



# Weekly Note

Week of May 22

Spring Box #2

## Farm Snapshot

Last week was tomato planting. We have two hoophouses and they are essential farm infrastructure. Planting tomatoes involved laying drip tape, setting out worm castings, installing our trellising support system, and the actual planting. We got the tomatoes in and then left them on their own over the chilly, dreary weekend. We returned Monday, to add peppers. By the end of the day, the hoophouse planting was complete. They're so manageable at this stage!



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



Lettuce  
Spinach  
Mixed mustard greens  
Kale - *a bunch of White or red Russian, Lacinato, or Siberian.*  
Chard  
Salad turnips  
Asparagus  
Rhubarb  
Carrots

### Vegetable of the week

#### Salad turnips

The variety we grow is called Hakurei and is a Japanese variety. These lovely, small white turnips are an excellent topping for salads. They are smooth and creamy and quite delicious. Trim the root. The leaves are one more addition to your greens supply : ) This week's harvest was just the first picking through. We should have a couple more deliveries as this "thinning" allows the rest to size up.

## Cooking out of the box

This week I'm featuring a dressing and salad I enjoyed at a family gathering in April whipped up by my cousin, Anna.

**Anna's salad** - I encourage you to make your own dressing if you do not currently. Use any number of ingredients that you may have on hand.

#### The Dressing:

Olive oil

vinegar- white, red wine, balsamic...your choice - *fairly 1:1 ratio*

herbs - be creative with what's in your drawer, freezer, etc.

mustard - Dijon type

*Shake those items together*

A dollop of mayonnaise was her secret ingredient for a creamy dressing.

If you like it sweeter, add a little honey.

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# Farm story of the week

This week we're going to start a tour of the farm and where all the action takes place.

First stop - Pack out shed.

This is where we begin our mornings, going through our morning check list which makes sure we not only get equipment set for the day, but that we keep accountable to some of farm food safety steps such as sanitizing the work counter, the harvest

knives, and logging cooler temperature. We keep the day's tasks and harvest quantities listed on a dry erase board . The counter sports a scale that we use to weigh all of our harvest to track yield. We also weigh the quantities we deliver so we have a clear record of what you received. The counter is also our prep area where we bag greens. Ready to pack vegetables are placed on the counter, while your boxes travel along on pull out shelves, assembly style.



## **Cooking Out of the Box continued...**

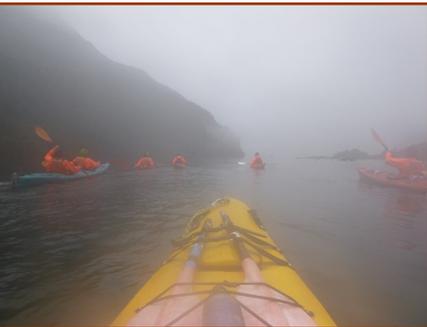
It was simple, just hunting around for what might work, blending them into a nice creamy consistency...Delicious!

### The Salad

Any mixture of greens you have available, chunked tomato (Maple Grove Farm should have tomatoes at the North Iowa Farmers Market in Mason City !), sliced cucumber, candied pecans. As delicious as it is beautiful!

# Food for Thought - New Zealand's commitment to rivers.

Our trip to New Zealand last fall was delightful and eye opening. We'd be happy to give our slide presentation about the trip and insight into New Zealand history if anyone is interested. It really is more than just "here's about my family trip to NZ". With that recent trip, the news this past March that a river in New Zealand has become the first in the world to be recognized as a living entity with the legal status of a person after a 170-year battle by the local Maori people caught our attention. New Zealand's parliament passed a bill to allow the Whanganui River - known by the Maoris (NZ's native people) as Te Awa Tupua - to represent its own interests and advocate on its own behalf. It will be represented by two nominees - one appointed by the Maori community, or Iwi, and one appointed by the government. This debate, which has been going on since the 1850's is just one of many as Maori people work to reconnect to the physical and spiritual heritage of NZ.



Iowa wrestles with its own water related issues - mostly about water quality and appropriate strategies and partnerships for addressing those issues. What would an Iowa river say if it gained legal status as a person?

## **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

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