



2018 Weekly Note Week of June 18

Farm Snapshot



This photo – which leads to the fields of radish, green onion, carrots (just planted), peppers, watermelon, Chinese cabbage, potatoes, garlic and shallots – seems to “invite” you further into the farm and this past week’s farm activities seem particularly inviting. We are on the cusp of the Summer Solstice and feeling

the seasonal transition from late Spring into full Summer. Strawberries are ready for the first Fruit Share delivery this week! Prairie flowers are coming out. Potatoes are also blooming. Planting for fall crops is underway. It’s just been an exciting week! So – one topic at a time.

This week’s box contents:

Lettuce
Spinach
Chard
Beets
Kohlrabi
Radish
Green Onion
Oregano
Garlic scapes

FRUIT SHARE: 1 Qt. Strawberries

Strawberries – This and next week we will be providing our Fruit Share members with 1 quart of strawberries per share each week. The berries are from Furleigh Farms – we appreciate their doing the picking :) These go so well with spinach!



Weekend planting – It was hot, but rain is in the forecast and these crops needed to get planted. We got all 250 tomatoes planted. Why planting so late, you ask? Because we are working with North Iowa Fresh for July into

August deliveries, our own tomatoes are not needed until the third week of August. We delayed our planting so scrumptious, beautiful tomatoes will be ready from our farm on this schedule.



Delivery schedule:

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

Farm Contact:

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



We also planted Chinese cabbage – aiming to have crops ready for the same, later August schedule. Chinese cabbage is a lovely, sweet, crunchy green in the deep of summer.

Carrots – the first of our fall carrot crops got seeded!

Now it can rain.

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

Garlic Scapes. The garlic is maturing and one of the phases is development of its flower stalk ...or scape. We want the plant to put its energy into bulb formation, not flower production so off come the scapes. Just so happens these scapes are a delicious source of fresh garlic...before the bulbs are all formed. You'll be able to identify which end of the scape is the undeveloped flower end; this can be trimmed off and discarded. All the rest of the scape can be chopped or minced and used in any way you like to use garlic.



Kohlrabi – Like our beets, these are generous in girth! Most common are green kohlrabi, but we grow the purple. Kept in a plastic bag in your fridge, these will store for several weeks. When you want to use them, peel off the outer, purple layer to expose the inner white flesh. These are great as a raw veggie, grated in salads, diced into soups or stir fries. Be creative. h



Oregano – Starts off our periodic supply of fresh herbs. Oregano is most well-known for pairing with tomatoes. We're a little ahead of tomato season, so here's a really simple dressing recipe to try -

Lemon, Oregano, Garlic Dressing (Genius Kitchen)

large lemon, juiced ; 1 clove garlic, pressed or finely minced ; ½ teaspoon dried oregano ; ½ cup best quality extra virgin olive oil ; ½ teaspoon sea salt, fresh ground pepper, to taste
See **Tips** below. The other herbs to come include basil, parsley, summer savory, and cilantro.

Fresh Herb Tip: Store fresh herbs, upright in a glass of water on the counter or simply in a sealed bag in the refrigerator for 5-7 days.

Dried herbs are more pungent. If a recipe calls for 1 t dried herb, use 2-3 t. fresh.

To dry fresh herbs, tie together bunches and hang them upside down in a cool, dark place or by spreading out on a cookie sheet to dry at low temperature in the oven. Keep a close eye on them and remove when aromatic and crumbly-dry. Crumble dry leaves and keep in small, airtight jars.

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

Wednesday: Clarion, Belmond, Farm

Farm Contact:

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

Recipe Spotlight

Crock Pot Moo Shu Chicken (The Vegetarian Society)

Here's a super simple crock pot recipe that cooks while you're out and ready for you when it's dinner time!

