



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'

Kale: 'Siberian' (rotating among sites)

Summer Squash (some sites)

Basil: 'Thai'

Carrots: Half Shares Only (Certified Organic from our friends at Grinnell Heritage Farm)

Green Peppers

Fennel: 'Orion'

Hot Peppers (by request from registration form)

Broccoli Leaf Bunch (see recipe section)

ala carte items

Peppermint, Doublemint (Mojito type), Sage, (\$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



All of the garlic has been harvested and hung up in the barn to dry/cure. I can safely say we are now a vampire free farm!

Farm update

We are all still eagerly awaiting the summer sensations of tomatoes, peppers and eggplant to make their presence known, but we are seeing many small eggplant beginning to form, the peppers are looking great and the tomatoes (Cherries, slicers and heirlooms) appear that this season they may all ripen at the same time. In a "typical" year, out of all the above mentioned crops the cherry tomatoes usually ripen first. Then the yellow and red slicer tomatoes begin to ripen up as the first sweet peppers start to turn from green to their vibrant assortment of colors. Then finally as the eggplant begin to produce well the heirloom tomatoes show up in all their glory along with hot peppers. Well, this season we are already starting to harvest small amounts of hot peppers, the first two eggplant of the season were harvested last week and I just saw my first ripe cherry tomato on Saturday (7/26).

The first succession of summer squash seems to be slowing down. With all the rain we had back in June it prevented us from planting the second succession until a later than planned so this may be the last week for summer squash until the second planting matures more. We were able to plant the first cucumber succession a little late, but the plants are exploding with flowers and little cucumbers so I'm hoping in the next week or two they will start appearing in the shares. While those May/June rains were very nice in helping a lot of your spring crops flourish, it helped in postponing some of your summer crop seeding and transplanting but things are looking good (and dry!) now with some "normal" summer temperatures hopefully returning!

As you can see from the "Photo of the Week", we finished up harvesting your garlic last week and were most thankful for the cooler temperatures! Now it is all hanging up in the barn to dry/cure for a few weeks before we begin distributing it to you all. It has been a most welcome smell when I get to the farm first thing in the morning and open up the farmstand (which is connected to the barn) and enjoy the mellow smell of garlic. Did you know it wasn't until the mid-90's when a lot of garlic varieties were available in the U.S.? Keep watching your newsletters for a farm update all about garlic!

Until next week Happy Eating,

Farmer Ben and the Crew

 Recipes

While I thoroughly enjoyed the great broccoli harvests we had this year, I was a little disappointed that the abnormally high temperatures we experienced in the spring cut it a little short. I started looking all over the internet for a great broccoli leaf recipe so I could still enjoy one of my favorite flavors of the spring, broccoli!

Broccoli Leaves (from cooks.com)

Ingredients: 2 Tbs. Olive Oil, ½ small onion, salt and pepper to taste, 2 cups broccoli leaves, 2 tsp. sugar and 2 garlic cloves

Directions: Wash broccoli leaves and remove stem. Roll leaves and, when finished will appear like noodles. Add cut leaves and about 2 tablespoons olive oil to pan. Begin to cook on medium heat. Dice onion small and add to pan with broccoli leaves. Add approximately 2 cloves minced garlic-more or less to taste. Add salt and pepper to taste. Add sugar to taste (sugar helps to cut some of the bitterness of the leaves). Stir frequently, until onions are translucent and leaves are tender/floppy. Serve hot.

Here also is a great website I found describing the nutritional benefits of broccoli leaves plus a great compilation of other recipes using broccoli leaves: <http://www.green-talk.com/roasted-cauliflower-or-broccoli-leaves-nutritious-and-delicious/>

Besides our Resource page website (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.

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?ref=hl> You don't have to be a member of Facebook to check it out!

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