

# Iowana Farm

17749 Badger Ave Crescent, Iowa 51526

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

**CERTIFIED ORGANIC**

## CSA Update

September 5, 2012

### Pack 19

We are adding sweet potatoes to the pack this week, along with an abundance of heirloom tomatoes, squash, cucumbers, garlic, onion, some of Randy's heirloom apples, eggplant, green beans and basil.

### Sweet Potato Strings

And what did we do with the sweet potatoes? We made sweet potato strings!

The recipe, along with an eggplant dish are attached.



### Green Beans and Melons



Our green beans are finally coming on strong. We have been picking purple beans and wax beans. Next is the classic Kentucky Wonder.

Our cantaloupe and honey dew are ripening but are tasteless, a huge disappointment and possibly a result of too much water. Although lovely to look at, we will not distribute them due no flavor.

### What's Ahead

The last official date of the CSA is September 26 for Wednesday pickup and September 29-30 for weekend pickup. We have so many products that we are adding a 23rd week, Oct 3 and Oct 6-7, for free. We will also be adding a 5 week fall season CSA running to November 7 and Nov 10-11. It will be \$100 for full shares and \$60 for half shares. We will distribute sign up materials next week for those who love the crisp, sweet fall greens and what is still coming off of the field before a heavy frost.

## ***PLEASE RETURN YOUR BOXES AND ICE PACKS!***

#### CSA Pickup

Wednesday After 12 pm- OMAHA  
Bread Oven – 119<sup>th</sup> 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

September 12, 2012

### Pack 20

We have sweet potatoes again this week, as well as heirloom tomatoes, squash, cucumbers, garlic, onion in full shares and shallots in half shares, broccoli shoots, eggplant, green beans and thyme.

### Tuesday Packers



Cindy, Kelly, Tamara, Chris and Julianna are working hard on the Tuesday pack. They pack 44 boxes every week. Friday packers pack another 14 boxes!

### Sweet Potatoes



Chuck made curing bins (2 weeks), Gary, Pat, Yura, Casey and Andrew dug the sweets and everyone took turns cleaning them. Gary, Jacqueline and Cindy are shown here unloading the cleaned potatoes into the drying and curing bins.

### Cucumber Beetles

Our farm, like everywhere else, has been hit with an infestation of cucumber beetles. They have eaten all of the silks off of our next planting of sweet corn, are nibbling on green beans and eating the flowers off of the cucumbers and zucchini. We could see the impact in the pack next week.

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## CSA Update

September 18, 2012

### Pack 21

Carrots are in the pack, as well as heirloom tomatoes, squash, sweet potatoes, broccoli shoots, chard and chives. And it looks like we will have enough watermelons to do another round for everyone! We hope to get them out to everyone over the next two weeks. Keep your eyes peeled at pickup!

### Bumper Crop!



It's a full pack. We have chard back in the pack. The greens are loving the cool nights and cooler days. Spinach and lettuce are coming along. They are a little set back due the hot weather earlier.

### Watermelon and Pumpkins



Casey and Andrew picked and cleaned more watermelons. They will be distributed over this week and next.

Julianna brought some volunteer pumpkins

that grew in her pine tree! There are not enough for everyone, but we will bring them to the pickup place for families with kids. Pickup just one for your kids or grandkids. Please only take one. It will be first come, first serve.

### Fall Season CSA

An application for the 5 week Fall CSA is included. Register online at

<http://www.iowanafarm.com/Fall%202012%20page.html>

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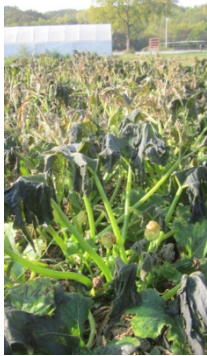
## CSA Update

September 25, 2012

### Pack 22

We had a frost on Saturday night and we have squeaked through the pack! We have chard, kale, eggplant, turnips or radishes, sweet peppers, sweet potatoes, spearmint and tomatoes.

### Frost Last Sunday Morning



We had frost on Saturday night/ Sunday morning. You can see that the understory of zucchini, eggplant, peppers and tomatoes are AOK. Warmer weather this week should pick up production.

### Pack Team



Julianna and Kelly are off to a Vegan convention in Portland. Chris' friend Patti, seen here sorting eggplant, and Dana's friend Mary, sorting sweet peppers, jumped in and helped with the pack. Also pictured is Tamara calculating chard weights and Mary, Dana and Chris packing boxes.

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## **PICKUP PACK 23 NEXT WEEK!**

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## CSA Update

October 2, 2012

### Pack 23

Our last pack of the Summer CSA 2012! We have butternut squash, Yellowstone carrots, chard, kale, sweet potatoes, sweet peppers, heirloom tomatoes and parsley this week.

### Our Last Big Pack of 2012



Today was our last big pack of 2012 summer season. We have added butternut squashes, one of our favorites. They keep well, but who can keep from making soup with it!

The team will continue on with the Fall CSA, but it should be significantly less work. This will give us all time to take care of fall season jobs like cleaning and organizing and RESTING.

### Thank You, One and All

We feel that we have had a pretty good season this year. There have been a few disappointments, almost all of the heat related. We learned a lot about hot soil this year. If it happens again next year, perhaps we can maneuver around a little better! Thank you so much for your support!

### CSA Futures

We will stay in touch over the fall and winter. Share costs will remain the same next year. There are still a few shares available for the fall. An application for the 5 week Fall CSA is included. You can register online at <http://www.iowanafarm.com/Fall%202012%20page.html>

## *Live and Eat Well!*

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