



## Housekeeping

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

- ☀ 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.
- ☀ Next week, if all goes well, we will deliver chickens and strawberries. If you get home delivery and will not be home on the day of your delivery, please leave a cooler with ice packs in it for us to leave the chicken in.
- ☀ It's not too late to sign up for a chicken or strawberry share for next week's delivery. Call Johnice to order.
- ☀ Thank you for supporting GROWN Locally—we look forward to providing you with fresh, local food this season.
- ☀ Check our website for new items being harvested each week and call or email us to order.

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
- ◆ Greens 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..... Tir Na N'Og Paul Young

If you ever wander around in central Clayton County, somewhere between the Worlds Largest Tenderloin and the ½ lb. Gunderburger, you might run across a sign with a Celtic style bird and some words in a strange language. You have found Tir na n'Og, (pronounced "Cheer na 'Og" and translates from the Irish to English as "Land of the Young"). On my 12.5 acres you'll find a small fold of Highland cattle, lots of vegetables, and even some chickens from time to time. I've been a member of, and grower for, GROWN Locally since 2006; trying to find my niche, and trying none too successfully to make the farm pay for itself. Each year I get a little closer to breaking even, and some year I'll do it.

I am a native of NE Iowa; grew up in Marquette, but after college, and more college, and more college, I spent most of my adult life far away in some nice places, and some not so nice places. But my heart has always been tied to the hills of the Driftless Region, and when I tired of Arizona's 'dry heat' I left my faculty position at the University of Arizona, and moved back to be closer to family and to enjoy a more relaxed lifestyle. While relaxation has so far eluded me, I have found a lifestyle I enjoy and a purpose I believe in: bringing back local and seasonal food to the American diet.

I only farm about 2 acres on my farm, but have another acre on a neighbor's place. It is more than enough to keep one person busy, and I am gradually getting to know the ins and outs of growing food. I primarily grow root crops ( carrots, onions, beets, potatoes, etc.) But at last count had some 27 different crops planted, so I have a little bit of everything. I'm also brooding chicks for Bob Raymond to raise on his pasture, and from time to time have contributed items to the GL Farm Shares. Visitors are welcome, if you've never been close to a big, hairy Highland cow then this is your chance.

## Profile: Oneota Community Co-op Deli



Some of the items you will find on the salad bar this summer:

- ◆ Salad Mix from **GROWN Locally**
- ◆ Lettuce Mix
- ◆ Spinach
- ◆ Cherry Tomatoes
- ◆ Radishes
- ◆ Broccoli
- ◆ Cauliflower
- ◆ Green Peppers
- ◆ Grated Carrots
- ◆ Black Olives
- ◆ Garbanzo Beans
- ◆ Green or Red Onions
- ◆ Boiled Egg Slices
- ◆ Pumpkin or Sunflower Seeds
- ◆ Sliced Beets
- ◆ 2 Prepared Salads Made Fresh Daily
- ◆ Cottage Cheese
- ◆ Sour Cream
- ◆ Fresh Fruit
- ◆ Kim Chee
- ◆ Hunan Dumplings
- ◆ Sprouts
- ◆ Salsa
- ◆ Grated Cheeses
- ◆ And More.....

The deli at the Oneota Community Co-op has taken on new life since moving to their new location at 312 West Water Street in downtown Decorah.

They still offer the choice of two wonderful soups daily that are made from scratch by the talented cooks in the kitchen.

The hot bar features different entrees each day. Ruth Hampton, Oneota Co-op Deli Manager, has an undying respect for the different dietary concerns of the customers that frequent the deli. For example, you can find pizza with gluten free crusts which contain either dairy or non-dairy cheeses, meats and also vegetarian varieties. There is almost always a vegetarian option of the Daily Special. You can also always find rice, beans, and a vegetable on the hot bar daily. Saturdays you are greeted by a taco bar with the option of either beef or tempeh fillings, and Sundays are delightful with Lunch Burritos being the focus of the menu.

The salad bar is not only beautiful, with all of its fresh vegetables and their varying colors, but tasty as well. The mission of the co-op is to buy organic and local as much as possible, and it shows in the list of ingredients to the left in the sidebar.

Other items available are panini (sandwiches) made to order and organic free trade coffee and teas. Breakfast alternates between breakfast sandwiches and burritos. The cooler always has a fresh assortment of sandwiches and salads for those "on the go".

Need a catered lunch for your next meeting? Give Ruth a call and she will be happy to help!

The Co-op is open Monday through Saturday from 8 a.m. to 8 p.m. and Sundays from 11 a.m. to 7 p.m. Check out their website: [www.oneotacoop.com](http://www.oneotacoop.com)

## Recipes.....

### "Egg"cellent Recipes.....

#### 3 Flavor Pound Cake

2 sticks butter  
½ c. Crisco  
3 c. sugar  
5 large or 6 small eggs  
1 tsp coconut flavoring  
1 tsp rum flavoring  
3 c. all-purpose flour  
½ tsp. baking powder  
½ tsp. salt  
1 c. milk

Cream butter, shortening, add sugar and mix well. Add eggs, one at a time and cream well. Add coconut and rum flavorings. Sift together flour, baking powder and salt and add with 1 cup milk. Mix well. Bake in a bundt pan that has been sprayed well with Pam at 325 degrees for 1 to 1 ½ hours or until cake springs back from touch and leaves edge of pan at top.

Glaze:

While cake is still warm glaze with 1 cup sugar, ½ cup water which has been brought to a full boil. Add to this 1 teaspoon almond flavoring.

#### Eggs Ala Goldenrod

Boil 12 eggs— chop the whites and save the yolks. Make white sauce with 1 stick butter, 3 heaping Tbsp of flour, stir and pour in milk. Cook over medium heat until thick. When thick enough add sautéed mushrooms, chopped dried beef (1 jar) and chopped egg whites.

Butter toast, add sauce on top and grate egg yolks over the top.

Can skip dried beef and add chopped ham or put a slice of ham on top of buttered toast before adding the sauce.

#### Breakfast Quiche

6 slices GROWN Locally bacon  
1 onion, chopped  
4 cups of your favorite garden vegetables, lightly cooked  
4—6 eggs, beaten  
2 cups shredded swiss cheese  
1/2 tsp salt  
1/2 tsp crushed marjoram or basil  
1/2 tsp cumin (optional)  
9 inch pine crust

Fry bacon—pour off all but 1 or 2 Tbsp of fat. Sauté onion in fat until limp. Stir in eggs, cheese, vegetables, salt and herbs. Pour into 9 inch pie crust and bake for 30—40 minutes at 325 degrees or until set.

You can substitute ham, chicken or turkey for the bacon—use 1/2 to 1 cup. Use vegetable oil to sauté onion.

You can bake this the day before and refrigerate. Let it come to room temp before serving.

#### Fruit Puffs

Preheat 9-10" cast iron skillet to 400 degrees  
Blend in blender for 10 seconds:

6 eggs  
1 cup milk  
1 cup flour  
1 stick of soft butter  
4 Tbsp butter for pan

Put the 4 T. of butter in hot skillet to melt. Pour in the mixture and put back in oven. Bake for 25 min. Do not open oven door during baking. It will be puffy, but center will fall as it cools. Sprinkle with lemon juice and dust with powdered sugar. Serve with locally raised in season fruit.