



**2018**  
**Weekly Note**  
 Week of June 4

# Farm Update

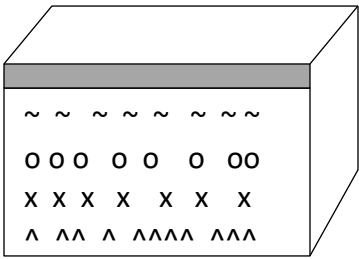


Already at Week 3 and with most of our early crops moving right along, our attention has begun to shift to later season crops. This past week Becky potted on Chinese cabbage that will be planted out in a couple of weeks targeted for harvest in August. We began planting in our second

- This week's box contents:**
- Lettuce
  - Spinach
  - Salad Turnips
  - Rhubarb
  - Carrots
  - Broccoli
  - Green onions
  - Radish

high tunnel with red and yellow peppers; tomatoes will be planted in three weeks. We set cabbage out in another field, and direct seeded popcorn, and the whole field of winter squash!

We took advantage of the break between rains, got the seed in and on Saturday morning received a lovely, timely rain to really give those seeds a boost toward germinating. Warm soil, water and voila! Germination!



Saturday we made our compost pile. This consists of building a "layer cake" of sorts from various materials on the farm and is a chore after baby birds are moved from brooder box to field – ^ = old hay; x = chicken litter; o = horse manure; ~ = composting vegetables.

We have the piles set up in an old hog building we converted for compost piles a long time ago, using what was an overhanging door repositioned to serve as the back board for pile scooping and managing. Saturday the new pile consisted of three of these layer sets and by Sunday morning was already steamy and "cooking". After a season or two of "cooking" and being turned, this will help feed veggies.

Sunday we enjoyed a more leisurely day and reveled in the cooler temperatures! This next week we'll need to buckle down on some weeding projects.

**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)



# What's in the Box

This week you see a transition as a number of new items are included.



## Featured vegetable of the week: Carrots!

How do we have carrots (which takes 75 days to mature) ready for delivery in early June?

Bolero is the variety and they are very good keepers. We have specialized in late season carrots for Thanksgiving and Winter Shares and late season wholesale. Our carrot harvest over the past four years has averaged more than 2 tons. Given the carrots keep so well, we began including them in early season boxes two

years ago to the delight of our members. Our crop is a late harvest, often nipped by frost which sweetens them up. Enjoy these good keepers this week and look for another pound next week. If you want more than a pound, contact us for bulk orders - \$1.50/lb.

**Radish and green onions** – staple spring crops have finally arrived. The long grip of winter on our Spring slowed them down, but May heat has helped push them along and they should be regular items in the box the next couple of weeks.



**Broccoli** is new on the scene. The weather volatility – cold and then hot has caused a bit of bolting which results in smaller than intended heads. They taste great, but our yields are down.

## Recipe Spotlight:

*Oh, my – I finally got a couple of organic lemons last week for those recipes calling for lemon zest. I think I landed in heaven – so wonderful the aroma and flavor!*

Still have Bok Choi in your refrigerator and wondering how to fix it? Well, with all of this week's items and lingering Bok Choi, it's stir fry time!

**Moo Goo Gai Pan** (Serving Up the Harvest) - we tried this last week and it was delicious!

**Chicken (protein) and Marinade** – 1 lb. chicken, cut into thin strips, 2 T soy sauce, 1 T. Chinese rice wine or dry sherry (we only had wine in the fridge so I used that), 1 t Sesame oil, 1 T corn starch. Protein note: Not a meat eater? Try this with tofu

Directions: Combine chicken with the marinade ingredients, mix, set aside to marinate for at least 15 min.

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**Sauce-** ½ C. broth, 2 T. soy sauce, 2 T. rice wine, 2 t. sugar, 1 T corn starch

Directions: Combine, set aside until all stir frying is complete

**Vegetables** – 4 T. canola oil, 4 c. sliced mushrooms, 4 c. sliced bok choy (separate leaves from stems, throw sliced leaves in at the very end of the stir fry process), ½ C. sliced water chestnuts (I substituted salad turnips – they're white), any other veggies you want to add (carrot adds nice color, radish, broccoli), green onion, finely diced, 1 piece ginger, 1 in. long, minced, 2 garlic cloves, minced.

Directions: Heat large wok or skillet over high heat. Add 2 T. oil and let heat. Add the chicken and stir fry until chicken is mostly cooked, about 4 min. Add the mushrooms and continue to stir-fry until the mushrooms are tender and have given up their juice, about 5 min. Use a heat proof spatula to scrape the chicken mixture into a bowl, and keep warm. With wok still on high heat, add remaining 2 T. oil, stir fry the bok choy stems, carrot, radish, turnip, about 4 min, add broccoli and stir fry until just tender, add water chestnuts to heat through. Push veggies aside and add green onion, ginger and garlic. Fry for about 30 seconds, until fragrant, then mix into veggies. Return chicken and mushroom mixture into veggie mixture, mixing well. Add sauce and continue to stir fry until the sauce thickens and coats veggies, about 1 min. Finally, toss in remaining bok choy leaves and stir until bright green. Serve immediately over hot rice.

