



What's in the Box

Sweet Corn
Onions
Cucumbers
Green Beans
Broccoli
Banana Peppers
Bell Peppers
Zucchini

The sweet corn is doing good. The varieties we are picking right now are Temptation and Vitality. The next field that is just about ready to be picked is being attacked by the coons so hopefully we don't lose too much to them.

I will try to pick you some Texas Super Sweet Onions for this week. They are VERY sweet and we love to eat them all the time on sandwiches, salads, and just plain.

The cucumbers are making huge cucumbers and we've eaten several big ones that don't have very big seeds. Some of the plants are getting a fungus on them which spreads when it rains. Hmm...it NEVER rains here!! ☺ Everything is constantly wet and it's not good for any of the plants out there.

Recipes Roasted Beans

This is a recipe sent to me from one of our members.....

Pre-heat oven to 400
Wash beans and dry well.
Add olive oil, salt (I recommend more than you might think) and pepper – toss to coat
Spread evenly on a baking sheet
Bake for 20-25 minutes, turning beans after 15 minutes.
Beans are done when they are fairly brown in spots and start to look a little wrinkly.

* This is a recipe that works best when you stick to it exactly.

Want corn but don't want to cook it all and boil a big pot of water? Just cook one ear in the microwave. Wrap it in a paper towel and wet it then nuke it for one minute...tastes fabulous!!

I don't know if any of you get the Buy Fresh Buy Local newsletter but here is a link for the last one because we are in it! They did a piece on CSA's that I thought you might be interested in.

<http://www.drake.edu/news/dbletter/buyfreshbuylocal/>

What's going on at the farm.

We are having fun dealing with rain every day. We usually get a lot done in the mornings and it's been raining in the mornings. So...we have to do our work in the afternoon instead...HOT!

It's terrible for weeding and cleaning up fields and it's also bad for the spreading of diseases amongst the plants. I was out picking zucchini and found a bunch of weeds that were infected and dying!! It's everywhere.

We are now taking items to Hy-Vee and I think we are going to sell sweet corn at the Boone County Fair as well.

Friday we had a guy come out from Iowa Farmer Today to interview us and take some pics. I will let you know when it comes out in the magazine.

"Recall that whatever lofty things you might accomplish today, you will do them only because you first ate something that grew out of dirt." - Barbara Kingsolver