



Weekly Note

Week of July 31

Summer Box #1

FIRST SUMMER DELIVERY

Farm Snapshots

My brother, left, and his friend came for an overnight last Monday and launched into RAGBRAI Tues. to join for a day and a half. I got them to do a little advertising wearing our OSTG t-shirts.



Several of our fields were looking much better after weeding last week. Only five long beds of carrots to go. Want some farm experience? :)

What's in this week's box?



Cabbage - So many options: Great in slaw, stir fries, boiled, soups, fermented as kraute or Kim Chi.

Cabbage is only 15 calories per one-cup serving. Good source Vitamin A & C, calcium, potassium, and magnesium

- Green beans*
- Zucchini *
- Cucumber*
- Walla walla onion
- Chard
- Yukon Gold Potatoes
- Tomato - supply is just starting
- Basil - best stored in glass of water on counter. Doesn't like refrigerator.
- Cabbage - Mason City ad Belmond this week

* product grown by farming colleagues

Vegetable notes: We contracted this first supply of green beans (this and next week) from Maple Grove Farm near Nora Springs this past winter because we want to reduce our own picking hours. Our zucchini and cucumber are not quite ready, but we figured you are so we ordered these two items from Martin Farm Fresh Produce to bridge our gap. Both farm families are members of North Iowa Fresh ,LLC with us. Read up on them at www.northiowafresh.net

Cooking out of the box

This week's box dives into summer vegetable scene including the omnipresent summer zucchini. When it's fresh, it's exciting, but we know it doesn't take long and the question comes - "Hmm...what's new that I can do with my summer squash?" So I want to start you off with a fresh idea before you even ask that question.

Last week my brother visited in connection to RAGBRAI, bringing grilled summer squash, beets, onions, potatoes, and tofu. With that core of summer vegetables, I made up the marinade (on pg. 2) over linguini pasta and we tossed them all together. It was delicious.

I have found I really like sauted chard so I cooked that up and tossed that in with the grilled veg. mix too - yum!



Young summer squash

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Farm story of the week

The real story is not from the farm, but from our time away from the farm. We returned July 24 after a week hanging out with my dear momma near Rocky Mountain National Park . We enjoyed snappy,sharp blue skies, mild temperatures and low humidity, easy pace, great hikes, and good chats. The farm had fared fairly well in our absence., but the weeds didn't wait. We dug into weeding last week. This week it's harvest first and then back to weeding . Got a hankering for experiencing the farm ? Come spend a couple of hours with us. :) Many thanks go to our farm crew - Becky and Hanson family members - who put in extra weeding time with us . But also to you, our members, who continue to support our farm, allowing us to work this special time away into our summer schedule.



Lake Isabelle in Indian Peaks Wilderness Area

Cooking Out of the Box - Continued from Page one.

Here's the marinade from : **Sesame Noodles with Summer Vegetables** (Vegetarian Cooking for Everyone by Deborah Madison)

The marinade

1/4C. Sesame oil plus 3 T., 7 tablespoons soy sauce, 3 T. balsamic vinegar, 3 1/2 T brown sugar, 2 t. salt, 2 t. chili oil (I use olive oil with chili powder), 1 T minced ginger, 1 garlic clove, minced, 1/4 c. cilantro, chopped.

As for sautéing chard - I first peel the leaf from the stem, slice into ribbons and then dice further, chop the stem, set all aside. I chop some onion - toss with olive oil over medium heat in skillet and let soften. Season to taste with fresh herbs, splash of red or white vinegar, or salt and pepper. Then toss in chard stems, and finally the leaf pieces until wilted. Serve as side dish or toss with roasted summer veggies and pasta.

Food for Thought - Rural Relations

This week is my lead in for a series on rural economic development. Last week two models of agriculture came face to face when our neighbor informed us he had scheduled a spray plane for his soybean field. His field lies along the east side of our field with melons, beets, beans, cucumbers, zucchini. The breeze, though light, was out of the SE - about the worst direction - all week. We conveyed our concerns to our neighbor and he arranged for his agronomist, Chris, to come out to the farm to monitor the application. Chris said he'd call off the pilot if there were concerns. Chris and I chatted while awaiting the plane. "Different models of agriculture can coexist," we mused, "if all parties are willing to communicate and compromise." Chris and the pilot communicated back and forth over several passes on the far east side of the field. With the majority of our neighbor's field covered and yet not too close to our own fields, Chris waved the pilot off. Two models of agriculture - both supporting families and numerous other jobs;. All parties made an effort to consider the other's crop concerns, and we did it through direct communication. A good day for rural relations.



Farm schedule:

Tuesdays - Garner, Clear Lake, Mason City

Wednesdays - Farm, Belmont, Clarion

Weekly deliveries Mid May to early July and August to September

Farm contact: Jan or Tim

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