



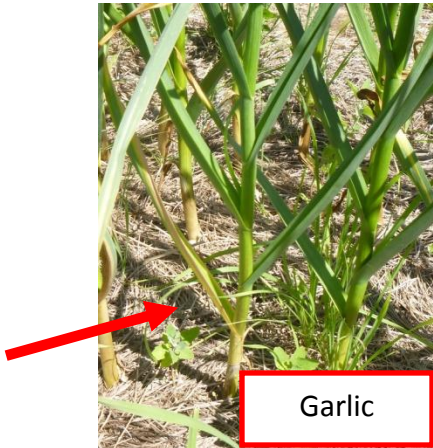
WEEKLY NOTE Week of June 27, 2016

THIS WEEK

- Kale
- Cauliflower
- Broccoli
- Green Onion
- Radish
- Carrots
- Basil

ANNOUNCEMENT:

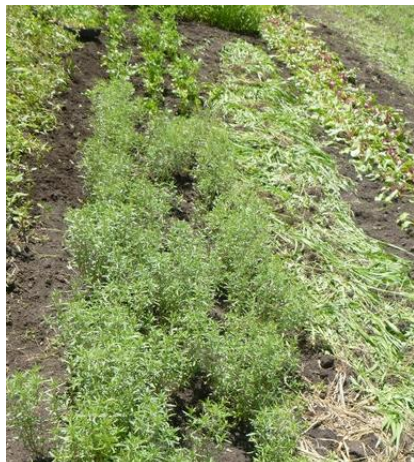
- THANK YOU FOR YOUR SPRING MEMBERSHIP! This is our **FINAL** delivery of the Spring Share. Our Summer Share deliveries begin the week of August 1.
- While it's fresh in your mind, we are asking you to complete our 2016 Member Spring Share survey at this link:
<https://www.surveymonkey.com/r/DD5PMN8>
 We take your feedback seriously and encourage you to take a few minutes to complete the survey this week. There are only 10 questions. Take time to complete it now and feel the satisfaction of providing your input!
- Any boxes lingering around your home can be dropped off at site hosts during July. We will check a couple of times during July to round up all lost boxes so they are cleaned and ready for August deliveries.
- Thursday of this week we are hosting a **Farm Food Safety Field Day**. You are welcome to join us. We start at 3 p.m. and wrap up at 5 p.m. Great opportunity to see the farm, get a peak at what's coming in August, and meet some other growers who we expect will be attending the field day. Iowa State University Food Safety team of Dr. Angela Shaw and Linda Naeve are leading the session. There is no fee for the field day, however, attendees are encouraged to register if they plan to attend by contacting Linda Naeve at 515-294-8946 or email lnaeve@iastate.edu.



Fresh from the Farm!

The lower leaves on the garlic have been turning - a sure sign that it's time to harvest! That's on the To Do list this week yet....The squashes are germinated and while you can barely seem the row stitch across the

field now, just wait; next month the photo will show beds filling out. Green beans have sprouted as well. It's beginning to look a lot like summer around here. We look forward to bringing you lots of great summer flavor in August!



We're making progress on weeding - the beets and herbs got cleaned up last weekend. Monday Becky and I celebrated clearing out one of the popcorn beds (more work tomorrow).

And what will we be doing at the farm in July? Maintenance is the lead task - keeping up with rapidly growing summer crops and their associated weed companions. The forecast is for drought this summer and we will



begin moving into watering mode this week after a spring of pretty regular rains. Time will tell whether this is the start of a dry period or just a dry week or two.

July is also a time we've carved out to get off the farm mid season and the third week of July we head out west to spend a week in the mountains with Jan's mom, Jean. Jean first visited Estes Park in 1947 and has found her way there fairly regularly since. We (along with Jan's siblings), bitten by the mtn bug too, are helping to keep that tradition going. We are thrilled that our daughter Jess and her partner, Katrina, will be able to travel with us!!

Vegetable in the Spotlight

We've come to the end of our supply of **lettuce** and perhaps you are ready for a break. But, as I wrote a couple of weeks ago, almost as soon as you think you can't handle another supply of greens, they disappear and you find yourself with greens withdrawal that surprises you. So...we wouldn't want that! Thankfully, kale is a hearty green, carrying on even through the heat that beats the lettuce and spinach! I'm challenging you - if you have not found quite the right way to prepare kale, keep trying - it's just so good for you and maybe there's a recipe that's waiting for you. Here are five suggestions from the Kitchn website:

- **Raw, in a salad** - Kale doesn't need to be cooked to be enjoyed. If you slice it into very, very fine ribbons it makes a great salad. A technique that softens it up is to knead it with your hands after cutting it up and before tossing it with salad ingredients - it will darken and become more silky in texture. Its rough texture and slightly bitter taste are the perfect match for lemon and some sharp, salty pecorino.
- **Cooked and boiled** - Kale is a seriously tough green, and while it can be great in raw salads, sometime we like it soft and silky. To get it like that, it's best to boil it (or braise it). If the idea of boiled greens sounds too Dickensian for you, no fear. They're actually decadently delicious, silky and smooth.
- **In a soup** - Kale's sturdy texture makes it the perfect green to throw into a pot of soup. It doesn't fall apart into moist strings like spinach. Here are a few favorite soups with kale: [Easy Kale Soup for One \(or Two\)](#); [Turkey Chili with Kale](#), and [Kale and Apple Soup](#).

