

rain report

None

in the box

This section will give the contents of the weekly share

ala carte items

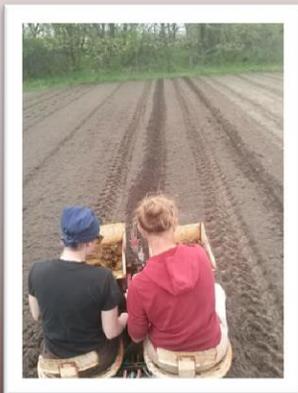
Email Ben to request the ala carte and free items (please give your day/site).

Farm Update

I have been all over the country and everywhere I've been I hear the expression: "If you don't like the weather (insert state name here), wait 15 minutes and it will change". In Iowa, especially this season, I think this statement rings very true. Just in the last few weeks we went from 70 degree temperatures, to then experiencing a couple of late season frosts and now temperatures back into the 80s. I think these weather fluctuations are a perfect example of the "eating with the seasons" journey we are about to embark on together!

I anticipate this journey will bring over 40 different types of vegetables (over 130 varieties) and hopefully some fruit (strawberries, raspberries, watermelon and melons). I

photo of the week



Farm Crew members Mallory (left) and Claire planting June-Bearing Strawberries

farm update (cont.)

anticipate we will lose some crops, I'm just not sure which ones they will be yet. Hopefully because of the diversity of crops we plan on growing this season, a single crop loss may even go unnoticed. Hopefully every share you receive will be looked at with excitement and creativity (in your menu planning) in this journey on seasonal eating.

With many new members this season and the weather not cooperating with having an orientation meeting, I am going to go over some of the basics here. Every member is allotted 2 boxes with their share. I hope that everyone will open their boxes carefully to save the corners and edges so we can limit the amount of waste generated in discarding torn boxes. We can also use the green quart containers if they are in good shape, so please return these to the farm as well. Each share box will have a members' name on it, so please only take the share box with your name on it. I'm asking members to bring bags to take their weekly bounty home in, to help limit us limit the number of boxes we have to deal with on a weekly basis. When you leave your box at the drop site, please carefully fold it flat.

This season deliveries are beginning May 27/30. I will send out an email this week to all Half Share members designating them an 'A' or 'B' week for deliveries. I will also be sending out emails tonight with the Shared Pick Up Delivery Schedules. For the **Shared Pick Up Delivery Option please stop by your drop site to pick up the empty boxes before coming out to the farm.** When it is your turn to deliver the shares, you may stop out to the farm between 3 and 4pm to pick up the shares in order to get them to your drop site by 4:30pm. **Share Pick Ups in the Metro area are from 4:30pm to 6:00pm.** If you know you are going to be late on occasion or regularly please either let me know and I can let the site hosts know to see if that is okay. If you are picking your share up at the farm these will be ready for you at 3pm. By 6pm I may not still be at the farm, but if you are the last person to pick up your share please lock the door behind you.

Sometimes there may be extras or seconds at the drop sites in a Give and Take Box. This is a way to customize your share by taking any items you would like from the box and placing any items in the box that you don't want.

Farm update (cont.)

Items in this box are there on a first come, first served format. If there is an item placed directly on someone's share box, these items are most likely ala carte items they have requested so please leave them there.

Our perennial fruit and vegetable crops are available in limited numbers for each share. This includes things like asparagus (up to 4 lbs. in May/June), strawberries (up to 4 qts. In June) and raspberries (up to 1 pint/week July-September). Half Shares would receive half these allotments. Perennial crops are getting harder and harder to grow in Iowa so these amounts are only estimates. **If you are splitting your share with a box mate you are responsible for dividing up the share.**

Each week you will receive an electronic (emailed) newsletter during the season. **Please always read your newsletter.** They will contain a list of what is in your box in case you don't recognize something. It will list free herbs when they are available that you can request, or herbs or veggies, extra fruit or flowers that are available for a charge by means of the ala carte deposits some of you have made. They will inform you of upcoming events. There will be recipes, helpful hints for some of the veggies that you are less familiar with, storage tips and possibly a few vegetable puns.

If you are going on vacation or otherwise not able to get your share please email me to let me know. You can cancel your share for the week, have a friend/relative pick it up or switch delivery days if you just let me know in advance.

Thank you all for joining me on this adventure of eating with seasons! I feel my work at Turtle Farm (and other farms), plus a degree in Fruit and Vegetable production from Iowa State University, has given me the knowledge needed to produce as much as Mother Nature will allow for the CSA season. I do realize there is going to be a learning curve for me in getting in the routine of book keeping and member communication. It all seems so clear in my head, but I realize sometimes it doesn't come out that way in my communications. Please feel free to always ask me questions either by phone or email (wabisabiowa@gmail.com).

storage tips

This section will contain storage tips to help keep your bounty fresh once you take it home.

calendar of events

Early Asparagus Pick Up

May 23: 7260 NW 58th Street Johnston (4:30 till 6pm).

May 24: At the Farm (9am till Noon)

Please call ahead to 515-745-9951 to make sure there is some asparagus left. If you have already received one pound of asparagus please wait till the share deliveries begin to get a second pound.

May 24: Transplant Sale at the Farm (9am till Noon)

May 27/30: Regular Share deliveries Begin!!!

July 13 (tentative): 9am till Noon Garlic dig at the farm.



515-745-9951

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