



## rain report

None!!!

## in the box

Red Potatoes: 'Red Maria'

Sweet Onions: 'Ailsa Craig'

### **AND/OR**

Red Onions: 'Red Long of Tropea'

Fresh Garlic: 'Russian Red'

Swiss Chard: 'Bright Lights' (rotating among sites)

Summer Squash

Basil: 'Mrs. Burns Lemon' OR 'Lime'

Carrots (Certified Organic from our friends at Grinnell Heritage Farm)

## 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



*Our first experiment with bee hives at Wabi Sabi Farm is going well and they all seem very happy! Possibly the addition of honey in our CSA shares is in the cards over the next couple of years!*

## Farm update

The broccoli plantings appear to have been severely affected by the warm spring temperatures, but other crops flourished in the heat. While the cabbage kind of has the same story as the broccoli, we are going to try and harvest more 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. These fluctuations in water (i.e. rain) and warm temperatures have effected both our spring and summer plantings in both positive and negative ways.

I have to honestly admit that I am not a big fan of beets. When I roast them in the oven, the only thing I could possibly equate to their smell is if I had straight up dirt cooking in the oven. I am familiar with this smell because when I was a student at ISU, we would have to put soil samples in an oven to dry to get organic matter weights in a soil sample so I know what dirt in an oven can smell like ; ). Even with my aversions to the smell and taste of beets, we have continually been seeding new beds as they would typically be making an appearance in the shares this time of year. The rains of this spring continually washed plantings of this shallow seeded crop out and the latest succession isn't showing to be very promising now that the soil has dried out and formed a hard crust making it difficult for direct seeded crops to push up above ground. We still are continually seeding beets, much to my shagrin;) and will hopefully be getting beet bunches in the share sooner than later!

Another crop we have been struggling with getting to grow this year is carrots. This is a crop that likes to continually stay moist instead of receiving the typical 1 inch of rain like most all of our other crops like. Because of these special requirements it has always been a challenge for us to get a carrot crop and we bought carrots from our friends at Grinnell Heritage Farm (Certified Organic) for the shares this week (and for Half Share members next week).

All of your summer crops are looking great though and I feel like these cooler than "normal" temperatures have set them back from what is "typical" (whatever the norm is anymore). This has been the first year I harvested the first Hot Peppers (normally a later summer crop) then cherry tomatoes (normally an earlier summer crop), but all in all things are looking great at the farm! It is just 'different' from a "normal" season;) !

Until next week Happy Eating,

Farmer Ben and the Crew

 RecipesCabbage and Potato Soup (Rolling Praire Cookbook)**Ingredients:**

1 medium onion, 4 potatoes (diced), 1 small cabbage (shredded), 4 carrots (diced), ¾ tsp. Salt, 1 Cup sour cream, ¼-1/2 tsp. black pepper and 1 tsp. dried dill weed

**Directions:**

In a large soup pot cook onion, cabbage, salt, and pepper together in enough water to cover, until just tender.

In another pot, cook potatoes and carrots in enough water to cover. When potatoes are tender, drain potato water into pot with cabbage and onions.

Mash potato-carrot mixture together with sour cream and dill weed. Add sour cream mixture to cabbage broth very slowly, to avoid curdling. Stir continually during this part. Adjust seasoning if necessary and serve immediately. Serves 6.

Besides our Resource page website ([www.wabisabi-farm.net](http://www.wabisabi-farm.net)), check out the cookbook Asparagus to Zucchini available for purchase on the internet at places like:

<http://www.csacoalition.org/cookbooks/from-asparagus-to-zucchini/>. It was put together by fellow CSA growers around Madison, Wisconsin and even I flip threw it daily for inspiration on our weekly share since it is organized alphabetically by vegetable!

 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

Carrots and Greens: Keep in 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

**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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