



2018

Weekly Note

Week of September 17

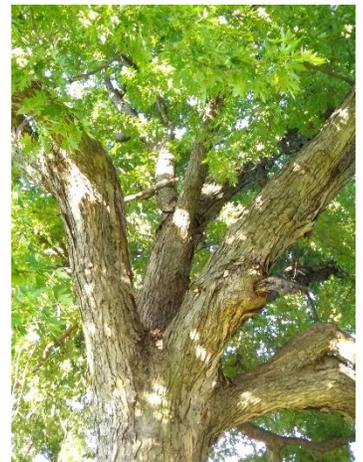
Farm Snapshot

Last week wrapped up potato harvest. All potatoes are now washed and in storage for our remaining summer deliveries, our late season deliveries, and wholesale.

Tim also harvested our popcorn – oh, boy, 2018 was NOT a good popcorn year! Yep, this is the sum total of this year's crop! There's always next year.



Each morning, when I walk out the door, I'm greeted by our lovely Silver Maple Tree. "Good morning, tree!" I call. I know some of you have heard about this tree before. It's just so lovely. Sometimes the farm and life is just a buzz with things going on. But that tree remains calm and stately and is a good grounding point to start any day. Isn't it grand?



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
- Blue Potatoes
- Shallots
- Garlic
- Acorn squash
- Yellow Watermelon

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!

Delivery schedule:

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

Farm Contact:

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

In the Box Featured vegetable of the week: Blue Potatoes

Potatoes – avoid them? Potatoes alone are naturally low in sodium and packed with vitamin C and potassium. When eaten with the skin, they are a good source of fiber. One medium-sized baked potato (with the skin) supplies about 160 calories, 17 milligrams of vitamin C and 925 milligrams of potassium, and is a good source of vitamin B6, niacin, magnesium and iron.



Blue potatoes - seriously? Absolutely! Even stranger than blue skinned and flesh potatoes is the fact that THIS is what potatoes looked like originally, when first used for food about 10,000 years ago. Generations ago, farmers decided people would eat more potatoes if they were white (?) and started breeding the color, and quite a few of the nutrients out of potatoes as a marketing gimmick! In fact, blue fleshed potatoes have all of the antioxidant power as Brussel sprouts, Kale and spinach - and let's face it - they taste so much better and are fun to eat! All Blue potatoes have a moist texture and are perfect for mashed or fried potatoes. Add a dash of vinegar to maintain the bright blue coloring, as it will fade otherwise.

Recipe Spotlight Grill-roasted blue potatoes recipe (www.writes4food.com)

Preheat grill to medium (about 375 degrees). Tear a sheet of aluminum foil about 24 inches long. Wash but don't peel ...
1 1/2 pounds blue or purple potatoes, cut into 3/4-inch dice. In a bowl, toss potatoes with the remaining ingredients.

2 cloves garlic, minced

2 Tbsp. olive oil

(serves 4)

pinch of dried thyme (or fresh, if you have it)

coarse salt and ground pepper

Place the seasoned potatoes on foil; crimp sides together to seal into a square packet. Grill without turning for 25 minutes.

Zucchini-potato Frittata (Source: Serving up the Harvest)

1 med. Zucchini, sliced – *Combine with 1 t. salt, set aside to drain for 30 min.*

4-5 T. olive oil – *Heat 3 T of the oil over med-hi heat in a lg., well-seasoned cast-iron skillet or ovenproof nonstick skillet.*

Add... 1 ½ lb. waxy potatoes (blue potatoes are a great candidate), thinly sliced and 1 large onion, halved and thinly slice, reduce heat to medium-low, and cook, flipping and stirring occasionally until the potatoes are soft, about 20 min.

Increase the heat to med-high and continue cooking, tossing occasionally, until the potatoes are brown, about 5 min.

