

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

June 05, 2012

Sixth Pack

We have snap peas, broccoli (quantities are dwindling), kale, chard, lettuce and radishes. The radishes are large and both sweet and a little spicy. The yellow ones are not potatoes! They are a French radish named Helios, like the sun. The snap peas are coming on strong and should be with us for several more weeks. Last week 100% of you returned your boxes and ice packs. Thank you very much.

Pea Pickers in the Pea Patch



Snap pea pickers from left are Julianna, Anna, Chris and Kelly. Peas are rinsed in cold water. Full share boxes are on the tables and half shares are in the racks for pack no. 5. Shares are stored in the cold room with ice packs until delivery Wednesday morning. New ice packs are put in the boxes with the hopes of retaining fresh, crisp veggies.

Volunteer Efforts Continues



This week Traci and Cara laid irrigation tape, Pat and Kate laid feeder lines to the tomato and pepper irrigation zones, Caitlin and Jason planted eggplant and tomatoes and Jacqueline pruned and trellis tomato plants. Yura laid row markers with the Allis Chalmers G Installed header lines to the irrigation tape. What a crew!

Remember to Return Your Boxes and Ice Packs!

Wednesday After 12 pm- OMAHA
Bread Oven – 119th and Pacific
5104 Charles St - Dundee

CSA Pickup
Wednesday After 12 pm
Tazza di Caffè-928 Valley View
COUNCIL BLUFFS

Saturday and Sunday
Between 12 and 6 pm
Iowana Farm, Crescent , Iowa

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

June 12, 2012

Seventh Pack

We have added fennel bulbs to the pack. Unfortunately we do not have enough for everyone this week and many of the bulbs started to send up a flower stalk in the early summer heat. We should have more in weeks ahead. We'll keep track and then everyone should have had one. We also have added garlic, picked today. This means they have not been cured and dried yet, but should be full of robust, fresh garlic flavor. We still have snap peas, kale, chard, lettuce and radishes. The heat of last week caused the remaining cauliflower to "button", meaning start to flower. We have included the flowerets with the broccoli. They are sensational and we hope you try them.

More About Fennel



I am a new convert to fennel. It is a cross between an onion and celery and does smell like licorice. I see it most often in restaurants fresh in a slaw or a salad.

My absolute favorite way to eat is roasted. Just remove the stems and cut it into chunks. Toss in olive oil and roast in a 400F oven for about 20-30 minutes. It needs to start browning. The flavor is warm, sweet and delicious. I have not tried it on the grill, but I bet it would be good.

It is good roasted with other veggies as well, like cauliflower, broccoli, snap peas and onions. Get to know fennel!

Fencing out the Deer

This year we added an acre to the south field. That brings the total fenced area for garden to 5.5 acres.

Green beans are flowering so we hope they are added to the pack soon along with more pink lady turnips and beets. The cucumbers are growing slowly as well as the squash. We now have 3 plantings of sweet corn in and there will be two more this month. We have numerous baby tomatoes. It won't be too long, now.



Remember to Return Your Boxes and Ice Packs!

Wednesday After 12 pm- OMAHA
Bread Oven – 119th and Pacific
5104 Charles St - Dundee

CSA Pickup
Wednesday After 12 pm
Tazza di Caffè-928 Valley View
COUNCIL BLUFFS

Saturday and Sunday
Between 12 and 6 pm
Iowana Farm, Crescent , Iowa

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526
www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

June 19, 2012

Eighth Pack

This pack is actually loaded with veggies. I traded heirloom tomato futures for rhubarb to add to our own from my neighbor, Anita. We also have kohlrabi or pink lady turnips, Cyindra beets, garlic (still green and not yet cured but delicious), kale, chard and lettuces. And there are a few green beans, hopefully enough to add to a stir fry with a little bit of broccolini.

Rhubarb, Chard and Beets



Rhubarb, beets and chard are all in the same family and make a great combination.

Beets were developed for the root, chard for the leaf and rhubarb for the stem. Beets are sweet and rhubarb is sour. They combine together for a sweet and sour experience.

I cut my beets in one inch pieces and boil them for 3 minutes before slicing. If I add the beet slices directly to the dish before cooking, they will bleed and the entire dish will turn deep red.

A recipe is attached.

Out With the Peas and In With Beets, Carrots, Beans and Cucumbers



Metro interns Tamara and Anna are here planting carrots and beets in a strip of tilled peas. The peas on the right are saved for seed.

Sister Cynthia is pictured here with cleaned rhubarb ready to pack.

Rhubarb is versatile and is used in desert and as an ingredient in veggie stir fry.



Remember to Return Your Boxes and Ice Packs!

Wednesday After 12 pm- OMAHA
Bread Oven – 119th and Pacific
5104 Charles St - Dundee

CSA Pickup
Wednesday After 12 pm
Tazza di Caffè-928 Valley View
COUNCIL BLUFFS

Saturday and Sunday
Between 12 and 6 pm
Iowana Farm, Crescent , Iowa

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

June 20, 2012

NEXT WEEK PICK UP TUESDAY, JULY 3!

IMPORTANT!

The 4th of July holiday falls on Wednesday next week. We will deliver the pack next week on Tuesday, instead of Wednesday!

Ninth Pack

Jaune Obtuse du Doubs, a bright lemon yellow lemon French carrot, *White Lady* turnip and broccoli side shoots are in the pack with kale, chard and garlic. We could have two more weeks of limited veggies, but the tomatoes are turning white (the step between green and red), the sweet corn has tassels and the squash, cucumbers and the second large planting of green beans are blooming!

Kale, Peanut Butter and Pineapple Stew



Volunteer Jacqueline has turned us on to kale, peanut butter (or almond butter) and pineapple stew. I used some Trader Joe's Harvest Grains (10 minutes) and we had a yeoman's lunch dish in 12 minutes.



5 inches of Rain Means Weeds, Weeds, Everywhere

Jason and Caitlin weeded the eggplant, Cara and Traci weeded the squash and herbs. Yura and Terry weeded the watermelons. And then Jacqueline help Terry weed and trellis the tomatoes. Everyone pitched in to weed the asparagus.

All in all, everything is growing. We are hoping for tomatoes next week, maybe just one small one for everyone.



CSA Pickup

Wednesday After 12 pm- OMAHA
Bread Oven – 119th and Pacific
5104 Charles St - Dundee

Wednesday After 12 pm
Tazza di Caffè-928 Valley View
COUNCIL BLUFFS

Saturday and Sunday
Between 12 and 6 pm
Iowana Farm, Crescent , Iowa

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

June 20, 2012

CSA Pickup

Wednesday After 12 pm- OMAHA
Bread Oven – 119th and Pacific
5104 Charles St - Dundee

Wednesday After 12 pm
Tazza di Caffè-928 Valley View
COUNCIL BLUFFS

Saturday and Sunday
Between 12 and 6 pm
Iowana Farm, Crescent , Iowa