



# 2018 Weekly Note Week of September 3

## Farm Snapshot

**OSTG Party update** – We want you all to come celebrate with us on Saturday, October 13, 4-6 pm at Café Mir in Fertile, Iowa.

Please pre-register by September 28 so we can coordinate with the chef at Café Mir on food quantity we will need. Use this Eventbrite link:

<https://www.eventbrite.com/e/one-step-at-a-time-gardens-member-celebration-tickets-49536900202>

**NOTE:** Use this passcode: **ostgparty** – that should correct any problems you may have run into last week.

### **This week's box contents:**

- Kale/Chard
- Zucchini or Summer Squash
- Big Beef/heirloom Tomatoes
- Green & Red bell peppers
- Red, Sweet Pepper (Carmen)
- Wally wally onion
- Garlic
- French Green Beans
- Basil
- Yellow watermelon

**FRUIT SHARE:** ½ pint raspberries

Now to some farm updates... While the deer keep outsmarting our fencing, I got the watermelon they seem drawn to harvested. We love weaving habitat in and around our production fields. However, that comes with consequences such as we have been experiencing with deer the past couple



of years. The doe pictured here has regularly been training her young one to get into our field – in spite of our fencing efforts. They made a big dent in our beet planting in the same field. What we could salvage was moved into the hoophouse. We've got two trail cams documenting their fairly regular visits to our watermelon, fall broccoli and carrot fields. The majority of the melons are now harvested, securing that tasty crop, but the broccoli and carrots

**Harvested melons**

**Delivery schedule:**

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

**Farm Contact:**

Jan or Tim, 515/851-1690, [libland@peconet.net](mailto:libland@peconet.net)

have a long ways to go until harvest. We've been working with the DNR depredation biologist and are engaging some local hunters and anticipating the upcoming deer season to assist with reducing the pressure.

Working around the rains...Christa and I found a dry day and harvested the French beans. This week's is the last supply Tim trimmed up the tomatoes for the last time this season. A good inside job when it's too wet out.



this rain comes in handy?

We dug into potato harvest late last week – soils a bit wet and yield less than stellar, but we knew this week would put that task way behind. Now to the potato washing – maybe that's where all



**Fruit Share Update** - This and next week we will be featuring RASPBERRIES for our Fruit Share. We will have two deliveries, half pint each time. The last and final Fruit Share delivery will be apples – later Sept./early Oct.



## In the Box **Featured vegetables of the week: Zucchini**

Technically zucchini and yellow summer squash are both summer squashes. Summer squash as opposed to the tougher skinned relatives, winter squash. Once the plants start blooming, they're pretty productive through frost or it befalls any of the production hazards we'll get into that in a moment. The primary hazard is cucumber beetle...which we've seen very little of this season – possibly one benefit of the frequent rains? The beneficial insect we rely upon is the squash bee – shown here deep in the female flower, lapping its tongue around to get all the good nectar inside the flower. Ninety-four percent water – this vegetable helps to replace lost fluids so typical in summer. They are also, low in calories, a good source of vitamin A & C, potassium, and calcium. Easily digested, nourishing, and cooling, We expect to continue to provide zucchini/yellow squash and will keep offering fresh recipe ideas. This week's recipe features "spiralized" zucchini. If you don't have a spiralizer, large size grated will do, but spiralizers are just so fun you might want to purchase one!



## Recipe Spotlight **Zoodles Primavera** (from Sally Pressly, *The Decker House B&B*)

### Ingredients & Directions:

*In large skillet, heat oil.add 2-3 T, olive oil, 6 T. onion, finely chopped 2 cloves garlic, minced, 1 C. tomatoes, finely chopped, and 1 container fresh mushrooms, sliced sauté until slightly tender.Add... 3 med. Zucchini, spiralized - Sauté quickly just until tender. Add... ¼ C. fresh basil, chopped chopped basil, sauté 1 more minute. Remove from heat. Sprinkle vegetables with ½ C. parmesan cheese grated cheese, salt and pepper to taste. Serve immediately. Yield: 3-4 servings.*



I was introduced to this recipe when I helped with the North Iowa Farmers Market Kid's Cooking Class a couple of weeks ago. This was the third of monthly, hands-on classes for kids that started with buying the ingredients at the market. Really great way to start the local food habit!

Sally Pressly, co-owner of The Decker House B&B, led several Healthy Harvest's Kid's Cooking class this past summer, including this one on cooking with zucchini and corn mid August at North Iowa Farmers Market in Mason City

## Spotlight: Farm Fresh Opportunities

September brings a number of fun and exciting ways to learn more about North Iowa's local food scene. Details for the first three events can be found on Cal. Of Events, [www.healthyharvestni.com](http://www.healthyharvestni.com)

**Two great Farm to Fork Dinners** are coming up:

Wed., Sept. 12 – A Meal on Main in Wright County.

Pull up a seat on Main Street and enjoy this first ever Farm to Fork Dinner in Wright County. Restaurants, producers, the Chamber, and interested community members are helping pull this event together.

Tickets are \$35 and available at Clarion Chamber, Fuel , and Grounded.

Tues., Sept. 18 – Mainstreet Restaurant Crawl in Hampton.

