



Weekly Note

Week of September 4

Summer Box #6

SUMMER DELIVERY

Farm Snapshots



Cucumbers keep Coming - This is that time of year when all that goodness from the gardens is...well a little overwhelming. The veggies just keep coming.

Our little apple harvest – we have three apple trees and get a little harvest.

The flesh of these apples was immaculate...and that with no chemicals!



What's in this week's box?



From bloom to bean!

It takes about two weeks from beginning flower to mature bean. This was last week. Next week we shift from yellow wax to French bean.

- Red Cabbage or Kohlrabi
- Onion - mix of yellow, red
- Summer Squash - yellow and/or green
- Cucumbers
- Tomato - hybrid and/or heirloom
- Sweet red or yellow peppers
- Green peppers
- Sprig of Summer Savory

Vegetable notes: A reminder to wash your veggies. Yes, they are clean but you'll note on pg 2 that I've had to use some fungicide - that treatment was last Wed. It's a good practice to give your veggies a final rinse.

Coming soon – Next week we begin a shift toward fall with anticipated addition of broccoli, one more round of Chinese cabbage. In the last 2-3 weeks, we should have potatoes, leeks, winter squash. We are watching melons, carrots, and beets for final size up. Need some more heat units.

Cooking out of the box

(From Asparagus to Zucchini: A Guide to Cooking with Farm-fresh Seasonal Produce)

Grand Gazpacho Salad

Dressing: 12 t. minced garlic, 2 T. red wine vinegar, 1 T. Worcestershire sauce, 1 t. sugar, 4 T. olive oil, salt & pepper to taste.

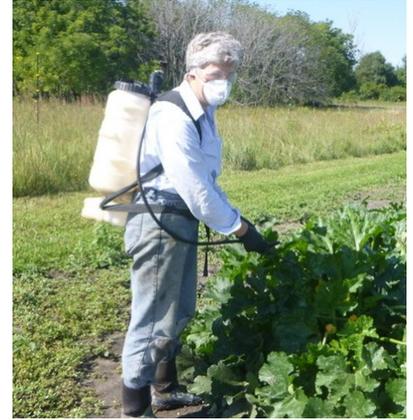
Salad: 5 large tomatoes, seeded and chopped, 3 T. fresh parley, chopped, salt & pepper, 1/3 C. onion, finely chopped; 1/2 C. each green peppers; cucumber (peeled, seeded); hard-cooked eggs - all finely chopped; grated Parmesan

Mix first 4 dressing ingredients; whisk in live oil and season with salt and pepper. Layer ingredients in a clear glass bowl in the order above. Chill before serving. Make 5-6 servings.



Farm story of the week Disease control

Some leaf disease issues have shown up in tomatoes, cantaloupe, cucumber. The cooler temperatures and rain in August have not helped. I also want to get ahead of some powdery mildew in zucchini (typical late in the season). Last week - when we finally got a break from the rain - I began a regiment of spraying an organically approved fungicide called Green Cure. While the farm is not certified organic, we screen any product we use to meet organic standards. Green Cure is OMRI (Organic Materials Review Institute) approved. I still use protection, wearing my boots, long sleeves, gloves, goggles, and a face mask while spraying. I sprayed Wed., Aug. 30 and remind you on pg. 1 to wash your veggies. Now, will it turn these issues around? The diseases got a bit of a foothold through the rains, but it may buy us some time. Warmer temperatures would also help the melons finish out the season.



I'm pictured here with our backpack sprayer.

Food for Thought

- For four of the past five weeks, I've used this space to speak to rural economic development from a number of angles. I haven't exhausted the topic by a long shot, but will wind up this series with these remarks. Economic development is not something we should just delegate to those with official titles. Economic development can only serve us if we are engaged in the process and the process seeking our input. Economic development is not just about jobs, but about a holistic approach to building community attributes that benefit a wide cross section of the population.

I wrote about relationships across production practices - a perspective I think we need to continue to work at lest we find ourselves cannibalizing...ourselves.

I wrote about imagining what could be even though it isn't...yet. We need the creatives, the visionaries in these discussions because they will push us to strive for more.

I wrote about facing the real facts - statistics are there to challenge our complacency. We drove through many a small town last weekend up and back to Alexandria, MN. Town after town reminded us that we should be very careful about any rural/urban divide because we all befall the impact of neglect of a vision for our small communities.

My favorite columnist, Alan Guebert, was at it again last week - clearly the rural economic situation has his attention as well - this time challenging ag leaders to ...lead. To imagine beyond commodity agriculture, to wake up and realize that climate change is real and energy systems are going to change. With 40% of today's US corn crop dedicated to ethanol, he noted, this reality is going to be felt and leaders would be wise to get ahead of that change. If not, he concludes "One more generation of this policy drift...should just about empty rural America for generations to come .."

We need to see the familiar in the unfamiliar; we need to push the possible; we need to stretch across philosophical divides; we need to see ourselves as change makers in our various endeavors; and we need to stand up for economic development strategies that reflect the very values that have made rural America such a building block of this country.

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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