

rain report

6/3: 1.1 inches, 6/7: 0.7 inches

in the box

Lettuce: 'Freckles' and 'Deer Tongue'
Endive: 'Tres Fine'
Edible Pansies (in with lettuce/endive)
Kale: 'Red Russian'
Radish: 'French Breakfast' and/or 'Pink Beauty'
Spinach
Turnip: 'Hakurei'
Bunching/Spring Onion: 'Parade'
Pac Choy: 'Prize Choy'

ala carte items

Peppermint, Doublemint (Mojito type), Chives, Garlic Chives, Marjoram (\$2 each). Kale 1 pound bags (\$6) 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



Sweet potato slips in potting soil right now getting ready to go in the ground this week (6/8/14)

Farm update

It was another great week last week at the farm! The rains seemed to have come at opportune times and didn't dump so much on us (like other parts of the state) that we were able to still get a lot of field work done. We were able to hand weed all of your sugar snap peas last week and were excited to see so many blossoms in anticipation of the harvests to soon come! The arugula seems to all be bolting (producing flower stalks), but we will see what the cool temperatures predicted for this week will bring and we are hoping to get another harvest off this planting next week.

I know I have already sung the praises of this season's farm crew before, but they are really doing a great job. Learning quickly how to decipher my cryptic instructions of how I want them to do farm jobs, being able to work independently/efficiently and always bringing great senses of humor to the farm every day! I've updated our website and you can see a couple of the crew's bios at: <http://www.wabisabi-farm.com/staff>.

Because of the great crew, last Thursday afternoon I was able to attend an Iowa State University field day investigating no till/strip till methods in vegetable production. The idea is to plant a cover crop (in this case cereal rye) in the Fall and then be able to take a heavy metal drum with ridges (a roller/crimper) over this rye the following spring to turn it into a solid vegetative mat (of dead rye) to then plant directly into or till strips into it to then plant in. I am very intrigued with this method of planting and hoping in the future we can trial it at the farm in partnership with ISU. This could potentially help us still "control" weeds at the farm without the need to use landscaping fabric. Currently we use permeable reusable landscaping (some of my rolls are over 5 years old) with some crops at the farm (instead of black and/or biodegradable plastic that can only be used for 1 year), but it does take a lot of time to lay this down every year. Stay tuned for more information regarding our experiments at the farm!

Until next week, Happy Eating!

Farmer Ben and the Crew

CSA Reminders (last week)

- **Every CSA Share has the members' name on it, so please make sure you are picking up your share and not someone else's!**
- 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!**
- **This is the last week I am calling to remind members to pick up their share. Starting next week (6/15) any shares that are still at the drop site after 6pm on delivery day will be donated by the site hosts!**

Recipes

Please note beginning this week you are getting Green Onions (Scallions) in your share and NOT spring garlic!

Spring Garden Soup (from The Victory Garden)

5-6 Radishes, 1 Qt. Veggie or Chicken Stock, 1 lb. Baby Turnips, 1 Cup Shelled Peas, 2 Tbs. Butter, Salt and Freshly Ground Pepper, 4-6 Scallions and Fresh Herbs (optional)

Directions: Wash and slice radishes paper-thin and blanch in boiling water for 30 seconds; set aside. Peel and dice turnips. Melt butter in a 6-qt. Saucepan and slowly turn the turnips in the butter to wilt them slightly without browning. Chop scallions and cook with the turnips for 2-3 minutes. Bring vegetable broth to simmer and add to turnips and scallions, simmering until turnips are barely tender, 5-6 minutes. Drop peas in and cook for 1-2 minutes. Stir in blanched radish slices; season with salt and pepper and fresh herbs if desired. Serves 4-6. (Can add turnip greens, washed and sliced into strips, to broth).

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

Spring Onions: Refrigerate

Radishes/Turnips: Keep in crisper drawer of your fridge. For longer term storage, cut the greens off the radishes and store separately in sealable bags in the fridge.

calendar of events

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

August 11th (tentative): 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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