



Housekeeping

Just a few tips and reminders to start the season.....

- ☀ Please pick up your boxes on time from your drop site.
- ☀ We like to recycle our boxes, so please bring your boxes back to your drop site each week.
- ☀ We really appreciate feedback on what you have received, so don't hesitate to give me a call or email me with questions.
- ☀ We have new products becoming available each week, so visit our online store page on a regular basis to see what is being harvested.
- ☀ It's not too late to sign up for shares of meat, eggs, herbs, honey, fruit and flowers. Visit our website or our online store page to order.
- ☀ And lastly, Thank you for supporting GROWN Locally—we look forward to providing you with fresh, local food this season.

fresh, local products make the difference for us!



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A Big Thanks to our Drop Sites for the Season

- ◆ NE IA RC&D in Postville
- ◆ First United Methodist Church in West Union
- ◆ Chris Brinkopf in Sumner
- ◆ K & K Produce in Hawkeye
- ◆ Howard County Community Health in Cresco
- ◆ Decorah Farmers Market
- ◆ Zion Lutheran Church in Castalia
- ◆ Monona Veterinary Services in Monona
- ◆ Produce, Too in Guttenberg
- ◆ 66 Cafe in Waukon
- ◆ Village Creek Farm Stand in Lansing
- ◆ Touch of Class Salon in Lansing
- ◆ Green Organic Market in McGregor
- ◆ Clayton County Extension in Elkader
- ◆ Valley Fish and Cheese Market in Prairie Du Chien

Where you can find GROWN Locally products served:

Luther College
Isle of Capri in Waterloo
66 Cafe in Waukon
Oneota Co-op in Decorah
The Irish Shanti in Gunder
Regional Health Services of Howard County
Winneshiek Medical Center
Barthell Eastern Star Nursing Home
The Blooming Rose in Ft. Atkinson



Clippings and Gatherings



Down on the Farm..... Rawson Berries

Rawson Berries has been growing and selling berries for over twenty-five years. It has been owned and operated by Karel and Joyce Rawson until January of 2008 when we, Randy and Rosalie Koehn, purchased the farm. We intend to carry on just like the Rawson's did. We moved here from Starbuck, MN where we had a small produce farm and ran our own CSA (Community Supported Agriculture).

At Rawson Berries we have just over 7 acres of strawberries and about an acre of raspberries. We also have early tomatoes and cucumbers ready now that are grown in our greenhouse, and in the field we are hoping to soon have peas and green beans. We will have sweet corn ready about the last of July.

We are enjoying working together with our family of five children. We have two daughters and three sons; Shannon is 19, Bryce is 17, Kaitlyn is 14, Barry is 9 and Joel is 7.

We have at least seven varieties of strawberries. The earliest ones are just starting to turn red and the latest ones are just starting to put fruit on.

Here at Rawson Berries we use sustainable farming practices so that we will be able to offer good, farm fresh produce for years to come. We believe we can help impact the local economy by offering locally grown produce that doesn't need to be shipped 1500 miles before it gets on our plates.

We have a website that you can look on to see what is available on our farm, it is www.rawsonberries.com. Our email address is rkberries@afo.net. Give us a call and we will be happy to show you what we are doing here at Rawson Berries.

Profile: Village Creek Farm Market



What you will find now at Village Creek Farm Market:

- ◆ Salad Greens
- ◆ Lettuce Mix
- ◆ Scallions
- ◆ Spinach
- ◆ Locally Raised Meats
- ◆ Eggs
- ◆ And more as the season progresses

Fresh. Local. Sustainably Grown.

Nestled in the Village Creek valley just southwest of Lansing, Iowa, Village Creek Farm is a small operation specializing in salad greens grown in hoop houses and in pasture-raised chickens. The farm is owned and operated by Bob Raymond and has been a producer for GROWN Locally for three years.

The focus of Village Creek Farm is connecting our customers with the small farmer who produces their food, and at the same time promoting local enterprise and strengthening the local communities in which we live and work.

We follow the USDA organic guidelines and use no antibiotics or hormones, and no chemical fertilizers, herbicides, or pesticides. We take pride in producing fresh, local, sustainably grown food. By specializing in salad greens grown in hoop houses, we are able to extend our growing season, offering fresh greens as early as April and as late as December, without any supplemental heat. The chicks are purchased from a local hatchery, protected for the first three weeks in a brooder house with outdoor access, and then moved to large mobile pens on pasture until eight weeks of age. The chickens thrive on the fresh pasture and sunshine, and are provided a healthy supplement of corn, soybeans, alfalfa, kelp, and minerals.

Village Creek Farm is opening a farm market on site in May, providing a retail outlet for all the products offered by GROWN Locally. In addition, the farm will be a drop site for nearby GROWN Locally CSA customers.

We welcome visitors—come on out and see our operation first hand. We're located just 3.5 miles southwest of Lansing, just off X42, on Doehler Dr.

Recipes.....

Greens, Greens and More Greens

Spinach Salad

Fresh Spinach, washed well and torn into pieces

Options to add:

Hard boiled eggs, chopped
Bacon fried crisp and crumbled
Red Onion, thinly sliced and seperated
Pine Nuts or chopped Walnuts
Pomegranate seeds, if available

Dressing:

2 tsp salt
1 tsp cracked pepper
1 tsp paprika
1/2 tsp sugar
1/2 tsp dry mustard
1/4 cup tarragon vinegar
1 cup salad oil
3 cloves of garlic, sliced

Put dressing ingredients in a jar and shake well. Keep in the refrigerator.

I like to put the spinach in a bowl and let everyone add the optional ingredients as they like. Then pour desired amount of dressing over the salad, toss and enjoy!

Alternate Dressing:

1 1/2 cups honey
2 tsp salt
2 tsp dry mustard
2 tsp onion flakes
2/3 cup white vinegar

ADD:
2 cups salad oil

SLOWLY ADD: 3 T. Poppy Seeds

Wilted Lettuce

1 head green lettuce or bag of mixed salad greens
5-6 slices of bacon
3 T. red wine vinegar
pinch of garlic powder
pinch of oregano
pinch of pepper
1 T. onion, grated
2 eggs, hard boiled and sliced

Wash lettuce and tear into large pieces. Set aside. Cook bacon until crisp. Remove from pan, drain and crumble. Pour off all but 2 tablespoons of bacon drippings. Add onion and lightly sauté. Add vinegar and spices. Pour hot drippings over lettuce. Sprinkle crumbled bacon over top. Garnish with sliced hard boiled eggs.

Cream of Spinach Soup

1 pound fresh spinach
8 T. butter
1/2 cup onion, chopped
1/4 c. celery, chopped
3 c. milk
1 c. heavy cream
2 T. parmesan cheese
salt and pepper to taste
6 T. flour

Chop fresh spinach. Steam in 2" water (or chicken broth) until tender. Set aside. In large saucepan, sauté onion and celery in melted butter. Stir in flour. Add spinach (do not drain). Simmer 15 minutes with onion and celery. Add milk, cheese and seasonings and allow to heat. Slowly stir in cream. If thicker soup is desired, add 2 T. cornstarch dissolved in 4 T. cold water. Serves 8.