



# WEEKLY NOTE Week of July 25th, 2016

## Summer Share Deliveries Begin week of August 1!



Late Saturday, July 23, we returned from a wonderful trip to Rocky Mountain National Park. We enjoyed this apline walk as well as many other hikes. This week we turn our attention to the final leg of preparation for next week's start of our Summer Share deliveries with some planting, weeding, and harvest of crops such as potatoes and onions.

We so appreciate your support of our split season. Several farming colleagues have asked us if dropping July risks losing farm members. The proof is in the membership, and we haven't seen the fall off. Thank you for continuing to support us. The mountain top break does us a world of good! And in return, it

helps us do a better job of farming for you!

At our first farm review Sunday morning, we were pleased to find the farm is pretty good shape. The weeds had not gone wild in our absence. The rain had kept the plants well watered to weather...the weather. Due to heavy rain mid week, however, we do have some repairing to do to our covered broccoli, but the majority look good.

We did not regret missing Iowa's high temperatures last week. While Iowa posted highs in the 90's, we put on several layers to brace against the 50's and high winds of Trailridge Road - one of my personal favorite spots. It was not that cool at all altitudes, nor ever5-()0e3ewes,u evigh-T 0 0 1 350.83 165.5 Tm (f)8( )-3(90)-55(f

we now need to keep an eye on them and harvest regularly. Cherry tomatoes (oh, so sweet!) are ripening and will begin to fill our Go Gourmet shares (if you didn't order one, there's still time!), large tomatoes are just starting to color and the hoophouse is full so when they come, we'll have a good supply.

## Food feature of the week

Traveling with Jess and Katrina was a delight. Not only fun to hike together, but also fun to sample some of their cooking. They took over on meal preparation several evenings and introduced us to a couple of really delicious dishes including Roasted Tofu Caesar Salad.



### Roasted Tofu Caesar Salad

**Extra Firm Tofu** - drain, cut into small cubes, marinate in your choice of seasonings and/or sauces (20 minutes or so). Roll in flour or corn meal, fry until crispy.

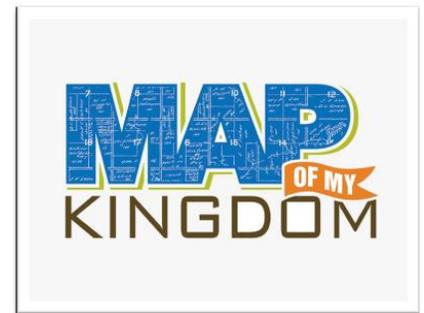
**Salad** - your choice of veggies - whatever is in season, tossed with a Caesar salad dressing. Toss in the roasted tofu.

Really delicious!

I'm on the hunt for a homemade Caesar salad dressing. If you have one, please share!

## Upcoming Play about Land Transition

I'm going to give this play one more plug. *Map of My Kingdom* will be presented this Friday, July 29, 7 pm at the Clear Lake Art Center (17 S. 4th St. ). This is a thoughtful play about the very serious issue of land transition that Iowa is facing as our farmers age. Commissioned by Practical Farmers of Iowa and created by Mary Swander, Iowa's former Poet Laureate, this one-person play, followed by a panel discussion, is sure to stimulate discussion. Play is free and open to the public. We hope to see some of you there!



## Soil & Soul - *Generational transfer of the love of the outdoors*



The *Map of My Kingdom* is all about the generational transfer of farm land and farms. Taking our July Colorado break reflects a generational transfer of a love of the outdoors. My mother's love of the mountains, which began around 1947, during a family trip, continues to provide a valuable recharge during her July stay. At 85, she is an amazing example of energy, enthusiasm, and commitment to live well. Farming has offered us a daily opportunity to live out a love of the outdoors, but we have often missed summer outings to instill this love for "wilderness" in our kids. Single parent led trips quickly proved to be less than satisfactory, and for a number of years we opted for more for late fall and winter outings. Now our July break allows us to enjoy summertime in the great outdoors without a task list at hand. What a treat to enjoy that with both my mom and our daughter!

### Weekly deliveries Mid May to early July and August to September

**Tuesdays** – Mason City, Garner, Clear Lake

**Wednesday** - Belmond, Clarion, Farm

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