



Weekly Note

Week of

June 19

Spring Box #6

Farm Snapshots



New, young kale... getting ready for fall.

The story without a photo... planting, weeding, and tomato tending - That's this week's focus.



Two big jobs done, back to maintenance.

Where did the hay unloaders go?



Putting all the chicken equipment away..

What's in this week's box?



Pea greens - An alternative to peas when we got caught short of time this spring. . They are excellent in salads or light cooking. Let us know how you like them

- Lettuce
- Spinach
- Green onion
- Radish
- Broccoli or Cauliflower
- Pea greens
- Kohlrabi to - Mason City, Belmond, Farm (next week to Garner, Clear Lake, Clarion)

Fruit Share

- 1 Quart Strawberries

Vegetable notes: If we can't get peas planted by April 15, we don't have enough time for them to mature and set fruit for our Spring Share. This year's cold, wet spring created just such a schedule challenge. We love peas. What to do? A little research and we found a pea that, grown on a shorter time-frame, would produce clusters of foliage that would make a nice, sweet pea tasting addition to salads. Included in this week's box.

Cooking out of the box

Spinach Salad

Vinaigrette Ingredients:

1 onion chopped - sauté in oil on a hot skillet until caramelized (15 min)
 Kosher salt - add enough to "season" the onions
 2 peaches chopped - add and cook until peaches become mush. Add onion and peaches to blender. Add remaining ingredients ...
 1 Tbsp. Dijon, 1 Tbsp. paprika, 1/4 tsp. onion powder, 1/4 tsp. garlic powder, pepper, 1 1/2 cups oil (corn), 1 cup rice vinegar, 3/4 cup sugar....
 ...until emulsified. Makes about 1 liter.



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Farm story of the week

I've been taking you on a bit of a virtual tour of the farm, starting with our pack out set up, a look at our harvest, and chicken systems. The lion's share of the work, however, takes place in the field. The hoophouses, as I've already mentioned, are home to all the greens we've been delivering. The one on the right is home to lettuce, spinach, chard, kale, kohlrabi, salad turnips. The left one is home to tomatoes and a portion of our peppers. But this is just a small slice of the farm. We are growing on about 3-4 acres. To the left of the left hoophouse in this photo is our "Bin Hill" garden (named for the bin you see in the lower edge of the photo). This field is home to potato beds, broccoli, cauliflower, cabbage, and field planted peppers. Next week we'll take a look at the whole farm and keep the introductions going.



Spinach Salad - Continued from Page one.

Salad components:

Fresh spinach or baby spinach, Pumpkin seeds, Maytag bleu cheese, Carrot - cut into curls or small sticks,
Green onions
Bell pepper - cut into small sticks

Refrigerator overflowing with spinach? Two of my favorites at this time of year to suggest include:

Spanikopita (Greek spinach pie)

Strawberry Salad - just in time with this week's Fruit Share of strawberries!!

Hmm..if you didn't get a Fruit Share - strawberries are on at Furleigh's Farm in Clear Lake area and at both the Mason City (Tues & Fri 4:00-6:30 pm) and Clear Lake (Sat., 9-12noon) Farmers Markets. For a complete listing of North Iowa farmers market schedules, visit www.healthyharvestni.com

Food for Thought

Supporting sustainable agriculture off the farm

Tim and I both seek opportunities to support agriculture beyond the farm.

One of his roles is as a member of a Sustainable Ag Research & Education (SARE) grant review committee. After reading and rating 24 grant proposals in May, last week's meeting of the full committee addressed the final debates and recommendations of which projects to fund. This particular program seeks to fund "Innovation that advances profitability, stewardship, and quality of life for farmers, investing in groundbreaking research and education."

Tim remarked about the experience, "It's fascinating not only to learn a lot from the grants submitted, but to meet and work with people from across 12 states with fascinating backgrounds and experiences." This grant program is funded through the Farm Bill and its future will be determined in upcoming budget and Farm Bill decisions.



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