



rain report

7/1: 2.5", 7/5: 2.0"

in the box

New Potatoes: Dark Red Norland

Scallions: 'Parade'

Kale: 'Red Russian'

Broccoli: 'Belstar'

Swiss Chard (rotating among sites till plants are in full production)

Cabbage or Kohlrabi (Farmer's Choice)

Summer Squash (some sites)

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

Basil Stem: 'Sacred Basil'

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



The 2.5 inches rain we got on Saturday morning created some wash outs at the farm. "Luckily" the row cover prevented a lot of soil loss :)!

Farm update

What a great week we had at the farm last week! All the reusable landscaping/weed fabric got laid down out on your cucumbers (first planting), sweet potatoes and tomatoes. The weed fabric works just like black plastic except that it is reusable (I have some sheets that are around 10 years old) so I don't throw it in the landfill like black plastic and it is also woven so good ole' rain water can soak into the ground instead of having to use our well water all the time!

On Thursday (7/3) Andrea came out to help for the day and also talk with us for her Anthropology Study on beginning farmers from the University of Georgia. She was a great help to us since she was a hard worker and had experience working on farms like ours in the past so knew what the work is like and how to do it! Honestly it was also a great help to me because I was able to talk out loud about why I farm the way I do and choose to grow for a CSA program. Without boring you with the whole day's conversation the just of it was I farm the way I do because it is creating a "place" that can grow a bunch of great tasting Certified Organic food for people while also trying to maintain a "natural world" that has all the creepy crawly, furry and scales you would see in Nature. The CSA model adds two-legged members to this Community that want to eat with the seasons and experience all the intricacies that season brings with us! This conversation truly made me appreciate the support each one of you has given by being Wabi Sabi Farm CSA members and allowing me to grow food for you all in a way I feel is "right" so thank you!!!

We were hoping to harvest the sugar snap peas one more week, but the excessive rains really wiped them out over the weekend. The trellis will be moved soon in anticipation of pole beans later this season though! This week does bring the first week of us digging the first of the 2.3 miles of potato rows (consisting of 5 different varieties total) we planted this year! Ideally we could use the tractor to dig them, but right now the ground is still too wet so we are going to start digging them by hand.

Until next week Happy Eating,

Farmer Ben and the Crew

 RecipesSkillet Potato and Cabbage Pancake

(Farmer John's Cookbook)

1 cup shredded cabbage, 2 ½ cups grated potatoes, ¼ cup sliced scallions, 1 clove garlic, 1 egg (beaten), 1 ½ tsp. salt, ½ tsp. ground black pepper, ¼ cup butter, 2 Tbs. oil, Sour Cream or Applesauce (optional)

Directions:

Place the cabbage in a steamer basket set over 1 ½ inches boiling water. Cover and steam until tender (around 15-20 minutes). Place the grated potatoes in a clean dish towel. Gather up the edges, twist the towel tight and hold the bundle over the sink. Squeeze out as much moisture as you can. Combine the potatoes, cabbage, scallions, garlic, egg, salt and pepper in a bowl. Mix well and then use your hands to form thin, loose patties of the size you prefer.

Combine the butter and oil in a large skillet over medium-high heat; until butter melts. Add as many patties as will fit in your skillet without overcrowding and press down on them firmly with the back of a spatula. Cook until the pancakes are browned to your liking, around 7-10 minutes. Flip the pancakes, press down firmly and cook until bottoms are brown, another 7-10 minutes. Top with sour cream or applesauce if desired. Serve hot.

 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 (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.

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

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