



# WEEKLY NOTE Week of June 13, 2016

## ANNOUNCEMENT, ANNOUNCEMENT!

1. We have just two more deliveries of our Spring Share. Final Spring Share delivery is the week of June 27. Summer Share deliveries begin the week of Aug. 1.
2. Keep up the share box return. We appreciate all box returns - especially as we head down the final laps of this first share season.
3. Plan to attend any of these upcoming events:
  - \* This Saturday's **Summer Solstice Picnic** at Paul Willis farm
  - \* June 21 **Practical Farmers of Iowa Field Day** at Stillwater Greenhouse, jointly with Log Cabin Produce.
  - \* June 30, **Postharvest Produce Food Safety Field Day** at One Step at a Time Gardens, held by Iowa State University Extension & Outreach. Details on all of these events are posted at [www.northiowafood.org](http://www.northiowafood.org)

### THIS WEEK

Rhubarb  
 Broccoli  
 Radish  
 Green onion  
 Garlic Scapes  
 Kale/Chard  
 Spinach  
 Lettuce

**FRUIT SHARE :**  
**1 quart Strawberries**

## Fresh from the Farm!

Tomatoes are thriving in all this heat and it's time to tie up tomatoes! I dressed for the occasion! Baling twine from Sass's hay make great tomato tying twine and a lovely doo...reminiscent of "It" from the Munsters!

It's also time to snap garlic scapes. The beautiful curves of the scapes fill the photo on the left and are absent in the photo on the right. Work well done! Try this week's garlic scape pesto recipe!



The timing for chicken processing was great. The heat would have been hard on them and we don't miss the twice a day chores. Chickens will be ready for delivery next week and I'll be contacting members who have placed orders to coordinate chicken delivery with vegetable delivery.

We got started on the summer and winter squash planting, but the rains interrupted us a bit. Hopefully by end of this week, fields will be dry enough for final preparation and planting. There is plenty of weeding to go round, however.

Peas...that's a sad story. The crop was hampered first by ground squirrel pressure on new sprouts and more recently, this persistent rain has introduced a leaf fungus problem. We will not have edible peas this spring : ) We regret this crop shortfall.

We've begun to see flowers on the potato plants. When potatoes flower, it's the beginning of tuber formation which we will be harvesting in August and September.



## Vegetables in the Spotlight

This week's is our final **rhubarb** supply.

Jan and Tim's fridge actually ran out of lettuce on Monday's lunch. Imagine that! I'm wondering how you all are doing keeping up the greens diet these days. We greet each new season with goals to "increase our greens", but meeting that goal still takes discipline.

We have a spreadsheet of crops and quantities for delivery each week and it does not call for **chard or kale** this week, but ...yes, we are sending some along anyway. We stopped at Wheatsfield Coop in Ames this weekend and they are having a chard festival and were actively promoting "Chard healthy" vegetables! Well, I could hardly contain myself. I picked up several chard recipes and have included additional information about chard below. And the kale....it's not a big bunch of chard, so consider substituting the kale... I'm being a little pushy this week... eat your greens, they're good for you!

We also are sending along a little larger quantity of **spinach** this week. This weather has catapulted the spinach toward bolting (making a flower stalk) and we harvested heavily. I'm hopeful we'll still have some for next week (our final planned supply), but it's a little dicey with these warm temperatures....not only warm by day, but warm that lingers through the night hours.

Remember - the good greens are not just lettuce and spinach. Don't throw out these **radish greens**. The greens are a great source of nutrients to feed your body...right up there, according to some, with kale in terms of nutrient value.

**Broccoli** - is coming into its prime and tasting so sweet! Broccoli is among some of the most nutrient dense vegetables, known for their anti-cancer properties. Great diced into salads or steamed briefly or included in stir fry dishes to name a few ways to prepare.



I see **cauliflower** heads are forming so should be harvesting them by our final delivery week.

## Cooking...Out of the Box

**It's potluck time at the Summer Solstice Picnic!** If there's one event I love to trial new recipes for, it's a potluck. I figure potlucks are excellent recipe trial events because if it's a flop, you have lots of folks to help eat it up quickly. If it's a success, you just might get some fame! I hope you are coming! Tim and I plan to attend.

