

Iowana Farm

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

CERTIFIED ORGANIC

Fall CSA Update

October 10, 2012

Pack 1

This is our first pack of the Fall CSA 2012! We have cabbage, kale and chard. We also have sweet peppers, tomatoes, summer squash and eggplant picked last Friday just before the first hard freeze. We also have sweet potatoes and culinary sage in the pack.

Early Killing Frost



We have had several hard frosts in the last week that have killed all of the tomatoes, peppers, squash and eggplants.

Here Cindy and Jacqueline are removing clips that hold tomato vines to the trellis. Casey and Yura are pulling up the trellis fence and then the stakes.

We are putting up a new high tunnel (looks like a greenhouse but we grow in the field dirt and there is no heat or forced air ventilation). The high tunnels improve product availability and stability for the CSA.



Here Chuck and Casey are laying out the site.

What's Next

Next week we will have lettuces and broccoli side shoots added to the pack. We picked massive numbers of green tomatoes just before the frost. We will add them, as well as sweet peppers, to the pack as they ripen. Not the quality of vine ripened tomatoes, but still much better than store bought. There is also butternut squash!

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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Fall CSA Update

October 17, 2012

Pack 2

This pack we have broccoli side shoots, butternut squash, kale, chard and oregano. The tomatoes were picked green two weeks ago and have ripened with their stems on in the packing room. The story with the sweet peppers is the same. The spinach and lettuces are just reaching the harvest stage and are combined in one bag.

Early Killing Frost



Most of our product is coming from the high tunnel erected last fall.

The broccoli side shoots are coming from plants we harvested the main central head from in June. The cool weather wakes them up!

New High Tunnel Update

We decided to change location for the new high tunnel! It is pictured here in the north field. From front to back you see the deer fence, Asparagus patch 2, potato, pepper and sweet potato fields ready for winter cover crops and the site. In the center is the machine shed and behind it is the herb house and potting shed. To the right is the south east corner of the high tunnel erected last year. It still has insect screen on the side. It was replaced with plastic Sunday.



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Fall CSA Update

October 24, 2012

Pack 3

Amazingly, we still have green ripened tomatoes and sweet peppers for the pack. New to the pack are purple top turnips. These are fall turnips and very sweet. They are so sweet they are delicious raw and do not have to be cooked. Also in the pack are sweet potatoes, kale, chard, spinach, lettuce and sorrel.

Sweet Potato Humus and Sorrel



I had a tip about sweet potato humus from share holder Pam when she visited our booth at Village Pointe last month. Wow! Delicious with broccoli and peppers!

We have also added a little herbaceous green called sorrel to the pack. This is European sorrel and not American sorrel. It grows from Scotland to the Baltic and is savored for its sour lemony flavor. It pairs well with eggs, cream, potatoes and fish. It is often an ingredient in soups. Adding bits of it to salad greens is delightful. Stand alone fresh think sweet and sour.

New High Tunnel Update



Work continues on the new 96' tunnel. It is a monster! Along with Chuck, Casey and Andrew, we have had help from my brother, Gary, and volunteers Pat, Liz and Yura. On the left Andrew and Yura are raising a rafter while Liz and Pat attach a horizontal purlin. Pat, Casey, Andrew and Terry are pictured above at the end of the day. This tunnel will hopefully add a lot of stability to our CSA product line next season. I am hoping for an abundance of cauliflower, cabbage, carrots, beets, broccoli, fennel and leeks!

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Fall CSA Update

October 31, 2012

Pack 4

There are a few tomatoes in the pack from our neighbor Rebecca of Bloomsorganics. We also have chard, kale, lettuces, spinach, beautiful broccoli, arugula, sweet potatoes and turnips.

Arugula, Sweet Potatoes and Turnips



There is arugula in the pack. It is turning very nutty. Arugula is very spicy, with strong flavors of black pepper and hot Chinese mustard and mellow walnuts. The spice is balanced with vinaigrette. A recipe using avocados and grapefruit is included.

The sweet potatoes are starting to go south. Blemishes are still cosmetic at this point. They are still delicious, but try to eat them soon.

The fall turnips are very sweet due to the cold nights. Be sure to try them raw. They can be cut up and put in salads.

New High Tunnel Update



Work continues on the new high tunnel. Casey is pictured here taping couplings with Gorilla tape. Sharp corners have to be covered to keep the plastic from tearing on windy days. Andrew is using the post hole digger to dig a hole for one of the 4x4 posts used to hold up the curtains on either side. We call them our goal posts. Yura is pictured here cleaning loose dirt from one of the holes. There was a competition between Yura, Andrew and Casey on who could dig a hole quickest. I believe the man from Belarus was the champ.

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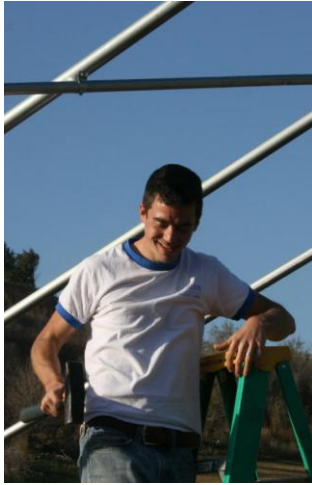
Fall CSA Update

November 7, 2012

Pack 5

This is the last pack of the season! We have added cylindra beets to the pack as well as turnips, broccoli, baby cabbages, sweet potatoes, a butternut squash, dill, parsley, chard, kale, lettuce and spinach.

We Want to Thank Our Many Volunteers



Pat above, Pauli, Caitlin, Ian and Jason right.



Tracy and Cara below left, Kate left, Pat Liz and Kate above.



Cindy and Jacqueline far left, Chuck left, Yura right. Below left to right are Gary, Jacqueline and Cindy, Anna, Julianna, Kelly, Tamara and Dana. Not pictured are Mary and Roger and our neighbor boys Casey and Andrew.



We Hope to See You Next Season!

Our website will be updated in December, 2012