



rain report

7/11-12: 0.7"

in the box

New Potatoes: Dark Red Norland

Sweet Onions: 'Ailsa Craig'

OR

Scallions: 'Parade'

Fresh Garlic: 'Inchellium'

Kale: 'Lacinato' or 'Siberian' (rotating among sites till plants are in full production)

Summer Squash (some sites)

Bush Beans: 'Maxibel' or 'Provider' (some sites)

Basil: 'Large Leaf'

ala carte items

Peppermint, Doublemint (Mojito type), Sage, 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.

photo of the week



First Leopard Frog seen this season!

Farm update

This week really is reflecting what it means to eat with the seasons! The warm weather over the last couple of week's encouraged all the broccoli (2 successions worth) to come on all at once so instead of getting 3-4 weeks of broccoli harvests we got 2 weeks this year. While we will miss the broccoli, it was an abundant 2 weeks! While the cabbage kind of has the same story as the broccoli, we are going to try and harvest more kohlrabi and cabbage to include in the shares this week but I didn't include them in the "In the Box" section cause I'm still not sure if they will size up or not.

Another example of how the seasons can effect our eating is how delayed a lot of your crops are from making an appearance. Basically, roots of plants "breathe" oxygen and when the ground is saturated with water there isn't much oxygen available ;). While the ground has been saturated, we have been foliar feeding the leaves with fish emulsion to try and help relieve the stress the plants are experiencing.

All in all the plantings are looking good (although some were delayed with the wet spring), but there are some things we have noticed that show how wet the Spring/Early Summer has been. Early Blight has started to show up in your tomatoes. This is a plant disease shown by yellowing leaves with tiny brown dots on them. It is a soil borne disease that is spread by the spores moving around in water droplets. We are hoping that drier weather will be in the forecast and with good air movement around your plants (with a few extra foliar feedings) the plants will still produce well for us! The first summer squash planting is producing many more male blossoms than female blossoms this year which is another sign the plants are stressed! But like all your other plantings (and farm crew), the leaves are green and reaching up towards the sun persevering in anticipation of the first cherry tomatoes, cucumbers and peppers!

Until next week Happy Eating,

Farmer Ben and the Crew

 RecipesCountry Style Peppers and Potatoes (Kitchen Garden)

4-5 Tbs. Oil, 2 Tbs. White Wine Vinegar, 1 Medium Onion (very thinly chopped) or equivalent, 2 Tbs. Chopped Fresh Basil, 2 cloves garlic (minced), 2 tsp. French tarragon (finely chopped), 4 medium to large potatoes (sliced thin), ½ tsp. salt, ¼ tsp. ground pepper, 2 Red Bell Peppers (roasted, peeled and sliced) diced into 1" pieces, 2 Green Bell Peppers (roasted, peeled and sliced) diced into 1" pieces.

Directions:

In a large heavy skillet, heat 4 T. of oil. Add the onion, garlic, and potato slices and sauté over low heat until fork-tender and lightly browned on both sides. Add peppers, vinegar, fresh herbs, salt and pepper and toss together for several minutes. Taste for seasoning.

CSA member Ann Klein offered this feedback on last week's cabbage and potato pancake recipe:

- I'd recommend 2 eggs (vs. 1, as listed) to help hold them together.
- I had good luck using a cheese grater to grate the potatoes and the cabbage—it was fast and gave them a nice workable consistency.
- I don't think steaming the cabbage is necessary—the cakes were just as good without the trouble of that step.
- Try them with both applesauce and sour cream, together.

Feel free to always send me feedback on the recipes or favorite recipe using Wabi Sabi Farm's produce to share with everyone!

 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

Greens: Keep greens in the bag or bunch (crisper drawer of fridge) until ready to use.

New Potatoes: These have not been cured but can be kept on your kitchen counter for a week or so.

Fresh Garlic: Store in fridge like you would green garlic until ready to use.

 calendar of events

July 19: 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?f=h> You don't have to be a member of Facebook to check it out!

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