



# Weekly Note

## Week of September 18

### Summer Box #8

### SUMMER DELIVERY

## Farm Snapshots

### The Monarch Watch

The chrysalis is still a chrysalis, but we think we detect some darkening...hints of reaching the end of chrysalis incubation.



*Zucchini-based bread dough was flowing in last Saturday's warm weather.*



Look who's **walking** among the raspberries!

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



*Buttercup*



*Watermelons and cantaloupe - at EOW sites.*



*...and leeks*

*This week's winter squash feature is Buttercup. Three different melon options, and leeks have arrived on the scene.*

**CONTENTS:** Broccoli ♦ Buttercup Squash ♦ Potatoes - Red & Blue ♦ Leeks ♦ Summer Squash - yellow or green ♦ Cucumbers ♦ Tomato - hybrid and/or heirloom ♦ Sweet red or yellow peppers ♦ Green peppers ♦ French Green Beans

**NOTES:** Buttercup squash is another good keeper. Would benefit from some time on the window sill, in warm sunshine to help cure it and deepen its flavor. ♦ The French bean plants are loaded and Monday was our last picking. If you want some, you are welcome to come pick. Give us a call. Fun to pick when they come off in handfuls.

## Cooking out of the box

So many great recipes to try and so little space. Here are a couple of photos and links to tease ideas for items in this week's box.



**Roasted summer squash & Curry Stew**  
[myrecipes.com](http://myrecipes.com)



### Sweet Melon Salsa

- 3 cups diced melon such as cantaloupe, honeydew and/or watermelon, seeds removed
- 1/4 cup minced red onion
- 2 tablespoons lime juice
- 2 tablespoons minced fresh cilantro
- 2 teaspoons minced jalapeño

*Be sure to give the leeks a try in these soups!*



**Squash Soup and Coconut**  
[naturallyella.com](http://naturallyella.com)

# Farm story of the week Inside stories



Our pack out system sets up as an assembly line - prepped veggies on top of the pack out bench, boxes to be filled flow on pull out shelves (made of old doors). These recent boxes have had a lot of different items in them, making for a packed counter top...and then a packed box.

Not all carrots make the cut. Those that don't, our Mare, Sass is more than happy to take care of.



2017 North Iowa

Studio Tour



Sept. 29-Oct. 1

*Don't miss this great event!*

## Food for Thought where's the...local ...beef?

Both marketing and buying local meat has proven to be somewhat more challenging than finding local produce. Grocers have been slow to showcase local meats and many farmers markets prove a larger investment in time than sales. As a farm member who has found your way to the produce department of our farm, here are some tips for finding local meat other than the chicken we raise. It's important to know both the producers and the lockers - we need both in our communities. You can find a list of North Iowa local meat producers - pork, chicken, lamb, and beef - online at [www.healthyharvestni.com](http://www.healthyharvestni.com). Several lockers are also listed.

Many local meat producers offer 1/4, 1/2, or whole animals. That can be a bit overwhelming. Savvy meat producers are figuring out how to price and package custom cuts and that makes buying local meat more attractive to consumers.

I specifically want to introduce you to a young farmer, Knute Severson, of rural Clarion, striving to build upon his family's long history of raising top quality, grass-fed beef. Knute's family, has been an OSTG farm member for quite a few years. Beef goes so well with all the veggies we provide. and we're excited to promote this young farmer's efforts. After finishing at ISU this spring, Knute and his new wife, Amanda, moved back into the area and are working on growing their family beef business - Grandview Beef. They attend the Clear Lake Farmers Market (Saturdays , 9a.m.-12noon)and are ready for new customers. We hope you will stop by and learn about their product. They have 4 steers ready for harvest and are looking for a home for them.

Contact Knute at [grandviewbeef@gmail.com](mailto:grandviewbeef@gmail.com) or 515/851-2200. Tim and I are starting a conversation with Knute and going to pursue a custom box of cuts.



### 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

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[www.ostgardens.com](http://www.ostgardens.com)