



# Weekly Note

Week of May 29

Spring Box #3

## Farm Snapshot

Last week's big task was cabbage and pepper planting. By Saturday a dry spell allowed us to plant. We set out 180 red and green cabbage - scheduled for delivery in August. We planted just over 400 Bell peppers. Oh my, that's going to be a lot of peppers! This is a crop we sell wholesale supply as well as CSA. Here's the process - after tillage, we mark planting spots with a dibble, fill the holes with worm castings, lay out the drip tape, plant the plants, cover it all with a hooped floating row cover to protect from predation.



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



- Lettuce
- Spinach
- Kale
- Chard
- Salad turnips
- Asparagus
- Rhubarb

### Vegetable review

What's coming up?

A review of broccoli and cauliflower reveals they are coming along. Based on their current size (photo at left), we think it will be a week or two until broccoli supply starts. They are looking great! Cauliflower is two weeks later so look for them after mid June.

We hope to have green onions next week. Radish are coming, but may be a couple of weeks yet.

## Cooking out of the box

We're big fans of Iowa Public TV's Iowa Ingredient. When you see the Iowa Ingredient logo, you'll know where the recipe came from.

### Kale Meatballs

#### Ingredients:

- 1 pound ground beef
- 2 cups chopped vegetables ( 1/2 onion, 1 carrot, 1/2 bunch of kale)
- 1 cup filler ( 1/2 ground oats or bread crumbs and 1/2 flaxseed or wheat germ)
- 4 basil leaves, chopped
- 1 teaspoon fennel seed, ground
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 2 eggs



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## Farm story of the week

Mondays, Tuesdays, and Wednesdays are harvest days. From our starting point in the pack out shed, we review the list of crops, quantities, and load up supplies. Knives need to be sanitized, rubber bands (i.e. for kale, chard) need to be counted, and totes need to be loaded. We load all these supplies onto a small trailer pulled by our mighty electric golf cart. The duo are pictured here with the wash station in the background. This system works slick. Easy loading in and out of the trailer. Electric golf cart fits perfectly into our solar power system at the farm. The cart is quiet, emission free and easy to jump in and out of as we go about our chores. Monday we harvested 25 lb. spinach and lettuce each, 15 lb tur-nips, 20 lb. kale and chard each, and 75 lb rhubarb. We were done shortly after lunch.



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*Cooking Out of the Box continued...*

### Instructions

Heat 1 tablespoon of olive oil in a medium sauté pan over medium heat. Add the chopped vegetables and cook for about 2 minutes, until softened. Let cool for 5 minutes then mix all the ingredients in a medium bowl. Preheat oven to 425 degrees. Roll the mixture into 2oz balls and bake for 15-20 minutes or until cooked through. Serve and Enjoy! Makes 18 meatballs.

## Food for Thought

### Exchange Students Bridge Cultural Divide

Amidst the daily reports of rancor we hear on the radio and what seems like a degeneration of American's civility, exchange student programs, active in many communities, open doors to fresh breath of international understanding. I'm aware that two of our members, Becky Ahrendsen, longtime member from Clarion, and Ashley Hefren, new member of Clear Lake, have both been active with exchange student programs. I invited Ashley to send a brief description of IRIS and here's what she has to say: Iowa Resource for International Service (IRIS) is a small NGO in Ames, which works with the Youth Exchange and Student (YES) program to bring high school students from around the world to Iowa for a school year. The students are nominated for and receive scholarships based on their leadership, academics and school involvement. The students live with Iowa families and attend Iowa high schools for a school year. The program works to bridge the cultural divide and bring Iowans closer to cultures around the world. Any family who sees this as important can be a host family. More information can be found at [www.iris-center.org](http://www.iris-center.org) or on Facebook. *I'm happy to spotlight initiatives, businesses, projects that members are engaged with that contribute to the sustainability of our communities. Just let me know. Jan*



Iowa Resource for International Service

### 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