Join Hampton's well-known restaurant crawl complete with local food prepared and served by students in the Hampton-Dumont/CAL Culinary Arts program.

Tickets are \$20 and available at the Greater Franklin County Chamber of Commerce in Hampton.

Sun., Sept. 23, 2:00 – 4:30 pm - North Iowa Fresh/One Vision Field Day

From the farm to the packing table to the corporate table, this field Day will highlight the many partnerships involved with North Iowa Fresh's Bounty Box program. This field day starts at Furleigh Farm and will move to One Vision, ending With heavy snacks.

This is the fifth in a series of field days exploring North Iowa local food and farm businesses.

Plus a shout out for the **2018 North Iowa Studio Tour** where you can meet up with 20 artists in 3 days! A brochure is provided in boxes over the next two weeks.

Mark your calendars and enjoy North Iowa's creative food and art community this month!!

A Meal on Main in Wright County



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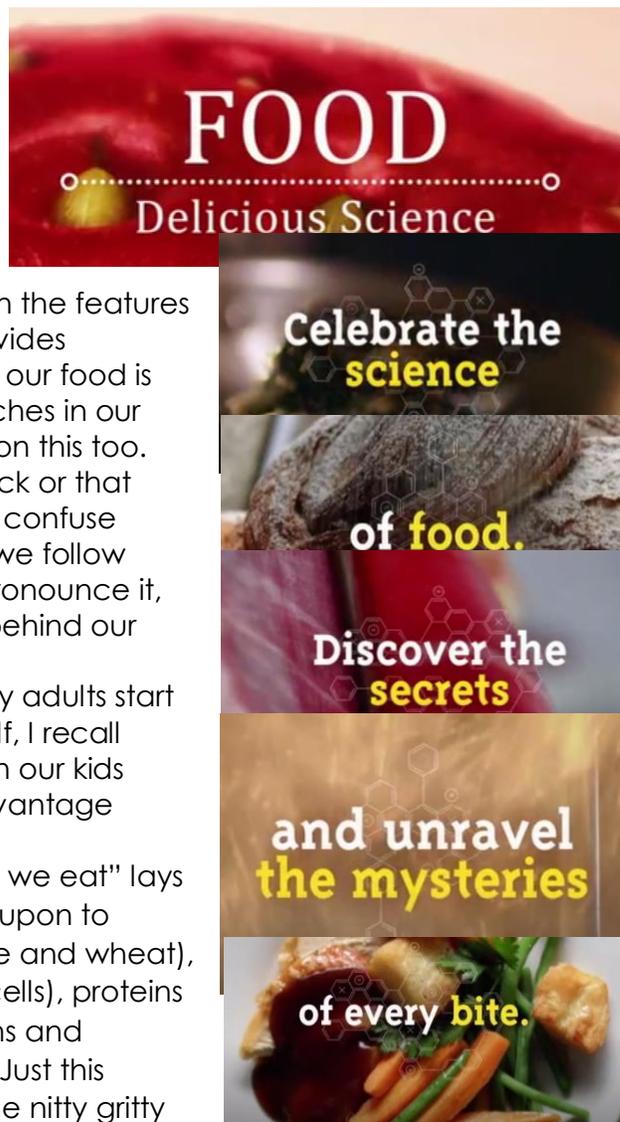
# Food for thought:

Take a doctor and a botanist and you've got the recipe (pun intended) for an amazing, deep dive into our food. In *Food: Delicious Science*, Dr. Michael Mosley and James Wong celebrate the physics, chemistry and biology hidden inside every bite. I referenced this PBS series earlier this year, but now am taking time to walk back through the features to share some of the insights with you. I think it provides something our usual discussions about the value of our food is missing. I know there are a couple of nutrition coaches in our membership so I'll be interested in their reflections on this too. Regularly the diet world tells us this diet is just the trick or that food should be avoided, etc. It's enough to totally confuse people about what to eat and what not to eat. If we follow Michael Pollan's advice, it's simple – if you can't pronounce it, don't eat it. But understanding the basic science behind our food is even more empowering.

When children come on to the scene is when many adults start taking their food more seriously. Speaking for myself, I recall emphasizing what we should or shouldn't eat when our kids were little, but I didn't do that from a very studied vantage point.

Right off the bat, the opening series "We are what we eat" lays out the four nutritional building blocks we depend upon to sustain ourselves: carbohydrates (they dive into rice and wheat), fats (so important, they explain, for healthy brain cells), proteins (for building and repairing our bodies), and vitamins and minerals (in small amounts, but vital to our health). Just this categorization is a helpful framework to hang all the nitty gritty details of our food on. The first food they analyze is breast milk – one food – complete with all these elements – lactose (the carbohydrate), milk fat, milk protein, and vitamins and minerals. As we grow, what we need doesn't change, just comes to us in different forms of food...and that's where it gets both wonderful and challenging. What I love about this series is the geeky analysis of food and their emphasis on place-based diets that highlight how different populations meet their nutritional needs. For example, there are cool graphics such as this microscopic image of vitamin C crystal to the right – is that cool, or what?! Eat your peppers - a great source of Vitamin C !!

I'll provide highlights from the series' features on our food and taste and our food and our brains in the coming weeks.



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