



## rain report

6/26-6/27: 3.7", 6/28-6/29: 0.8" rain

## in the box

Scallions: 'Parade'

Endive: 'Tres Fine'

Kale: 'Red Russian' (some sites)

Garlic Scapes

Sugar Snap Peas: 'Sugar Snap'

Cabbage: 'Red Express' and/or 'Farao'

Kohlrabi: 'Korridor' and 'Kohlibri'

Broccoli: 'Green Magic' or 'Belstar' (some sites)

Summer Squash (just starting, so some sites)

## ala carte items

Peppermint, Doublemint (Mojito type), Chives, Garlic Chives, Marjoram (\$2 each). 4 inch pots of Rosemary, French Tarragon, Peppermint, Doublemint and Sage Plants (\$5/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



*Ben with Iowa State University Crew after setting up cucumber experiment*

## Farm update

The adventure of seasonal eating continues as we bid farewell to our lettuce (until the Fall) and begin welcoming the arrival of our summer squash. Your sugar snap peas are still producing very well, but we are anticipating they will be slowing down over the next couple of weeks, but the blossoms on the bush beans are all beginning to open up and we are actually seeing some little beans beginning to form. The Swiss chard and Kale plantings are loving all this rain and their leaves seem to be doubling in size overnight. We hopefully will start digging your first variety of potatoes next week, but the ground needs to dry out a little bit more before we will begin harvesting them.

Last week was an exceptionally education filled week for all of us at the farm. Farm Friend Ryan Lensing asked me awhile back if it would be okay if he (along with another friend Kevin) could be a couple of bee hives up at the farm so they could learn about bee keeping and I immediately said yes. I am very excited to have the hives at the farm so I can learn more about bee keeping and also get listed on another sensitive crops directory that aerial sprayers have to check by law before spraying!

We also got to set up an experiment (in collaboration with Iowa State University) looking at bacterial wilt in cucumbers. Bacterial wilt is a potentially serious disease in cucurbit (squash, cucumbers, etc.) that is spread by the cucumber beetle. This experiment is kind of a continuation of an experiment I did with Practical Farmers of Iowa comparing floating row covers and Surround (kaolin clay) as physical barriers to protect crops from insect feeding. There are Certified Organic insecticides I could use, but like I mentioned in the last newsletter, I am always cautious about using them out of fear that the "pests" might eventually develop a resistance to them. By focusing on using physical controls (timing plantings, row covers, Surround WSP, etc.) I am helping to mitigate the risks of resistance build-up and also learning more about insect cycles and how to plant along with them!

Until next week Happy Eating,  
Farmer Ben and the Crew

Also, shameless promotion I know, but if you haven't seen it yet check out Wabi Sabi Farm on the Channel 5 news segment Farm to Family:

<http://www.weareiowa.com/story/d/story/wabi-sabi-farm-csa-feeding-hundreds/27009/2V-560Qc0UuYqFcoMDrtAw>

 Recipes

This recipe was submitted by CSA Member Carmin Bullock:

**Crunchy Cashew Thai Quinoa Salad with Ginger Peanut Dressing (Ambitious Kitchen)**

¾ cup uncooked quinoa, 1-2 cups shredded red cabbage (depending on how much crunch you like), 1 red bell pepper (diced), ½ red onion (diced), 1 cup shredded carrots, ½ cup chopped cilantro, ¼ cup diced green onions, ½ cup cashew halves, fresh lime, 1 cup edamame or chick peas (optional)

Dressing: ¼ cup all natural peanut butter, 2 tsps. Freshly grated ginger, 3 Tbs. soy sauce, 1 Tbs. Honey, 1 Tbs. red wine vinegar, 1 tsp. sesame oil, 1 tsp. olive oil and water to thin the dressing if desired.

**Directions:**

To cook quinoa: Rinse quinoa with cold water in mesh strainer. In a medium saucepan, bring 1 ½ cups of water to a boil. Add in quinoa and bring mixture to a boil. Cover, reduce heat to low and let simmer for 15 minutes or until quinoa has absorbed all of the water. Remove from heat and fluff quinoa with fork; place in large bowl and set aside to cool for about 10 minutes. You should have a little over 2 cups of quinoa.

To make dressing: Add peanut butter and honey or agave to a medium microwave safe bowl; heat in microwave for 20 seconds. Add in ginger, soy sauce, vinegar, and both sesame and olive oil and stir until mixture is smooth and creamy. If you want a thinner dressing, simply stir in a teaspoon or two of water or olive oil.

Add as much or as little dressing as you'd like to the quinoa. I always start out with a little bit of dressing and usually add more to suit my taste preferences. Alternatively you can save the dressing for later and add when you are ready to eat; however the flavors of the dressing usually soak into the salad so I love adding it to the quinoa first.. Next fold in red pepper, onion, cabbage, carrots, and cilantro into the quinoa. Garnish with cashews and green onions. Serve chilled or at room temperature with lime wedges if desired.

 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

Garlic Scapes: Refrigerate

Cabbage: Store in crisper drawer. For longer term storage, wrap in plastic before putting in fridge.

Sugar Snap Peas: Refrigerate in plastic bag.

 calendar of events

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

**August 10th (tentative): 4pm till???** Farm Potluck. Speaker to be announced

**October 12th: 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!

515-745-9951

wabisabi-farm.com

wabisabiiowa@gmail.com

