



2018 Weekly Note Week of May 21

Farm Snapshot Tim and I have been



anticipating this first delivery for a long time and glad to finally begin our weekly edible journey through 2018 with you! We're also happy to have Becky Ahrendsen back helping with harvest!

This week's box contents:

Lettuce
Mixed greens – arugula,
mizuna, and mustard greens
Bok Choy – green or purple
Kale
Salad Turnips
Rhubarb
Asparagus

We all start longing for fresh come March and April and suddenly the fields are producing again and you will be enjoying regular supplies of farm fresh produce from One Step at a Time Gardens.

In spite of the winter that wouldn't let go followed by persistent rain and cool temps of early May, last week was beautiful. The weather allowed us to get caught up on planting, some cultivating, and tend to some other miscellaneous chores.

We hope you enjoy your vegetables as much as we enjoy bringing them to you. If you are loving the veggies, tell your friends. If you have any questions or concerns, tell us!

In the Box - Our plan calls for between 6 and 8



different vegetables per week these first seven weeks and it's time to eat your green vegetables!



Vegetable of the week: Bok Choy. This traditional Asian stir fry vegetable can be spelled several ways – Bok Choy, Bak Choy, Pac Choi... a scrumptious hearty green providing succulent broad stems and densely nutritious broad leaves. Great source

of vitamins A, B-complex, C, and minerals - and 24 cal. per one cup serving to boot! We have such a lovely crop of both green and purple bok choy to kick off our shares! And recipes... Oh my, more than I can include here. They range from stir fry (chicken, fish, or tofu), to crunchy salad (today's feature), to soup. Watch our facebook page for an additional suggestion or two.

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City
Wednesday: Clarion, Belmond, Farm

Farm Contact:

Jan or Tim, 515/851-1690, libland@peconet.net



Salad turnips are not your late season purple top turnips, but instead these delicious, tender, white roots (edible tops – add them to your salads). Eat whole or slice for salads and snacks. More to come.

Mixed greens, featuring three greens listed - (next week's featured vegetable) – zippy addition to green salads, burritos, tacos, egg dishes, etc.

Kale– Time for kale chips, smoothies, etc. Next week we'll feature one of my all-time favorite recipes – Kale Quinoa Salad. Oh, so yummy. I'd advise getting an organic lemon on hand for that recipe. Get ready now!

Asparagus – This spring vegetable is one of the first delights to dig into. Our supply comes from our friend Jeff Short, of Garner. One more supply coming next week! **How will you prepare yours?**

We've roasted it – oh, so scrumptious! Monday's frittata at lunch featured asparagus as well as Bok Choy. The next batch of this delicacy will go into an asparagus soup.



Recipe Spotlight

Salad Greens with Chinese Salad Dressing

(from "Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce)

1/3 C. sesame oil or olive oil

1 t. garlic, minced

1-2 t. fresh grated ginger or 1/4 t. dry ginger

Dash of cayenne

2 T. fresh lemon juice

4-6 C. Bok Choy – separate the leaves from the stem,

slice them up, chop up the stems – toss with dressing, top with cashews.

1 t. sesame

seeds (optional)

1 T onion, diced



This salad was Monday's farm lunch – delicious!!

Food for Thought: Phenology

Two weeks ago I almost floated away, drunk on plum blossom while I was impatiently waiting for our crab apple tree to bloom. Then bloom it did, providing us a glorious display for about two days. I think this delayed release from winter has played a hand in a doubly glorious display of our lilacs and I've been drinking in their fragrance all this past week. Next to bloom is our lily of the valley and they look poised to provide the next dose of intoxicating fragrance. Oh, if I were a bee. The study of cyclic and seasonal natural phenomena, especially in relation to climate and plant and animal life is known as Phenology - derived from the Greek φαίνω (*phainō*), "to show, to bring to light, make to appear"^[2] + λόγος (*logos*), amongst others "study, discourse, reasoning" (thanks to Wikipedia).

I hope, to help you tie your weekly farm feast with the ever-changing dynamics unfolding on the farm. My interest in phenology is part my background in natural resources (my BS is in Fisheries and Wildlife Biology) part farming – a very seasonal livelihood. I'm sure you do a little of your own phenology, but maybe just never gave yourself permission to consider your observations "phenology".

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