

Iowana Farm

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

CERTIFIED ORGANIC

CSA Update

July 2, 2012

Pack 10

Yes, we have heirloom tomatoes! The first tomatoes started rolling off of the vines this weekend and we have included as many as possible in the pack. We also have cabbages, cylindra beets, the last of the red lady turnips, garlic, broccoli pieces, purple and green beans and of course kale and chard.

Heirloom Tomatoes



We pulled together about 60 pounds of tomatoes picked over the last 3 days for the pack. There are reds, blacks, greens, yellows and stripes. The first tomatoes of the season can be a little weak in intensity, but we have found them all delightful.

Not all of the tomatoes are fully ripe and could benefit from sitting on the counter for a couple of days. If you have a lime green tomato that is soft on the blossom end, EAT IT! It is ripe and ready to go! Like everything else, the tomatoes are weeks ahead of schedule!

Crew Lunch on Pick and Pack Days

Pick and pack days can be l-o-n-g. We start out picking greens, roots and broccoli. We head back to the packing room and start the cleaning process. Then we break for lunch. Here Casey is making kale, blueberry, banana and lemonade smoothies. Andrew is rubbing fresh garlic on toasted Bread Oven bread that has been brushed with olive oil. After lunch Kate and Pat sorted beets for the pack.



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
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CSA Update

July 9, 2012

Pack 11

Sweet corn! We also have tomatoes, kohlrabi, cucumbers or squash, kale, chard and purslane, a /French delicacy.

Purslane, Kale, Honey Dew and Cranberry Salad



We made kale, purslane, honey dew and cranberry salad. The sour crunch of the purslane blended beautifully with the kale and was balanced with a honey dew and cranberry juice dressing. We also made Kim's kohlrabi salad.

Both recipes are attached!



Sweet Corn

Our first batch of sweet corn is here. This is the earliest for us ever. Organic sweet corn is tough to plant early. The seed is not treated and is heavily damaged by grubs and wire worms early in the season. Also, this corn planting was forming during the 100 degree weather. Temperatures that high kills pollen so not all of the kernels on the cobs were pollinated and did not fully form.



Higher Yields on the Way

We expect higher green bean, cucumber and squash yields soon. The potatoes are starting to mature as are the onions and the garlic is almost dry.

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CSA Update

July 16, 2012

Pack 12

It's HOT and DRY. We have tomatoes, cucumbers, squash, basil, garlic, kale and chard in this week's pack.. The cukes are American Market Mores, a classic slicer with a slightly thick skin. Thin skinned pickler's are coming along. The green bean yields are low due to the extreme heat and seem dormant. A fourth crop is coming up. Let's hope for some cooler weather.

Irrigation and Planting for Fall



With the extreme heat and dry weather, much of our efforts are geared to installing irrigation. We are using a low pressure drip system and timers for each field. We have even irrigated the corn! At any time, one system or another is delivering water directly to a plant. We have a total of seven corn plantings. One down and six to go.

We have tilled peas, turnip, beet, lettuce and cabbage rows making room for fall plantings. Broccoli, cauliflower, Brussels' sprouts and cabbage starts are waiting for planting. But it's been too hot! We will go ahead and get them in and cover them with row cover. We will also be sowing fall snap peas.

A nice cool afternoon would be helpful.

Plants That LOVE Hot Weather

There are plants that like it hot and dry. Melons and cucumbers are from Arabia. Our largest planting of water melons is Ali Baba, a variety brought back from Iraq from by a Missouri veteran.

Zucchini also like it hot, as long as it gets plenty of water. We have three varieties of summer squash: striped Romanesco and dark green zucchini and yellow crook necks.

We will start to dig potatoes later this week. We should have some Yukon Golds in the next pack!



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CSA Update

July 24, 2012

Pack 13

It's still HOT and DRY. Yukon Gold potatoes are in the pack adding to chard, kale, garlic, squash, cucumbers, lemon balm and tomatoes.

Fall Planting



We planted lettuces outdoors and spinach indoors this week. With the weather so hot and crazy it is a little challenging to figure out what to do when.

We started to harvest potatoes. There was clear heat damage to the top layer big boys. But all in all, the harvest is yielding some nice potatoes.

Festive Pack Day Lunch

This week the boys made Salt and Vinegar Potatoes we mixed with Udon Noodles with Lemon Balm Pesto, Kale and Red Pepper Cashew Dressing and heirloom tomatoes. Recipes are included.

Dana treated us to a carrot-Granny Smith apple juice from her juicer and neighbor Merle brought by some of his non-organic but natural sweet corn.



Our own sweet corn may be ready for round 2 next week. Let's keep our fingers crossed that we have decent pollination in the extreme 100 degree plus heat.

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July 31, 2012

Pack 14

The sweet corn isn't quite ripe, but it will be next week for sure. Our pack this week has white Marie potatoes (some Yukon Golds may have slipped in), squash, cucumbers, onion, a tidbit bag of broccoli and French green beans, kale, chard and heirloom tomatoes.

More Fall Planting



Our volunteers planted more seedlings for Brussels' sprouts, cabbage, broccoli and cauliflower. We reseeded pickling cucumbers, weeded the fourth planting of zucchini, reseeded beets and carrots and seeded fall snap peas.

Every morning we hand pollinate yellow crooknecks in the high tunnel. The tunnels are screened in to keep out the squash bugs but that means no bees to do the job for us!



Pack Room

We picked white onions today and Julianna and Tamara cleaned them for the pack. Dana, Anna, Chris and Cynthia discuss how to divide the cucumbers and zucchini fairly between 14 full shares and 32 half shares!.

The irrigation seems to be working but requires constant attention!



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