



# Weekly Note

## Week of August 28

### Summer Box #5

### SUMMER DELIVERY

#### Farm Snapshots



#### Peeping cheeper

This little fledgling was cheeping near the wash station last week. I believe it's a young cardinal. Still a lot of transformation waiting there.

#### Hauling in Harvest!

The red cabbage were ready for harvest last week. What a load!



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



Cool as a  
Cucumber!

Cucumbers, a quintessential summer vegetable, were first cultivated in India 3,000 years ago! Good source of vitamin E. Good skin conditioner.

- Red Cabbage\*** see side note
- Kohlrabi\*\*** see side note
- Onion** - mix of yellow or red
- Summer Squash** - yellow and/or green
- Cucumbers**
- Tomato** - hybrid and/or heirloom
- Green peppers**
- Sweet red or yellow peppers**
- Yellow Wax Beans**

**Vegetable notes:** Red cabbage is very dense and will store a long time in your refrigerator, but why wait. See today's recipe.

Kohlrabi, another member of the cabbage/broccoli family, is a great crisp veg. for dips, salads, and featured in today's recipe.

**Delivery notes** - Sometimes we have to stagger delivery of items

\* this week to Mason City, Belmond

\*\* this week to Garner, CL, Clarion, Farm

Reversed in next week's delivery

**FRUIT SHARE** - 1/2 Pint Raspberries

## Cooking out of the box

So many good vegetables to eat this time of year - this one uses a lot!

### Veggie Bread Ring (Simply in Season)

2-3 cloves garlic, minced

2 C. fresh veg. (minced) - peppers, summer squash, onion, kohlrabi, cabbage, etc.

1 C. cottage cheese (drain 5 min. through sieve)

2 C. cheese - grated

2-3 T. fresh herbs (chopped or 1 t. dry)

1/2 t. each salt and pepper

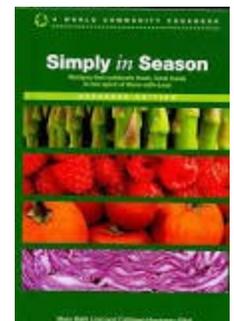
8 oz. tofu (dice as small as possible)

1/4 C. sunflower seeds

Mix well

This will be the filling. Follow rest of directions on pg 2.

*Not the quickest dish, but delicious! Maybe Labor Day weekend affords some extra cooking time.*



Simply in Season is one of my favorite cook books.

**Cont'd on page 2 w. 2nd recipe**

# Farm story of the week Monarch update.

**Remember last week's chrysalis?** The process from green chrysalis to dark, maturing chrysalis to hatched Monarch to butterfly ready to take to our flowers out front was truly amazing. In just two days from emerging, the butterfly was flitting around the yard and ready to fly off.



## The pain of too much rain

Oh, for relief for Texans and Louisianans! While we are not dealing with multiple feet of rain, we are feeling the impact of rain in some leaf disease issues starting to show up in cucumbers and cantaloupe. I'm waiting for the window of weather so I can get out and take a stab at treating it.

## Cont'd from p. 1 Zucchini Yeast Rolls

1-1.5 C. summer squash (*shredded*), 1/2 C. water, 1/4 C. sugar, 1-2T. oil, 1 t. salt - combine in saucepan and heat slowly until warm. Stirring to blend.

1/2 C. bread flour, 1/2 C. whole wheat bread flour, 1/4 C. dry milk powder, 1 T. dry yeast, 1/4 t. ground mace (optional) - combine in a mixing bowl. Add liquid ingredients and beat well until smooth

3/4—1 1/4 C. bread flour - Stir in enough to make soft dough, knead until elastic. Let rise to double. Punch down, roll out to 18 x 24 in. rectangle. Cover with veg.-cheese mixture, pressing down lightly. Roll dough into long log, as for cinnamon buns. Bring ends to gether and pinch shut. Transfer ring to a greased baking sheet. Use scissors to slice into ring at 1 inch intervals, going about 3/4 of the way into the log. After making cuts all the way around, twist each piece slightly so the rolls fan out from center of the ring. Cover and let rise 25 min. Bake in preheated oven, 350 F, 20 min. Eat immediately or cool.

## Food for Thought Rural Reality

A grant I wrote this summer required a lot of data on the rural reality - unemployment (3.4%, 2017 data - exceeding state average), population change 1990-2010 (-7.4% - the North Iowa counties I included have experienced steady population decline between 1990 and 2010 censuses. This is a distinct contrast to the overall growth reported for the state of Iowa and reflects the continued erosion of population in rural North Central Iowa. The region's population is now at its lowest point since 1910. I also gathered data on disasters - North Iowa has been adversely affected by five FEMA designated disaster incidents since 2013.

If you've known small towns when they were vibrant, to face these statistics is hard. And to imagine these towns building a new future may be harder yet. But that's part of the key here - who's doing the imagining? Sometimes those breathing new life into small town (and I believe there's ample opportunity) do so from a new perspective, finding unique niches. Café Mir, of Fertile, Iowa is an example of the power of imagination as two cousins have found fertile ground (pun intended) for this new farm to fork restaurant. We recommend it. There are many other examples of folks across North Iowa who understand the power they have to take control of our "rural reality", and to work with others to create the reality we want, making a positive difference.



Café Mir - Fertile, IA

## Farm schedule:

Tuesdays - Garner, Clear Lake, Mason City

Wednesdays - Farm, Belmond, Clarion

Weekly deliveries Mid May to early July and August to September

## Farm contact:

Jan or Tim

515/8511690

libland@peconet.net

www.ostgardens.com