



## Housekeeping

Just a few tips and reminders for deliveries.....

- ☀ We are in need of small share boxes, please return the delivery boxes to the drop site or leave them where the delivery person can find them and we will be happy to recycle them. Thanks!!
- ☀ Lots of great herbs available now.
- ☀ Did you know you can pay with a credit card? Call Johnice and give her your credit card number and your bill will be paid automatically each time you order.

## Ground Lamb Special

During Month of August  
\$3.25 per pound

Johnice Cross, Coordinator  
563.380.9848  
POB 41  
Decorah, IA 52101  
www.grownlocally.com  
info@grownlocally.com

### What's Available:

- ◆ Green Cabbage
- ◆ Red Cabbage
- ◆ Fresh Yellow Onions
- ◆ Fresh White Onions
- ◆ Red Onions
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ New Potatoes
- ◆ Green Beans
- ◆ Green French Beans
- ◆ Green Bell Peppers
- ◆ Broccoli
- ◆ Zucchini Squash
- ◆ Summer Squash
- ◆ Fresh Garlic
- ◆ Scallions
- ◆ Eggs
- ◆ Herbs
- ◆ Leeks
- ◆ Scallions
- ◆ Kale
- ◆ Flower Bouquets
- ◆ Cherry Tomatoes
- ◆ Cucumbers
- ◆ Eggplant
- ◆ Slicing Tomatoes
- ◆ Corn
- ◆ Meats - Pork, Beef, Lamb and Chicken



## Clippings and Gatherings

### Down on the Farm.....

### September Farm Tours

### Mark Your Calendars.....

#### Sunday, September 21st, 3 p.m. Tir na n'Og Farm

In Irish Mythology, Tir na n'Og, pronounced "Cheer na 'Og", is heaven, where you go after death and stay young forever. In real life it is 12.5 acres of rolling Northeast Iowa farmland located in Clayton County off of Gunder Road. A remnant of one of the oldest farms in the township, the farmstead has been occupied and farmed since 1858.

Paul Young, the owner of Tir na n'Og farm, took over in 2003 and produces naturally grown vegetables, beef, chickens and eggs. He has been a producer for GROWN Locally since 2006.

Tir na n'Og Farm is a small operation where you will see a small fold of hairy, Highland cattle. Expect to take a nice walk to fields of fall squash and pumpkins. You may find some young garlic plants getting their start, and the tomatoes, peppers, and eggplant should still be producing.

Tir na n'Og Farm is located 1/2 mile north of Gunder Road on CR X-16, between Elkader and Monona.

## New Producer Profile: Mary Klauke

Mary Klauke is growing cherry tomatoes for GROWN Locally this year in an experiment connecting the past with the future. Klauke Family Farm and Floral brought a variety of vegetables to Farmers' Markets in years past, but for the past dozen years, the growers have gone on to other things.

This year Mary is growing again, with help from family and neighbors, on a farm in northeast Iowa on Bear Creek, near its mouth on the Upper Iowa River, just four miles from Dorchester. Cherry tomatoes are growing next to the farm's greenhouse on one side and a field of hay on the other. Sheep and a few cattle share the farm with crop land that is being rented on shares to Blake Family Organic Farms while the next Klauke generation is preparing to take over the farming,

In the intervening years, Mary has been involved with Rural Life and Community Development work for the Catholic Archdiocese of Dubuque, along with her husband Don until his death three years ago. While this has kept her very occupied, she appreciates the opportunity now to grow fresh food for people in the local community.



## Recipes.....

### Green Pepper Recipes.....

#### Green Pepper Jelly

From Keeping the Harvest by Nancy Chioffi & Gretchen Mead

1/2 cup chopped or ground hot red or green peppers (6 - 8 whole)  
1 1/2 cups chopped or ground sweet green or red peppers (12 whole)  
6 1/2 cups sugar  
1 1/2 cups vinegar  
1 bottle liquid pectin

Mix peppers, sugar and vinegar in a stainless or enameled pan and bring to a brisk boil. Boil for 3 minutes. Add pectin and boil for 1 minute longer. Remove from heat and let stand 5 minutes. Pour into hot, sterile jars, leaving 1/4 inch headroom and adjust seals. Process in a boiling water canner for 15 minutes. Remove jars from canner and let them cool.

Yields six to eight half pints.

This unusual jelly is excellent with cream cheese on crackers or melba toast as an appetizer. It also can be used as an accompaniment for meat or game.

Note from Johnice:

Experiment with the hot peppers - I personally like mine a little hotter than this recipe.

I put a block of cream cheese on a plate and spoon this jelly over the top and serve with crackers - it's a favorite of my family!

It also makes a nice gift.

#### Lamb and Rice Stuffed Peppers

From Butter Beans to Blackberries by Ronni Lundy

3 large, or 6 small, bell peppers  
3/4 pound ground lamb  
1/4 cup minced onion  
1 clove minced garlic  
1/2 tsp dried, or 1 tsp freshly minced rosemary  
2 cups cooked white rice  
3/4 cup finely chopped almonds  
3/4 cup raisins  
1/4 tsp kosher salt  
White wine or water

Preheat the oven to 350 degrees F.

Rinse the peppers. If you are using large peppers, cut out the stems, leaving as much of the fleshy tops intact as possible. Split the peppers in half and carefully remove the seeds and white membrane. Lay the peppers, with the cavity side up, in a baking pan. If you are using small peppers, trim the tops off evenly, and carefully remove any seeds and white membrane from inside. Stand on end in the baking pan.

In a bowl, toss the lamb, onion, garlic, and rosemary with a fork until well blended. Add the rice, almonds, raisins, and salt. Mix with a wooden spoon to blend, patting the mixture together so it makes a cohesive mass, though not as firm as a meat loaf. Add a tablespoon or so of wine or water, if needed, to moisten and make it stick together.

Spoon the mixture equally into the peppers, patting gently with the back of the spoon and mounding it up. When the peppers are filled, pour wine or water into the baking pan, no more than 1/8 inch deep. Bake for 50 minutes, until the mixture is golden brown on top and the peppers are tender.