So here are some ideas to look up for the potluck using items from this week's box:

### **Chard Tart**

**Crust:**

2 C. all purpose flour

1/2 t salt

1/2 c water

1/2 c. olive oil

*Stir crust until well blended. Knead briefly. Press into 11" tart pan and refrigerat at leaset 1 hour.*

*Preheat oven to 375 F.*

**Filling:**

1 red onion, *diced - saute in olive oil, add*

1 lb. chard, chopped (*substitute any green*) - *cook for 10 min. Season with*

2 T. fresh basil (1/2 t. dried)

1/4 t. salt

1/8 t. black pepper

3 large eggs - *combine in a bowl with...*

1/3 C. cream or half and half (skim milk works)

1 C. Parmesan Cheese- *add greens and pour into crust.*

### **White Bean & Chard Pasta Salad**

1/2 lb. orecchiette (or other small shell or tube shaped pasta)- *boil in pot of water until al dente. Drain, rinse, and set aside*

2 T. olive oil - *heat, saute...*

1/2 small yellow onion, diced

1T. garlic minced (or 1 garlic scape)

1/4 lb. carrot, diced...*for a few minutes. Then add...*

1 lb. Chard, chopped with tough stem removed...*cook a few minutes more until tender. Remove skillet from heat, stir in ...*

1, 15 oz. can cannellini or nave beans, drained and rinsed... *and set aside to cool*

**Dressing**

1/2 C. lemon juice (about 2 lemons)

2 T. olive oil

1 t. dried dill

1 T. Dijon mustard

1/2 C. Parmesan Cheese, grated

salt and pepper to taste

*Serve chilled or at room temperature*



## Garlic Scape Pesto

8 garlic scapes, finely chopped (discard the top, thin, hollow part above the flower bud)

1/3 c finely grated Asiago cheese

1/3 c extra-virgin olive oil

Kosher salt and freshly ground black pepper, to taste

Optional - pine nuts or walnuts

basil or parsley

Combine the chopped scapes, asiago cheese, olive oil and salt and pepper in a food processor or blender. Blend until the consistency is to your liking. Makes an excellent dip or spread for pizza, sandwiches, crackers, chips and fresh vegetables.

## Soil & Soul - Seeds

As we began seeding winter squash, I have felt the awe of the power of a seed.

Tim was planting a Kabocha squash the other day and handed me some extra seed - beautiful, light orange and robust, filling my hand with its presence.

Alan Guebert, author of **The Farm & Food File** that runs in our ag newspaper, fills each column with data rich analysis about agriculture. This last week - after I had just remarked about the scale of agriculture issue - Tim read Guebert's litany of statistics about big ag company merger activity. This courtship has been going on for some time, but intensely so for the past year. Last August Monsanto offered to buy Syngenta, but instead Syngenta sold itself to ChemChina. In December, Dupont, owner of Pioneer, and Dow Chemical agreed to a "merger of equals". The new company, DowDupont expects to become a \$130 billion-a-year giant.

Monsanto continued seeking a partner, by March turning to Bayer's crop science unit, but was declined. But Bayer turned around two months later offering \$62 billion. Monsanto took it's turn at rejecting the offer. But hints have been dropped that Monsanto might be interested if the anty was upped. All of this continues to concentrate control over genetic material...seeds...the very source that feeds us...and the global pesticide market. In fact, with all of this activtiy, Guebert projects that in a year....

- Six of the biggest Big Ag companies will likely be only three
- These "Bigger still firms", as Guebert called them, will dominate
  - 60 percent of the global seed market
  - 75 percent of the world's ag chem market

I'm still holding those beautiful Kabocha seeds - which, by the way are organic and came from Johnny's Select seed, planting six seeds to a hill, thinking about our 70+ farm members, thinking about this grant I'm writing for this small company of local producers, and thinking about the scale of agriculture.



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

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

**Wednesday** - Clarion, Belmond, Farm

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