



rain report

8/6-7: 2.4"!!!

in the box

Potatoes: 'German Butterball'

Yellow Onion: 'Cortland'

Cured Garlic: 'Inchellium'

Kale: 'Siberian' or 'Lacinato' (some sites)

Cucumbers: 'Marketmore 76'

Basil: 'Lemon'

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

Hot Peppers (by request from registration form as available)

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.

Farm update

The rains we received last week were most welcome both to help your crops for this year grow and also help to germinate the cover crop seed we spread over another 3 acres to nourish the ground for your food crops next year! After we seeded the ground, I spent the rest of the evening (and late into the night) watching the radar in hopes that we would not get heavy rains that would wash out all the seed we just spread by hand (over 3 acres!). The rains were perfect being a nice soaking shower over the course of 24 hours and not dropping 2.4" on us over the course of a few hours like many of the storms back in June!

It appears like these great rains have also helped bring your cucumber plantings into production! Just today (8/10) I harvested over 300 (weighing in at around 160lbs) that will be appearing in your shares this week! Every weekend lately I have been anxiously walking around the farm observing your summer crops and wondering when they will start maturing in this cooler than "normal" summer season. Honestly, I wasn't expecting to see this many cucumbers already but it goes to show me that no matter what I think the plants always know best. On my weekly farm walk today I was also amazed that even in these cooler temperatures your next succession of summer squash is starting to mature and possibly by next week they will begin making an appearance in the shares again!

With no end in sight (at least according to the 10 day weather forecast) we are going to begin seeding the cooler weather fall greens, turnips and radishes this week in the hopes they will enjoy these cooler summer temperatures like we do working in them! This is an experiment and we also will continue to follow our "normal" planting schedules and reseed the same crops in a few weeks.

Until next week Happy Eating,
Farmer Ben and the Crew

photo of the week



Farm crew member Mallory and I spread another 3 acres worth of cover crop seed last Tuesday (8/5) evening after CSA deliveries in anticipation of the great soaking rains we got the following days!

 RecipesThai Cucumber Salad with Peanuts

Ingredients: 3 cucumbers (peeled), ½ cup roasted peanuts (chopped), 1 Tbs. coarse salt, 3 Tbs. Cilantro, ½ cup white wine or rice wine vinegar, 5 Thai or Jalapeno chiles (seeded and chopped) and ½ cup sugar

Directions: Cut cucumbers in half lengthwise and spoon out seeds. Slice into crescent-shaped slices between 1/8 and ¼ inch thick. Toss the slices with coarse salt and drain in a colander set over a bowl for 30 minutes. Rinse the cucumbers under cold running water and squeeze the cucumber slices tightly in small bunches. Stir together the sugar and vinegar until the sugar dissolves. Reserve this mixture in the refrigerator. Just before serving, toss this mixture with the cucumbers and the rest of the ingredients.

Sauteed Sliced Cucumbers and Onions
(Victory Garden Cookbook)

Ingredients: 1 lb. cucumbers (approx. 2), 2 Tbs. butter, salt, 2-3 Tbs. chopped chives, 1 clove garlic, 2 Tbs. chopped parsley, 1 cup finely sliced onions and ground pepper

Directions: Peel, score, seed and slice the cucumbers. Salt and let stand for 20-30 minutes, then drain and pat dry. Crush the garlic. Cook the onions and garlic in butter until the onions are wilted (about 5 mins.). Add the cucumber and saute for 2 min. until cooked through but still slightly crunchy. Remove the garlic. Toss in the chives and parsley, then season to taste with pepper and salt.

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

Cucumbers: store in the crisper drawer of your fridge.

 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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