



## What's in the Box

Green Beans  
Onions  
Cucumbers  
Broccoli  
Jalepenos and Cherry Bombs  
Banana Peppers

Everything is looking better. The warmer weather and humidity is what we need. The lows in the 70's are great! Scott says that he can tell in the morning that the plants are bigger than they were when he went to bed.

Of course the weeds are growing great in this weather too so we've got to keep on top of them. If you are looking for some quality time outdoors on the farm, let us know. We don't spray herbicides on the veggies so we have to pull, hoe, or flame the weeds and it takes a lot of time and labor.

Sweet corn is coming along. We actually ate 2 ears last night to test it. They just had little nubs for kernels but they were sweet. Scott joked that the kernels were so small he'd need to eat 20 of them to get his fill.

## Recipes

### Garden Good Green Beans

1 lb fresh green beans  
1 med onion  
3 tbsp margarine  
½ tsp salt  
Dash of Pepper  
1 chicken bouillon cube

Snap beans into 1-2 inch pieces. Saute onion in margarine in saucepan until soft. Stir in beans; toss until well coated. Stir in seasonings, ¼ cup water and bouillon cube, crushing cube with spoon until dissolved. Cover; cook for 10 minutes or until beans are crisp-tender. Yield 4-6 servings.

Another good idea for beans that Scott likes is to grill them.

We wrap them in tin foil with butter, seasoned salt, and sometimes bacon. Grill them on medium for 30-45 minutes and they come out very yummy!!

## What's going on at the farm.

We are still planting. I don't think we'll ever be done because we stagger everything so that we'll have a late season as well.

Scott and Drew planted zucchini, cucumbers, tomatoes, and sweet corn yesterday. It was good to get that in before the rain.

Hopefully you all had a good 4<sup>th</sup> of July. It was painful to get through it without corn to take to our parties but we still managed to have some fun.

In case you don't get the Des Moines Register, Scott was quoted in it. They called him for a story they did on no sweet corn in Iowa right now. They listed him as Wilbur Scott but that's okay.

There is a link below you can use to read the Tribune's version or you could also just do a search for Scott Wilber Sweet Corn and it will come up in several places. It's on KCCI too.

[http://www.midiowanews.com/site/printerFriendly.cfm?brd=2700&dept\\_id=554432&newsid=19827185](http://www.midiowanews.com/site/printerFriendly.cfm?brd=2700&dept_id=554432&newsid=19827185)