



2018

Weekly Note

Week of September 10

Farm Snapshot

This past week saw us all emerge from the perpetual rain into some glorious, fall-like weather. Sunday Tim and I took to one of our favorite bike rides and I thought I had died and gone to heaven. All the heat and humidity that we've dealt with this season was a faded memory against the sights and sounds as the morning ride swept me into a delightful reverie. I hope you are likewise enjoying this transition!

In the fieldwork arena Tim planted the last of the greens for the season, seeding some new stir fry greens for the Thanksgiving box and covering to protect from fall pests. We already have lettuce, spinach and some mixed mustard greens coming – aiming for the last

This week's box contents:

- Red Cabbage at EOW sites
- Zucchini or Yellow Summer Squash
- Big Beef/heirloom Tomatoes
- Green peppers
- Red or Yellow, Sweet Peppers
- Red potatoes
- Shallots
- Garlic
- Yellow watermelon

FRUIT SHARE: ½ pint raspberries

couple of boxes for these items.

With the shift in temperature, it was time to remove the shade clothes from the hoophouses, roll them up and store them for the winter.

The season is changing.



Have you signed up for the Oct. 13 OSTG Party? Go to this Eventbrite link:

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

Use this passcode – **ostgparty**. Please join us!

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Wednesday: Clarion, Belmond, Farm

Farm Contact:

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



Our dear friend, Mary Louise, of Rowan, came Saturday. She comes with buckets of apples from her tree and we put them through our apple press. We both go away with some delicious apple cider, and Sass (our mare) gets a sampling of the apple mash. Win-win-win!

The bees have been busy visiting the zinnias at our house – I love



zinnias – fairly fail proof and so, so colorful! Humming birds are also providing ample entertainment at our feeders.

In the Box **Featured vegetables of the week: Allium & Peppers**

Members of the Allium family include onions, garlic, shallots, leeks. The bulb onion is the most universal seasoning used by humans. According to my food book *Asparagus to Zucchini*, there are 300 species of onion within the allium genus, 70 of which are native to N. America. The onion is thought to originate in the Middle East and southwest Asia, dating back 3200 BC. The ancient Egyptians saw the concentric circles of the onion as a symbol of the universe and treated it as an object of worship. Ah, so wise they were. Today we are providing shallots – they look like miniature red-skinned or brown-skinned onions. The flesh is milder than onions, and can be used interchangeably with onions.



Shallots

Peter Piper Picked a Peck of Pickled Peppers ...The earliest version of this tongue twister was published in *Peter Piper's Practical Principles of Plain and Perfect Pronunciation* by John Harris (1756–1846) in London in 1813 (source: Wikipedia).



Seems we are growing pecks and pecks of peppers as they have been a steady item in your box and the supply is expected to continue for the next couple of weeks. This week is 2-3 color variations on the bell pepper theme. The last two weeks we've included a tapered, red Italian frying pepper, Carmen. I hope

you've tried that one – very sweet and juicy. Should show up on the scene again soon. While you are seeing 3-4 peppers per week, I hope you are trying new recipes. How about roasting them? Place the pepper under the broiler,



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above hot coals, or over an open flame. Toast it, turning often, until the skin is blackened evenly. Place cooked peppers in a brown bag or covered bowl and allow to steam for 10-15 minutes. Skin will peel off easily with aid of a paring knife. The, cleaned flesh of roasted peppers is just the beginning of savoring this nutritious vegetable (high levels vit. A, C, E, iron, potassium). Refrigerate them just as they are when all cleaned for 5-7 days, freeze them for winter use. Or...marindate them in – 2 T olive oil, 1 T fresh lemon juice, 2 T. chopped fresh basil, salt and pepper to taste. Same storage guidelines.

Recipe Spotlight **Pickled Mixed Peppers** *(from Serving Up the Harvest)*

This is a great way to preserve the bounty of peppers our farm continues to generate. These are delicious in grilled cheese sandwiches or tucked into a baguette spread with goat cheese. A pita pocket stuffed with slices of grilled or broiled eggplant, pickled peppers, and feat cheese is another wonderful combination.

Ingredients & Directions:

Prepare 4 C. sliced mixed sweet peppers

Measure 1 ½ C. white vinegar, 1 T. sugar, 1 t. salt – heat until join boiling in a nonreactive saucepan.

Pack the peppers into a hot, sterilized quart jar. Fill with the hot brine. Top off the jar with the boiling water, leaving ½ inch headspace. Seal with a canning lid.

Let cool and refrigerate for several months or process in a boiling-water bath for 5 minutes. Store in a cool, dry place for up to a year.

Spotlight: Farm member stories

I know our members are doing fascinating things, and sometimes I actually get wind of stories to share. Such was the case a month ago - I learned that Stephanie Neiman, farm member from Kanawha, was WOOFing in Alaska. Here is her story:

Looking for a farming adventure Stephanie, a true Iowa farm girl joined Wwoof.net early this summer. The Wwoof "World Wide Opportunities on Organic Farms" organization connects organic farms around the world with willing workers. No money is exchanged, the worker agrees to provide farm labor and the organic farm provides room and board and an opportunity to get first-hand experience in the farming operation.

Stephanie left on August 1 for a month-long commitment at Eaglesong Peony Farm. Located 40 miles north west of Anchorage, Alaska, the farm is only accessible by air during the summer months. The farm runs off the grid, running

generators in the evening for a few hours so they can shower and do any projects requiring electricity including Wifi.

Stephanie weeded the flower beds and hoop houses, cut and stacked wood, and assembled of a series of batteries to the solar panels, which would help store electricity needed to run the farm. She also learned how to cook and wash dishes



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in a home with no electricity or running water, and came home with a new appreciation for running water in the kitchen.

While she was there, she met other wwoofers from all across the USA as well as Brazil and Japan. Some came for the adventure, others to gain knowledge of the environment and farming practices of Alaska. Everyone had a story and she learned as much from the woofers as she did from the owners of the farm. One of her favorite things was the wildlife. It's everywhere. Moose are on the farm every day and one of her trainings was on how to stay safe from a bear attack. The farm is literally cut out of the forest, and encounters with nature are to be expected.



Experiencing other farms is always enlightening and this was no exception. Stephanie gained a great appreciation for running water, learned how the farm manages its equipment (there is very little large equipment. If it can't be flown in on a small airplane, then it must come by sleds pulled by snow machines in the winter when the rivers and lakes are frozen). The growing season is short (months) but the days are long (20 hours), allowing for some of the best produce and plants in the country.

Stephanie is planning to go back in March to help when the Iditarod goes through. She is also researching other locations around the country to see where she'd like to go next or perhaps an international trip.

Food for thought:

Don't forget – some great events coming up you might want to take in Field Day

Sun., Sept. 23, 2:00 – 4:30 pm North Iowa Fresh/One Vision Field Day - starts at Furleigh Farm and will move to One Vision.

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!!



More on *Food: Delicious Science* coming soon...I'm sure you're on the edge of your seats :)

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