



# Weekly Note

## Week of August 14

### Summer Box #3

### SUMMER DELIVERY

### Farm Snapshots

So many ...!



**Zucchini time!**  
Beautiful, abundant.



**Research** - variety comparison

## What's in this week's box?



We are growing both a green and a purple pac choy. Soy sauce and ginger are nice compliments in cooking.

*This Asian veg. is a classic in stir fries, Pac Choi is a bargain at 24 calories per cup with calcium, Vit A & B-complex, C, and minerals.*

- Lettuce
- Pac Choi
- Zucchini
  - yellow and/or green
- Tomato
  - hybrid and/or heirloom
- Green peppers
- Italian, flat leafed Parsley

**Vegetable notes:** Reminder to wash your greens at home. We've washed them, but they might benefit from another rinse. The washing is, however, a bit hard on pac choy leaves as you may notice.

**Pac Choi** - Steam, tossing with light coating of toasted sesame oil, soy sauce, and rice vinegar. Try sautéing onions until they soften. Add pac choy stems, tofu chunks, soy sauce, and grated ginger root. Add leaves last. Serve with rice or noodles.

## Cooking out of the box

This is a tasty chowder that uses a lot of available vegetables

### **Zucchini Garden Chowder** (Simply in Season)

- 2 T. butter - melt in soup pot over medium heat
- 2 med zucchini (chopped)
- 1 med. Onion (chopped)
- 2 T. fresh parsley (chopped)
- 1 T. fresh basil (chopped) - sauté together until tender

- 1/3 C. flour - stir these ingredients into vegetables.
- 3/4 t. salt
- 1/2 t pepper - gradually stir in...
- 3 C. water - to make a smooth stock.



Tasty lunch of Summer Chowder, fresh salsa, and sweet corn at last Wednesday's farm lunch.

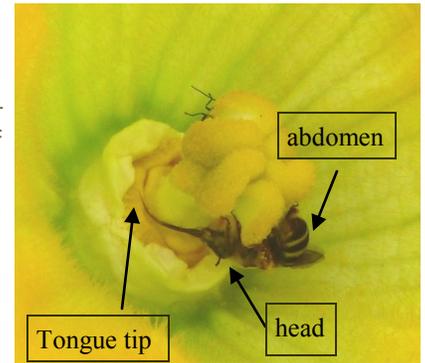
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# Farm story of the week Sunday's PFI

Field Day was great. Good turn out and great conversation about continued local food developments in North Iowa. Glad to see a couple of our farm members there too!

The farm story this week is about bee tongues and carrot beds. Did you know about bee tongues? I took this picture of a squash bee - a native pollinator we find readily in our flowering crops (thank goodness). This bee was deep into this zucchini blossom and determined to get the goody at the bottom. As I jostled the plant and flower for the photo, the bee did not budge. And then I noticed the bee was sticking its tongue out, searching for nectar at the base of the flower. Look closely ...the bee is upside down, abdomen to the right, head to the middle and tongue wrapping all the way around to the left - stretched out a long ways. Amazing what you find when you're harvesting zucchini.

I also want to celebrate getting our 7 weedy carrot beds ...weeded. Next week a photo series .



## Cooking Out of the Box - Continued from Page one.

3 chicken or vegetables bouillon cubes - or chicken stock

1 t lemon juice - add and mix well. Bring to a boil ;reduce heat and cook, stirring often, for 2 minutes.

2 C. tomatoes (chopped)

1 1/2 C. milk

2 C. corn - add and return to boil. Reduce heat; cover and simmer for 5 minutes until corn is tender.

2 C. cheddar cheese (shredded)

1/4 C. Parmesan cheese

Just before serving add and stir until melted. Add pinch of sugar to taste and garnish with chopped parsley.

## Food for Thought Rural contradictions that beg for conversation

Two weeks ago, I wrote of rural relations regarding aerial spraying. Aug. 5 I participated in a field day where at the first stop Pat Ennis of P & P Honey, from Goodell ,spoke about the impacts of all the extensive spraying on pollinators. He put it in plain language that the pervasive chemical dependence of commodity agriculture puts real pressure on the health of our pollinator population which, in turn, impacts our food supply.

The third stop of that field day featured a farmer who holds firmly to the identify that he is "feeding the world". Alan Guebert, one of my favorite farm columnists, has written of the fallacy of that claim, citing a report by the Environmental Working Group, that among other points, stated that "less than 1 percent of American agricultural exports go to the 19 counties with the highest levels of undernourishment."(Farm & Food File 10.26.16).

Last week, a series of articles seemed to sum up the contradictions. The cover article of Iowa Farmer Today spotlighted rural poverty. On page 3 of the same issue was a report of the 2017 Ag Summit and it's focus on issues of regulation and trade. Then Guebert's article of the same week seemed to weave it all together pointing out the contradictions of "feed the world", cheap food, and free trade claims against cheap commodity prices and all-but-dead rural communities. Holding firm to a system that really isn't working for so many, he said is a "close-minded echo chamber, not an honest, public conversation." Where to begin?



## Farm schedule:

Tuesdays - Garner, Clear Lake, Mason City

Wednesdays - Farm, Belmond, Clarion

Weekly deliveries Mid May to early July and August to September

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