



Weekly Note

Week of August 21

Summer Box #4

SUMMER DELIVERY

Farm Snapshots



Food preparation!

Our daughter, Jess, and her fiancé, Katrina, came for a visit...just in time for freezing corn and canning roasted tomatoes!



Guess what we found when weeding along the hoophouse edge?

Jeweled chrysalis

What's in this week's box?



Chinese Cabbage has been cultivated throughout Asia since 500 A.D.

Chinese Cabbage provides small amounts of Vit A & C, and minerals along with plenty fiber for very few calories.

Chinese Cabbage
Pac Choi or Lettuce
Zucchini - yellow and/or green
Tomato - hybrid and/or heirloom
Green peppers
Onion - mix of yellow and red
Sweet red or yellow peppers – to EOW sites this week.

Vegetable notes: Reminder to wash your greens at home. We only rinsed the outside of the Chinese cabbage. You'll want to wash it as you use it. The cabbage should keep well for several weeks in the refrigerator.

New arrivals coming – Cucumbers may show up this or next week. Yellow Wax beans are setting fruit and are soon to arrive.

FRUIT SHARE - 1/2 Pint Raspberries (one more raspberry delivery next)

Cooking out of the box

This is a tasty dish Jess and Katrina introduced us to

Cold Noodles with Miso and Ginger

The Noodles

1 bunch Buckwheat noodles (or traditional spaghetti) - heat water in pot and boil noodles until tender.

The Vegetables

1-2 C. ea. of any vegetables you have in your kitchen - chop into same sized pieces (approximately 1/4 inch square).

We had our veggies raw, but think we might like them equally well sautéed.



Upper left, clockwise: Buckwheat noodles, chopped veggies, the dressing. Put it all together to make this week's recipe.

Cont'd on page 2

Farm story of the week Carrot progress.

One of our July vacation hazards is weeds in carrots that get out of control. 2017 was such. Thanks to help from the Hanson family and Becky, and lots of hours Tim and I put in, we transformed seven weedy beds into 7 clean beds. Three other beds were in excellent shape when we left and held their own in our absence. We have a total of 10,beds (ea. 215 ft) , 3 rows per bed of carrots or 6,450 ft. Barring other hazards (deer being the most suspect), we should have ample carrots this fall!



The Dressing

2-3 T Miso (J & K use Miso soup packet as Miso paste is not easy to find)

Ginger - grate fresh ginger root, to taste

2 t sugar

1/8 t cayenne

2 t mirin

1 t soysauce

2 T Lime juice - mix ingredients together, set aside for 30 min.s to allow flavors to blend.

Assemble your dish: Noodles, topped with veg (raw or cooked), generous quantity of dressing over all. Enjoy!

NOTE:

Use it all in on seating . I found this dish does not keep well as left overs.

Food for Thought **Eclipsed**

Sometimes you've just got to pause and take in extraordinary experiences like Monday's eclipse.



Back next week with more reflections on rural economic development

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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