## Farm Spotlight: The “meat” of local food.

Building a pattern around eating local includes so much more than veggies. As you continue your commitment and try to fill as much of the plate as possible with local, we need to talk about the local meat available.

**One Step at a Time Gardens Pastured Poultry** – we are doing one batch of chicken this summer. We raise the chicken on pasture and feed them certified feed from our friends at Blue Stem Enterprise, Inc. in Webster City. Our broilers will be ready for delivery on Thur., June 28. A change from past years, we are delivering fresh chicken, directly after processing is complete so will only be filling orders for delivery on this date. We still have about 15 birds available. Contact us to get in on this order. \$ 4.20/ lb. Whole and \$4.35 /lb Cut up. Estimated avg weight per bird – 4.5-5 lb.

**Grand View Beef** ([www.grandviewbeef.com](http://www.grandviewbeef.com)) – Herford cattle raised on grass. Read more about their practices on their website. We are pleased to have Grand View Farm & Ranch owners,



Elizabeth and Troy Severson, as long-time farm members. Their son and daughter-in-law, Knute and Amanda Severson, started GrandView Beef in 2017 and are building their enterprise with an emphasis on direct marketing. [grandviewbeef@gmail.com](mailto:grandviewbeef@gmail.com)

**Prairie Cardinal Farm** – Scottish Highland cattle raised on grass – sold as ¼ and 1/2s. Josh Nelson, a friend from Belmont, runs a diversified farm

including corn, beans, hogs, vegetables, as well as the beef. He has some going to be processed at LeWright meats (lockers are another important cog in the local food system to highlight) soon. [jknelson82@gmail.com](mailto:jknelson82@gmail.com)



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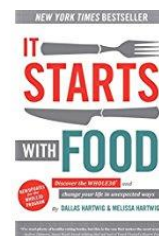
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Healthy Harvest of North Iowa ([www.healthyharvestni.com](http://www.healthyharvestni.com)) has a searchable database where you can find other local meat producers – from familiar beef, pork, chicken and lamb to shrimp and duck. [https://www.healthyharvestni.com/find-local-food/?\\_sft\\_directorycategory=meat-eggs-poultry](https://www.healthyharvestni.com/find-local-food/?_sft_directorycategory=meat-eggs-poultry)

Healthy Harvest will be hosting a field day on Sunday, June 24, 3-5 pm at Thomas Family Farm – where we'll learn about this family's new farm ventures including pork, chicken, and eggs. Aaron Thomas is developing a system that leverages assistance from these animals in his overall farm design. Mark your calendar and plan to join us. Address: 816 410th St., Kensett, IA 50448 We celebrate these young farmers and their commitment to quality meat raised humanely.

## Food for thought: “It Starts with Food”

I couldn't agree more with the title of this book which I picked up this past winter – while wading through April snowy weekends. Seemed like a good warm up to the season. I discovered the authors, however, come at this statement from a different perspective than I do.



I have a confession to make. Back up – I recognize that everyone comes to this desire to purchase, consume and even grow healthy food from various perspectives – ranging as widely as health and nutrition (going to change the way I eat) to politics (going to change the world from the tip of my fork!). My confession is I didn't first and foremost start farming to raise healthy food – OK, that was in there too, but it was first a strategy to simply reduce plastic waste in our household. While serving as Naturalist for Wright County Conservation Board (some 29+ years ago) I had been involved in a plastic recycling campaign with a colleague of mine. I found myself getting hyper sensitive to the plastic packaging from the store and took to gardening (not something I had done growing up) to reduce that waste. All the other wonderful benefits of growing and selling local, healthy food came into my narrative shortly afterwards.

As the healthy food movement has expanded over these past 20 some years, I find I'm a little late to the story of all this body chemistry impact of our food. Many of our members are likely way ahead of me on this, but I was completely intrigued with all these dynamics going on.

Authors, Dallas and Melissa Hartwig, known for the Whole30 program, go into detail not just about “how” our bodies respond to specific foods, but “why”, summarizing the science in a simple, accessible manner. Their four “Good Food Standards” of the food we should eat include food that: Promotes healthy psychological response; promotes a healthy hormonal response, supports a healthy gut, and supports immune functions and minimize inflammation. Digging into their information only reinforces to me why fresh and healthy food is so important as a building block to sustainable living. I would add to their list of standards: supports the relationship between eater and farmer and the land from which the food was produced. All good food for thought.

Just after reading this book, I ran across a fascinating series on Public TV called Beautiful Science of Food. More on this next week.

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