



rain report

8/20: 0.8", 8/23: 1.9"

in the box

Fingerling Potatoes: 'La Ratte' (Possibly)
Yellow Onion: 'Cortland'
Cured Garlic: 'Russian Red'
Green Peppers
Kale: 'Siberian' or 'Lacinato' (some sites)
Sweet Potato Leaves (see recipe section)
Cucumbers: 'Marketmore 76'
Basil: 'Lemon'
Eggplant: 'Ping Tung Long' or 'White Star' (some sites as just getting started)
Cherry Tomatoes: 'Sungold' or 'Juliet' (some sites)
Sweet Peppers (some sites)
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.

photo of the week



The weather was hot on Sunday (8/24), but we had some great food, a great breeze (plus some shade) and a great turnout for the CSA Potluck.

Farm update

What a great time we had on Sunday at the CSA Potluck. One CSA member said that this was the most healthy and great tasting food she has ever had at a potluck! I couldn't have said it better myself! It was fun to get a chance to reconnect with old CSA members and get a chance to get to know new members as well!

One thing some of us talked about while walking around the farm after eating was how the growing climate in Iowa is changing. Temperatures are fluctuating rapidly; rains are becoming more sporadic both in duration and amount (making it hard to succession plant, weed crops, plant crops in general, etc.) and because of this food crops are maturing differently than what we have come to expect! This was really prevalent to me Saturday (8/23) when I started harvesting a 5 gallon bucket full of okra and your peppers still aren't really showing signs of coloring up!

In last week's newsletter I mentioned that I would talk about ways we are going to try and help mitigate some of these risks for next year's production. One thing we talked about at the Potluck was growing crops in greenhouses. Maybe half the summer crops would be grown in greenhouses and the other half out in the field in the hopes that at least one of them would produce "on-time", but ideally they both would! This is one option I am really considering after I saw this idea working on a friend's CSA farm in Tripoli, Iowa. Although I agree with the sentiment, that one CSA member mentioned at the potluck, the greenhouse tomatoes just don't taste "as good" :).

A note on potatoes for this week: We are going to try and get enough harvested on Monday (8/25) for the week, but it seems like there are good chances of rain all week! If this pans out, we probably won't be able to get them all harvested on Monday so they may not show up in the share this week but will still appear.

Until next week Happy Eating,
Farmer Ben and the Crew

 Recipes

During the 2012 and 2013 growing season we had a phenomenal farm crew member named Angelique (a refugee from Rwanda). From the first day that Angelique started working at the farm, she would save certain “weeds” as she pulled them to take home and eat. August of 2012 she started asking a lot of questions about the sweet potato leaves and finally asked if she could cut some to take home to eat. I told her she could but she had to bring some of whatever she was going to make for us all to try at the farm the next day ;). She did and I’ve loved to eat the leaves ever since. Below is her recipe that she brought to the farm the next day.

Angelique’s Sweet Potato Greens

Ingredients: Sweet potato leaves, oil, onions, garlic, tomatoes, chicken bouillon cube, rosemary and salt to taste.

Directions: Peel ends of sweet potato leaves (just so they are fresh) Chop into small pieces. Heat oil in a large pot and sauté onion and garlic. Add tomatoes and sweet potato leaves. Add a chicken bouillon cube, salt and rosemary to taste or as needed.

Sautéed Sweet Potato (Yam) Vines

Ingredients: 1 bunch sweet potato vines/leaves, 1-2 Tbs. vegetable oil, 3-5 cloves garlic (peeled and minced), 1 Tbs. fish sauce or 1 tsp. anchovy paste and pinch of sugar

Directions: To prepare potato vines, start at the tip (near the leaf) and break into 2-3 inch pieces. The stalk and skin should be tender and will break easily. Discard the remainder of the stalk when it becomes too tough to break off easily. Bring large pot of water (4-5 quarts) to a boil on the stovetop. Add leaves and stalk pieces and blanch for 1 minute, until leaves turn bright green. Strain, blot lightly to dry and set aside.

Heat skillet or wok until hot. Add oil and swirl pan to coat until oil is almost smoking. Add garlic, stirring continuously, for 1 minute. Add potato vines, stir fry for 2-3 minutes, or until stalks are just tender and leaves are lightly wilted. Add fish sauce and sugar, toss to coat. Plate and serve immediately. (heavytable.com) If all else fails, add bacon!

 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

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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