



WEEKLY NOTE Week of Nov. 7, 2016

THANKSGIVING SHARE

Fresh from the Farm

Immediately after our last Fall Greens Share delivery we took a dive to the underworld to finish up our root crop harvest - carrots, beets, potatoes.



Two focused weeks and we were done with all but 2



beds of potatoes. Thankfully, we had some good help from Becky and the Christas! We put the rootwasher through its paces and now its cleaned up and awaiting flatrack space to get tucked away for the winter.

- ### THIS WEEK
- Lettuce
 - Extra product to compensate for garlic (spinach, kale, broccoli)
 - Onion
 - Leeks
 - Carrots
 - Beets
 - Yellow & Red Potatoes
 - Butternut squash
 - Sprig of Sage

Total 2016 vegetable harvest at One Step at a Time Gardens

23,784 lb.

We hauled in 5,100 lb. since our last note.
This year's total is up from 2015's harvest which totaled 22,990 lb.

And flatrack space...that's an issue. We had such good yield from winter squash - particularly Butternut squash, that it's still taking up a lot of room on the flatrack...the root washer may have to have a temporary home before it's flatrack perch.



As soon as carrots were harvested, that same field was prepared for garlic planting. Tim and I split the saved garlic heads into individual cloves, planted them out and Tim mulched the beds. They should be set for the winter. We will watch the beds come March and April for signs of the beginning of the

season when young sprouts push their way through the mulch. Of course, given this mild weather, they might get motivated to sprout early...hoping that doesn't happen.

Oh my, so much has happened in these past couple of weeks. The tiling project I wrote about in my last note took an unexpected twist when hooking our troubled tile into our neighbor's tile line caused problems down the way for his line. The power of water!! Recalculating!! This was not part of the plan. The outcome: our dreams of resolving persistent drainage issues did not get resolved as hoped. There is better drainage now in place on our neighbor's side of the property which might be mildly helpful to us, but nowhere near the solution we had hoped for.

Now, you'll see a repeating issue of water pressure. Too much water this spring was hard on the garlic crop - which was grown near the above mentioned field. While we have a good supply of carrots on hand, they didn't yield quite as expected. During harvest, we discovered what we believe to be too much water in the late summer/fall contributed to germinating too many carrots too late in the season to size up well. During harvest, therefore, we left quite a bit of too small carrots in the field...and fed those that did get into the harvest tote to Sass who is not one bit picky about size.

Tim determined we were getting some water pressure in this field flowing from our "to be planted" pollinator field to the west, on the other side of a windbreak. Last week he built a berm to redirect the water flow. Water has amazing power as we all have witnessed in this fall's rains and flooding all across this country. But even flowing off a field, through a windbreak and across the lower field, water is an amazing study. Yes, we have acknowledged that the berm-restricted water will still want to go somewhere so we will be monitoring that area next season to see what lessons we have yet to learn about water!



Weather notes: Dan Hicks, in Iowa Farm Bureau Spokesman, Nov. 2, reported the 7 month period March -September ranked as the 2nd warmest such period for the lower 48 states since 1895. October temperatures, he reported were averaging from 2-6 degrees above normal.



And now, with all of those tasks complete, its back to our fencing project...We've been pulling up fence and repositioning it further east, adding some additional land to our neighbor's rented acres as we no longer needed that particular field.

We got enough fence out Saturday so Gary, could get into (working on both sides of Tim's unfencing work) to make fall fertilizer application. You can see where the fertilizer was cut in right through our potato field from this past season.



Amidst all of this work, we haven't missed out on the wonder of the farm in all its fall color and critter activity:

My favorite Silver Maple, just outside our house, dazzled us with its yellows.



One of our favorite Red Oaks is in its glory of stunning reds as I write this and this picture just doesn't do it justice!

Still warm enough to get around, but cool enough to be slowed down, I caught up with this little Garter Snake the other day.



A late season handful of sweet raspberries. What a treat!

Cooking...Out of the Box

We love The Iowa Ingredient show on Iowa Public Television, Friday evenings, 6:30pm and picking through some of their recipes, these caught my eye as someone who really wants to encourage folks to eat squash!!

