



rain report

Drizzles

in the box

Lettuce: 'Merlot' and 'Black Seeded Simpson'

Arugula

Spinach

Edible Pansies (in with lettuce)

Green Garlic

Asparagus: 'Jersey Giant' and/or 'Purple Passion'
(for those still getting their quota)

ala carte items

Tarragon, Chives, Garlic Chives, Sorrell, Marjoram (\$2 each). Email me with your requests (please include your pick up day/drop site) and I will include them with your share. Every 4 weeks I will send you an email requesting payment for the purchased items. Please let me know any questions you have about this option.

photo of the week



*Planting Potatoes at the farm a couple weeks ago.
This season we planted 2.3 miles of spuds!*

Farm update

The anticipation is over as this week marks the first harvests for the Regular Season Shares! What a change from the start of last season this Spring has been so far. While last year we were wondering when the rains were going to stop and struggling to conserve heat in the greenhouse, this Spring has kept us very busy planting/weeding at the farm and putting more fans in the greenhouse to cool things off!

Another big change we are going through this season is welcoming a brand new farm crew to the farm as no crew members are returning from last season. I should say that no crew are returning for great reasons! Zac is now the Farm Manager of Global Greens Farm (in West Des Moines). Angelique got accepted into the Global Greens program and is now farming around a half acre on her own! Amanda is getting ready to move to Portland to explore Urban Farming potentials out there with some of her friends. While we are going to miss them, I feel like they have all "graduated" from Wabi Sabi Farm and are now starting their own farming adventures!!! The new farm crew (Claire, Mallory, "Trisha", Toni and Emily) are all doing a great job and look for their biographies in future newsletters!

This week we will hopefully get our bearings on drop site locations, times, newsletter arrivals, and see if it all fits. If you have problems or need to make a change, let us know. Boxes should be at all drop sites in the metro area beginning at 4:30 and close at 6 pm. Farm pickups can begin at 3 pm and the barn door is left unlocked until the last person gets their box. For those of you participating in the Paid Drop Site option an self-addressed envelope will be included with your share over the next couple of weeks to send in your delivery fee. For members participating in the Shared Pick Up Site option, you should have received a copy of the Pick Up Schedule with your assigned dates. Shares will be ready for you to pick up at the farm starting at 3pm for you to deliver to your drop site by 4:30pm. Until Next Week!

Happy Eating,
Farmer Ben and the Crew

CSA Reminders

- Please remember to bring bags to put your bounty in and leave the box at your drop site
- Shared Pick Up members: when it is your turn to come out to the farm, stop by your drop site first to bring the empty boxes back out to the farm. Make sure you pick up the share boxes at the farm in time to have them to your drop site by 4:30pm.
- Produce is just rinsed at the farm so always remember to wash it
- **Read your newsletter or you may miss out!**

Recipes

Take note, you have beautiful spring garlic in your box— NOT green onions. Use them the way you would garlic cloves, mincing the white parts.

And with the lovely lettuces, how can we not start the season without a salad dressing recipe. Before adding anything, make sure the greens are well rinsed and dried as it is hard for the dressing to stick if the greens are wet.

A basic recipe will work for all of them. 1 green garlic, white part only, minced

½-1 tsp. Salt

2 T. your choice of vinegar or citrus juice or a combination

2-4 T oil of your choice

Put the garlic and salt in a mortar or small bowl and crush with a pestle or back of a spoon until garlic is well macerated. Add vinegar or citrus to the garlic mixture. Use the oil to toss with the greens first as noted above or you can just add to the vinegar solution, and add to greens and toss well. If you use red wine vinegar, you can add ½ tsp. prepared Dijon mustard to get French Vinaigrette. You can also leave the garlic out of the dressing and add another onion family to the greens, such as shallots or scallions. Don't be afraid to try combinations.

Recipes (cont.)

Make sure to check out our recipe page at:

<http://www.wabisabi-farm.net/recipes/index.htm>.

This page is packed full of delicious recipes and is a compilation of recipes collected over the years of Turtle Farm's CSA and the first year of Wabi Sabi Farm! It is organized by vegetable so hopefully will be easy to use!

storage tips

Lettuce and other Greens: Keep greens in the bag (crisper drawer of fridge) until ready to use

Green Garlic: Refrigerate

Asparagus: Keep in bag until ready to use

calendar of events

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

August 11th: 4pm till??? Farm Potluck. Speaker to be announced

October 13th: Noon till 2pm End of Season Potluck

Keep watching your newsletters for additional events possibly added throughout the season!

There are also many great pictures on our Facebook page at:

<https://www.facebook.com/WabiSabiFarmIowa?ref=hl> You don't have to be a member of Facebook to check it out!

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