Remove the potatoes with a slotted spoon, but keep the skillet on the burner. Transfer zucchini to clean kitchen towel and pat dry. Add zucchini and ¼ lb. ham, diced to skillet and sauté over med-hi heat, until zucchini is just tender, about 4 min.s

Remove zuc and ham with slotted spoon. Keep skillet over the heat. Beat 6 eggs and pepper to taste in medium low until well blended, fold in the potatoes, zuc, ham, and 1 c, grated Cheddar cheese.

Preheat oven to 350°F. Add 1-2 T remaining oil to lightly coat the bottom. Pour in the egg mixture, reduce the heat to med-low and cook without stirring until the bottom is set, about 10 min.s Transfer to oven and bake until the top is set, 5-15 min, check every 5 min. Place serving plate on top of the skillet and carefully invert. The frittata should fall out of the pan. Cut into wedges and serve.

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

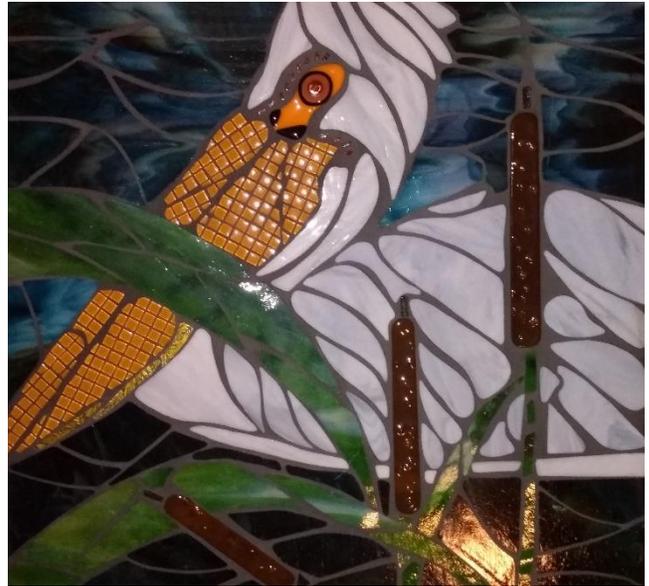
Wednesday: Clarion, Belmond, Farm

Farm Contact:

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

Spotlight: Fascinating Farm members

Another member story relates to the upcoming North Iowa Studio Tour. Clear Lake member, Chris White, is an active member of Art on the Plaza and the driver behind the fliers that have been in the delivery boxes and at pick up sites. We hoping some of you take the last weekend of Sept. to wander in wonder of the amazing art and artists across North Iowa. We have a couple



of special art pieces in our house thanks to Chris and her good potter friend Jo Willemson – who will also have artwork on display during the tour. Chris and Jo designed three tiles we have set in our basement floor – based on a theme of marsh ecology - blending their mutual mediums of glass and clay. Two of the three tiles are pictured here.



Andrea and Michael McLoughlin, members from Clarion. Do you know where Niger is? These young doctors, relatively new on the scene in Clarion enjoy some traveling and an upcoming trip is about more than just seeing a new part of the world; it's about **how** they will see this part of the world – namely through the eyes of a missionary effort that is trying to improve the overall system, working with local doctors and

teaching at the medical school and residency. Andrea noted “we like the more sustainable nature of this spot for the mission work [we’ll have a chance to learn about].”



Young baker – looking for more orders! Mac has been baking and delivering and getting rave reviews.

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

Wednesday: Clarion, Belmond, Farm

Farm Contact:

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

Food for thought:

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

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. Hope to see you there! This is a great opportunity to meet the producers and learn about the behind the scenes details of North Iowa Fresh Bounty.



the 2018 North Iowa Studio Tour, Sept. where you can meet up with 20 artists in 3 days! For more, find them on facebook.



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

There have been some great local food events last week. Take a peak at the Clarion Meal on Main where 100 diners filled Main Street to enjoy an evening of local food, music, and art.



Then the next night more than 50 diners enjoyed an evening feasting on local food, learning about dairy in Iowa (the dinner was held directly across from the barn of Brumm Dairy, outside of Staceyville, complete with 250 cows).



Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

Wednesday: Clarion, Belmond, Farm

Farm Contact:

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