• **In pasta** - Kale is great with pasta; just like in soups it doesn't wilt too much or lose its toothsome texture when cooked with pasta. We love it with spicy sausage and orecchiette.

📌 **As snack chips!** - Yes, you can make better-than-potato-chips-snack-chips out of kale. All you do is throw it a few leaves in the oven with olive oil and salt, and bake! The result is addictively crisp and salty kale chips. You've got to try it!

Visit this link : <http://www.thekitchn.com/five-ways-to-eat-97839> for complete list of recipe suggestions.

Carrots....carrots, you say! Where in the world did they come from? These are from our late fall 2015 harvest, stored over winter in our outside cooler. We hope they sweeten up your salad or stir fry fixings this week AND whet your appetite for our carrots from this season...that have just germinated.

Cauliflower...I love a beautiful, white head of cauliflower...and while I'm on a kick about five ways to love your vegetables, the Kitchn (which also seems to be on a similar kick) has just the list to help you make the most of this week's vegetables - while these recipes focus on cauliflower, you should feel free to substitute broccoli.



1. **In a crunchy salad or slaw** - Like its green cousin the cabbage, cauliflower or makes a fabulous salad. One of our favorite winter salads mixes it with fennel, white beans, and a tangy dressing for a marvelous mix of flavors and textures.

2. **Roasted until crispy** - Whether it's plain or with toasty spice, roasted cauliflower is one of the best ways to enjoy this vegetable. Roast until crispy and caramelized, then toss with lemon and Parmesan. Delicious! Here are a few more ways to enjoy roasted cauliflower.

3. **Stewed with tomatoes** - This braised cauliflower will help you see it in a whole new light. Creamy, tender, and so good with rice or pasta. Also try this chickpea stew with cauliflower. We also love curried cauliflower.

4. **Tossed with pasta** - Cauliflower also makes a great topping for pasta. Here's a recipe that tosses it with toasted breadcrumbs and farfalle.

5. **Stir-fried with vegetables and ginger** - Like in this recipe: Cauliflower with green beans and ginger.

Again, complete recipe details are at <http://www.thekitchn.com/five-ways-to-eat-cauliflower-99565>

Cooking...Out of the Box

Curried Cauliflower

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

1 C. onion, diced *then add...*

1 T jalapeno, seeded and minced

1 T. fresh garlic, minced (chop and smash garlic scapes that might be lingering from the last two weeks)

1 T. fresh ginger, peeled and minced

1 t. ground cumin

1 t. turmeric *and pinch of salt*

1 lb. potatoes, peeled and cut into bite sized pieces

1/2 C. water

1/4 lb. tomatoes, diced (about 1/2 C.)- *cover and simmer 6-8 min.s. Add...*

1 lb. cauliflower (or substitute broccoli), cut into bite sized pieces..*cover te pot and simmer another 20 min.s until the vegetables are tender. Stir in....*

1 t. garam masala

1 T. fresh cilantro, minced

Salt & pepper to taste

Serve with brown or white rice

Soil & Soul - Keep local center of the plate during July - shop your local farmers market.

We are so appreciative of your membership and now in July our weekly supplies stop. But that doesn't mean your dedication to local food should get interrupted. In fact, we have full confidence that you can continue to have local at the center of your plate in our absence through local farmers markets.

Farmers markets are the front line of local food - the most accessible market place for producers, great community assets, incubators for new businesses, and great access points for nutritious, fresh, local food. Healthy Harvest of North Iowa (www.northiowafood.org) has been helping several farmers markets this season and those committees and Boards are doing great work in support of their local market.



Our pickup sites are located in communities with regular markets. Belmond, Clarion, and Clear Lake all hold markets on Saturdays in their respective communities. Garner's market is on Thursday. Mason City's North Iowa Farmers Market is both Tuesday and Friday. North Iowa sports 17 farmers markets, with one taking place each day of the week Monday to Saturday. No excuse not to eat local. Visit Healthy Harvest's website for complete and current schedule and location.

I especially encourage our Mason City members to become regular shoppers at the North Iowa Farmers Market (NIFM). When located at the Kmart parking lot, this was a highly visible and well attended (by shoppers and vendors alike) market. With Kmart's closing, NIFM's relocation has been less than ideal and they've seen a decline in customer traffic that has discouraged some of the vendors. There's also been need for some new leadership to guide future steps for this market. Thankfully, a number of community members have stepped forward to help guide this market to greater impact., including OSTG members Deb Lassise and Marty Walsh. In addition, OSTG member Marie Boyd, serves as Market Manager. So...stopping at the market is practically an OSTG reunion!! Show the vendors your support and thank OSTG members for their leadership. With patience, persistence and dedicated support this market is sure to regain and exceed it's past glory!

The Weekly Note will continue - in a more abbreviated form - in July. So watch for our updates every Tuesday morning and keep track of what's happening on the farm and what will be coming your way in August.

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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