Naan Bread – this is a concoction of several recipes we put together to use up our cabbage over last winter. I don't remember if we saw some inspiration on a cooking show or what. With kohlrabi, carrots and beets all in this week's box, this came to mind as a tasty dish. Also – refreshing on hot days. Preparation takes a little bit of time, but with all the ingredients on hand, it is an easy lunch or light supper to pull together quickly.



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Naan bread

2 t. yeast, 1 t. sugar, ½ C. warm water – mix and let “proof” – awakens the yeast until it’s bubbly
¼ C. vegetable oil, 1 egg, ¼ C. plain yogurt – mix and set aside
2 ½ C. flour, ½ t. salt – mix - Mix wet and dry ingredients together. Knead until smooth. Set in bowl with cover and let double in size. Once doubled, punch down and divide the dough into 12 equal parts. Roll the dough balls out to about 5” diameter. On hot skillet, cook the Naan. When the dough gets bubbly, flip to the second side. You’ll want the sides lightly browned. When one is done, set it aside under a teatowel to keep it warm and moist while you cook the remaining breads. Let finished Naan bread cool.

Humus

4 C. cooked Garbonzo beans (if dry – soak overnight, rinse, cook with plenty of water until tender and “mashable”) – reserve the cooking water to use in blending if needed.
½ C. Lemon juice, ½ C. Tahini (sesame seed butter), ¼ C. Olive oil, 3 cloves Garlic (or equivalent chopped up garlic scapes), salt and pepper to taste. Puree in blender until smooth.

Pickled veggies:

Kohlrabi, peel, dice and grate (use grating tool with food processor)

Carrots, grate

Beet, grate

Toss with:

½ C. vinegar

¼ C. water

3 T honey

1 t. salt

1 t cumin seeds (or pinch ground cumin)

1/8 t ground cloves

Boil to dissolve salt. Remove from heat and add grated veggies – let cool. Store overnight in refrigerator for best flavor.

Yogurt Sauce:

1 C, plain yogurt

1 T. lemon juice

Whisk together in small bowl, Set aside.

To assemble: Layer a piece of cooked naan bread with humus, top with pickled veggies, top with dollop of yogurt sauce. Yum!

Spotlight: The Vegetable Box Hand Off (for the next 6 weeks)

As you move into the next 6 weeks of our deliveries, it’s kind of like a track relay handoff. We’re putting you in the good hands of North Iowa Fresh. We will continue to handle the deliveries, but the veggies and newsletter will be coming from North Iowa Fresh producers.



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You will experience a quick shift to summer vegetables. Based upon their delivery this week, you should anticipate green beans, zucchini, cucumber, tomato and more next week.

The newsletter you get (will be forwarded from our email just as it is now) will be the Bounty Briefing. Each week the Briefing will highlight a North Iowa Fresh producer, include an overview of box contents, featured recipe suggestions and nutrition tips, and more. The whole experience should be quite familiar to our own program and a very smooth transition...just like a smooth hand off.



Food for thought:

Spring Share Feedback – Before you forget about your past seven weeks of deliveries, we are asking for some quick feedback. Please take a few minutes and complete the member survey at this link: <https://goo.gl/forms/LoY5n2YE9nosvTbD2>
Thank you in advance. Your feedback is important to the farm.

What are Jan & Tim doing over the next 6 weeks?

While deliveries continue and most of the crops come from other producers, just what are we going to be doing?

Farm projects - While we did make progress on some weeds, we didn't get them all! July provides us a good opportunity to get caught up. There's also garlic to dig and hang to dry.

Technical support for North Iowa Fresh Bounty Box Program - We are providing some technical assistance to this pilot effort of the Bounty Box program so Tim will probably spend a little time in Clear Lake during the produce preparation and/or box packing.

Time in Colorado – This break from deliveries has helped us meet a family goal to get off the farm in the middle of summer. Fortunately, Jan's mom spends a piece of time in Colorado and invites family to come visit. So we will be out of town at the end of the month drinking in that delicious, crisp, piney air. Becky, our wonderful crew member, will be handling deliveries for us in our absence. Jan will be hunting for her favorite mountain wildflower – Elephant's head – on our hikes!



Farm projects – After a week away from the farm at the end of July, we suspect there will be a number of maintenance tasks to tend to.

Another side trip - This year our break is extra-long at six weeks. We're hoping we might squeeze in a bike/camping trip into MN in August. Fingers crossed. Time will tell.

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