

# Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

[www.iowanafarm.com](http://www.iowanafarm.com) 712-545-9300

**CERTIFIED ORGANIC**

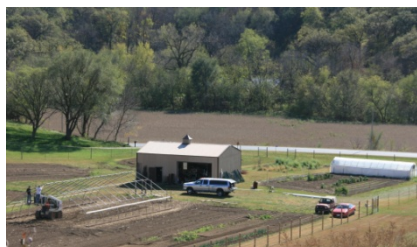
## CSA Update

March 21, 2012

# Sign up soon!

(It's easy on our web page <http://www.iowanafarm.com/CSA.html>)

**Almost 6 months of organic, healthy, local, fresh veggies coming up!**



We are in full swing here at Iowana Farm. We put up a new high tunnel last fall, thanks to our two 16 year old neighbor boys Casey and Andrew. The high tunnel (looks like a greenhouse but no heat or forced air ventilation) is 30' x 60' and was covered in plastic in November. We had lots of help from neighbors and family pulling the plastic in place.

The tunnel has been planted with spinach, kale, cauliflower, cabbage, broccoli, chard and lettuce. They were planted beginning in late February and finished up in early March. Last weekend we planted more in the small garden patch (40' x 75') north of the tunnel as well as turnips, radishes, beets and carrots. A rabbit fence surrounds all.



## April Schedule

Heirloom tomatoes will go into the south high tunnel the first week in April. Potatoes are planted on Good Friday, or so the saying goes. This actually follows planting by the moon (by definition a waning moon after the first full moon after March 21). Roots go in on a waning moon. So we will be adding carrots, beets, turnips, parsnips and radishes like crazy. And if the weather holds, we will start our first planting of sweet corn in late April.

## Meal Planning With the CSA

Unlike traditional menu planning where we decide what to make and then go buy it at the supermarket, with the CSA we get the stuff in a box and then have to go find the recipes. I am attaching our crop schedule for your convenience, so you can start looking now. Also, remember that we post recipes from our members on our web page at <http://www.iowanafarm.com/Recipes.html>.

# First Pickup First Week in May!

## CSA Pickup

Wednesday Afternoon  
Bread Oven – 119<sup>th</sup> and Pacific

Wednesday Afternoon  
Bread Oven – 51<sup>st</sup> and Underwood

Saturday and Sunday Afternoon  
Iowana Farm, Crescent, Iowa