



rain report

None!!!

in the box

Potatoes: 'German Butterball'

Sweet Onions: 'Ailsa Craig'

AND/OR

Red Onions: 'Red Long of Tropea'

Cured Garlic: 'Inchellium'

Swiss Chard (rotating among sites)

Summer Squash (some sites)

Cucumbers: 'Marketmore 76' (some sites as just getting started)

Basil: 'Sacred'

Eggplant: 'Ping Tung Long' or 'White Star' (some sites as just getting started)

Hot Peppers (by request from registration form)

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



*First sweet potato flower sighting this season!
While we are happy to see them because it is a sign the plants are happy, we would usually expect to see them showing up a month from now!*

Farm update

Last Thursday (7/31) we had our annual Certified Organic Inspection. I've gone through this inspection every year but honestly, I still have that same anxiety like I did the day of an exam when I was in college;)! Do I have all the invoices for seed and fertilizer orders together, did I list the correct number of acres that are actually growing food for you all compared to the acreage that is cover cropped and other such things. Every year I have all the information and documents to show that I am truly growing how I say I'm growing, but I still get anxious none the less the day of "inspection" ;)!

While "Inspection Day" causes me some unfounded anxiety like back in college ;), it also is a very reassuring day for me not only because we passed the "test", but also because I get to hear from one of the inspectors as to what they are seeing all over the state. Weather patterns that used to be stable during certain times of the growing season are seeming to become more sporadic all over the state. New "pests" are showing up in the state like Palmer's Amaranth and the Spotted Wing Drosophila.

I'm not trying to sound all "dooms day" like, but I feel like the Iowa growing season (related to the weather) is changing. The typical crops we would see at this time of year show up later than expected (like cherry tomatoes) and crops we would normally expect to see later in the season (like Hot Peppers) are now appearing earlier :). While this isn't typical compared to previous seasons (except last year) it seems like these weather pattern fluctuations are becoming the new "norm".

One thing that has remained fairly constant over the years is that we have to irrigate in August. The well has been pumping constantly since last week as we need to keep your crops (and the crew!) well hydrated. This week we are going to start seeding a lot of greens, turnips, radishes, BEETS, etc. for us to start enjoying mid to late September and into October!

Until next week Happy Eating,
Farmer Ben and the Crew

 RecipesSummer Onion Tart (from Sue Forrester)

Ingredients: 1 12" pie crust, 2 cups shredded cheese (Gruyere and Swiss are good), 2 sweet onions (thinly sliced), ¼ cup basil leaves, 2 Tbs. Olive Oil, 2 large tomatoes (sliced), salt/pepper to taste and 3 Tbs. grated Parmesan

Directions: Preheat oven to 375. Toss the onion slices with the olive oil and season with salt and pepper. Arrange the onions on the bottom of the piecrust. Spread the cheese on top of the onions. Layer the basil leaves on top of the cheese. Arrange the tomato slices on top then sprinkle with the Parmesan. Bake 45 minutes to 1 hour, or until the crust is golden brown. Cool slightly before slicing. Serve warm or at room temp.

Country Style Potatoes (Kitchen Garden)

Ingredients: 4-5 Tbs. oil, 2 Tbs. white wine vinegar, one medium onion (very thinly sliced), 2 Tbs. chopped fresh basil, 4 medium to large boiling potatoes (sliced very thin), 1/2 tsp salt, ¼ tsp pepper, 2 red bell peppers and 2 green bell peppers (all roasted, peeled, seeded and diced into 1 inch 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.

 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

Onions/Potatoes: store on in a bowl on your kitchen counter/dining room table top.

 calendar of events

August 24th (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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