Serves: **4** **Prep Time:** 10 minutes

Ingredients

12-ounce bag broccoli slaw

3 carrots, shredded - *Layer the slaw mix and carrots in the bottom of crockpot. Top with...*

1 pound boneless skinless chicken breasts, *thinly sliced. In a small bowl, mix the next 5 ingredients...*

3 ½ tablespoons hoisin sauce

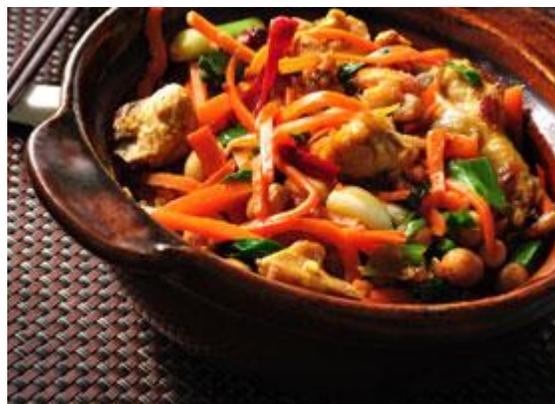
¼ cup low-sodium, fat-free chicken broth

3 cloves garlic, minced

1 ½ teaspoons lower-sodium soy sauce

1 tablespoon cornstarch - *Pour over the chicken mixture and set the crockpot to high for 4-6 hours.*

Warm 4 low-carb whole wheat tortillas - *and serve 1 ½ cups of mixture over each tortilla.*



Chard or Kale Cheese Bake (Source: *Simply in Season*)

1 lb. Chard – cook and thoroughly drain

4 eggs, beat

1 C. milk

1 C. bread, cubed

1 C. green onions, sliced

1 C. Swiss or other cheese

¼ C. Parmesan cheese, grated

Combine with cooked greens. Pour into a greased 2 – quart baking dish.

Cover and bake in preheated minutes.

over at 375 F until set, 25-30



This dish, along with stuffed beets, was on the menu last week at the farm. Delicious!

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

Wednesday: Clarion, Belmond, Farm

Farm Contact:

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

Farm Spotlight: Pollinator Habitat

In the late fall of 2016, we planted 4 acres into a pollinator habitat mix of more than 8 grasses and more than 30 legumes (pea family) and flowers. We all have heard so much about the critical need for pollinator habitat and this field was not real convenient for our renter.



Together we decided it might be a good candidate for the pollinator habitat program.

Now, going into its second full growing season, it appears we've got a really good stand started with not too much weed pressure. Flowers are just coming and we expect the field to continue to unfold with variety and color.

We even found this plump Monarch caterpillar munching its way up a milkweed plant. Right on target! Just one more reason to come out and visit the farm!!



Food for thought: Food - Delicious Science

It may seem just using each week's box is enough to celebrate, but there are some excellent publications and programs on the subject of food that takes our understanding even deeper. I've mentioned the biochemistry lessons from "It Starts with Food". Shortly after reading that book, I came upon a fascinating program on PBS (Public Broadcasting Service) called "Food - Delicious Science". It seemed to speak to exactly what the book had been discussing, but with even more dynamic explanations.

Food – Delicious Science is the scientific story of the food on your plate. Michael Mosley and James Wong present a celebration of the physics, chemistry and biology that lies hidden inside every bite. Together they travel the world and take over the UK's leading food lab as they deconstruct our favorite meals, taking us inside the food, right down to the molecular level.

The program ran three shows past May:

Food on the Brain - revealing the power food has to create cravings in our brains.

A Matter of Taste - revealing the chemistry that makes our food taste delicious.

We Are What We Eat - revealing how the hidden chemistry in our food keeps us alive.



I hope drop in a couple of highlights from each of the three shows in the coming weeks.

NOTE: It appears you can only view the episodes through Passport, a public TV membership benefit.

Delivery schedule:

Tuesdays: Garner, Clear Lake, Mason City

Wednesday: Clarion, Belmond, Farm

Farm Contact:

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