Roasted Butternut Squash and Root Vegetable Lasagna

Ingredients

- 2 pounds
- small dice peeled butternut squash
- 1 pound small dice unpeeled sweet potato
- 1 pound small dice unpeeled carrot
- 5 cups milk
- 1 cup diced onion
- ¼ teaspoon fresh grated nutmeg
- Sprig of sage
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/3 cup flour
- 1 ¼ cup grated parmesan cheese.
- 2 cups grated smoked gouda cheese.
- 9 no boil lasagna noodles



Directions

Toss and drizzle squash, sweet potato and carrot with olive oil, pour out onto two unlined sheet pans. Place in a 400 degree preheated oven for 20 min or until tender, stir once at 10 min.

In a sauce pan mix together milk, onion, nutmage, sage, salt, pepper to a simmer. Add flour and whisk at simmering until milk is thickened. Remove sage sprig. Remove from heat and add parmesan cheese. Reduce oven heat to 350 degrees. And spray a 9x13 pan . Pour 1 cup of the milk mixture. Layer 3 noodles, half of the squash mixture, 1/2 cup of the gouda cheese and repeat. Add remaining gouda cheese to the top. Wrap the top of the pan with foild and bake at 350 dress for 30 minutes. Uncover and bake for 10 more minutes. Let rest for ten minutes.

Serve and enjoy!

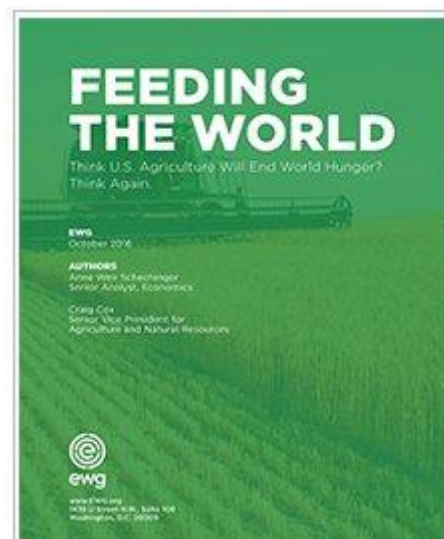
For a twist on carrot cakes, there was also an **Upside Down Carrot Cake** featured that looked intriguing. Find that recipe at this link: <http://site.ipvtv.org/iowaingredient/recipe/1465/upside-down-carrot-cake>

Soil & Soul

I caught the tail end of an interview featuring Ricardo Salvador, a past ISU professor who now works for Union of Concerned Scientists. He was challenging the mantra that drives US agriculture motivation to grow more and more and more in order to "feed the world." Then the Oct. 28 Food & Farm File column by one of our favorite number crunching ag journalists, Alan Guebert, added to this discussion. Guebert highlighted some stark figures from The Environmental Working Group's October 5report titled **Feeding The World**. "Think U.S. Agriculture Will End World Hunger? ", the teaser line opens up. "Think Again.", is the definitive conclusion.

This is reading worth digging into. Find the details at <http://www.ewg.org/research/feeding-the-world>.

The study found, and USDA data confirmed, Guebert reported, " that most US farm and food exports went to the richest, best-fed nations, while little to any went to the poorest, most undernourished nations." The report has this to say about the model of agriculture that will help sustain us all " The key to ending world hunger while protecting the environment is to help small farmers in the developing world increase their productivity and income, and to promote "agro-ecology" everywhere, including in the U.S"



The political campaign we've endured has done little to model constructive dialogue about how to address pressing issues such as what we want our agricultural systems to look like 5, 10, and 20 years down the road. I'm not convinced, regardless of who wins this week, that that tone will change much. I do believe the real work will have to happen on the local level and that means all of us being open to honest, frank and transparent conversations about what we want our food system to do for our land, our communities, and our nation.

Thanksgiving - a time to celebrate the bountiful harvest with dear family and friends; a time to consider how these blessings can fuel our commitment toward a food system that truly does feed us all. Thank you for your support of sustainable agriculture through our farm! Have a wonderful feast!

Final delivery of the season: Winter Share

Dec, 19 & 20, 2016

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