

Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

www.iowanafarm.com 712-545-9300

CERTIFIED ORGANIC

CSA Update

August 7, 2012

Pack 15

Sweet corn is in the pack! Sweet corn for full shares is in a bag with names on it. We also have All Blue potatoes, squash, cucumbers, tomatoes, an onion, kale, chard and lemon basil.

Zucchini Noodles



Zucchini noodles are the rage here at the farm. Dana uses a shredder (shown on the left). Julianna uses a potato peeler to make long strips. Both of them lightly salt and then massage the strips to make them more pasta like. Removing the skin is optional.

For pack lunch, we sautéed some onion and chard and lemon basil, then added some heirloom tomatoes and the noodles. We tossed them thoroughly and topped the dish with walnut pieces.

We topped the pasta with parmesan cheese on our plates and enjoyed it thoroughly with some crusty Bread Oven baguette slices. The recipe is attached.

Blessed Rain and Sweet Corn

Last night it rained 0.5"! We had gone here without measurable rain for 54 days. The roads and garden were filled with dust, the high tunnels were covered in dust and the plants were covered with dust. When we came in from the field we were filthy with dust in our eyes, ears and noses. This rain is splendid!

Sweet corn is in the pack again. Of course there are worms and bugs. We have cut out any sign of worms.

I just wanted to share with you why this is good. It means no chemicals! Non organic sweet corn has seen a lot of chemicals. First an herbicide pre-emergent is applied to the soil. The seed is treated with a root worm fighting chemical closely tied to the disappearance of honey bees. Once the corn is up, it is sprayed with ear worm chemical, corn borer chemical and the soil is injected with anhydrous ammonia fertilizer.

Like the canary in the mine, the ear worms and borers are proof you are not eating any chemicals!

PLEASE RETURN YOUR BOXES AND ICE PACKS!

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

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CSA Update

August 14, 2012

Pack 16

We have added eggplant to the pack. Also in the pack are garlic, onions, kale, chard, zucchini, cucumbers, basil, broccoli green bean tidbits for stir fry and tomatoes.

More Zucchini Noodles!



This week Dana treated us to zucchini lasagna made with our zucchini, tomatoes, basil, garlic and onion. This dish is vegan and raw. She set it in her dehydrator for 15 hours at 105 F. Also, instead of cheese, she uses raw cashews and macadamia nut that have been soaked in water for about 20 minutes. The flavors were warm and rich. We had it with a kale, tomato and cucumber salad with coconut vinegar and olive oil dressing. The recipe for the lasagna is attached!

The lasagna can be baked in a warm oven of 180F for about 20 minutes instead of the dehydrator.

Tomato Yields Down from Hot Weather Last Month

The 100+ F weather last month has dramatically affected our tomato yields this month. High temperatures kill pollen and reduces the number of baby tomatoes (called "sets" in the gardening world) and also makes the plants go dormant.

The good news is that they are waking up and tomatoes that have been green for weeks are starting to ripen. So our picking yields are way down from 3 weeks ago. It is steadily picking up so we hope to be back to normal soon.

We expect the numbers of tomatoes in the share boxes to pick back up again next week.



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August 22, 2012

Pack 17

We have added some pears to the pack. Also in the pack are corn, garlic, onions, kale, chard, zucchini, cucumbers, eggplant, sage and tomatoes.

Is All We Do On Pack Day Is Eat?



We work from 7:30 am to 6:00 pm on Tuesday picking, cleaning and packing. And of course we are still on the zucchini noodles (I know, enough of the noodles already). We were able to try Dana's noodle maker. It worked very well.



Neighbor's Pears

Julianna and Kelly picked pears from their neighbor's tree (with permission). The trees are old and unsprayed or chemically adulterated.

Terry, Casey and Andrew are scheduled to pick pears and possibly apples from one of our neighbors, Randy, who is also a CSA member. So we should have pears in both packs. One thing we have learned, is that pears should be picked before they are fully ripe to keep them from getting grainy.



Garlic and Potatoes

The 100+ weather earlier this year has taken a toll on our potato harvest. We had to cull out over 50 percent of our crop because the potatoes about 6 inches from the surface were baked in the hot soil, and then rotted. Now it looks like the same thing may have happened to our garlic. We are finding spoiled garlic. Not all of it is damaged and we are trying to sort it out before you get it in the pack.

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August 29, 2012

Pack 18

Our watermelons are starting to ripen and they will be distributed over this week and next week! Everyone will get a watermelon! Our next picking of sweet corn is here and our tomatoes are starting to come back. Also in the pack are the last of the potatoes, squash, eggplant, sweet onion, cucumbers, radishes and sweet pepper. We are giving the chard and kale a rest this week.



A Pack of Bounty

Pack 18 is bountiful! There are 57 CSA members and although we have many, many watermelons, they do not all ripen at once! So we will be distributing them over the next two weeks. First we will give them to full shares and then to half shares in the approximate order that they signed up for the CSA. We should have them all distributed by next week, in two weeks at the latest.



Sweet Corn and Onions

Julianna is shown cleaning onions and Kelly and Tamara are cleaning sweet corn. This week's sweet corn is much less wormy than the last. We think this is because the weather was cooler during the ripening season. We have two more plantings that are a gamble. Both were planted during extreme heat and irrigated from the start. They seem to be a little bit slow...

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