

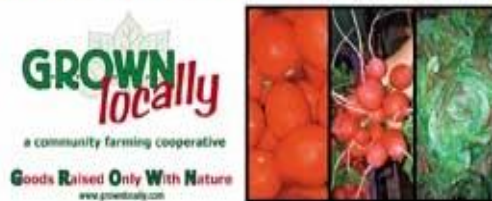


Housekeeping

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

- ☀ We like to recycle our boxes, so please bring your boxes back to your drop site each week.
- ☀ We are starting to see a lot of new produce items being ready to harvest. Make sure and check the website to see what is available. It's not too late to order strawberries if you haven't already.
- ☀ Remember, we have a lot of great lamb, beef and pork items that are great for the grill. Download a price list from the website and call Johnice to order.
- ☀ We are also getting quite a variety of fresh herbs to make that summer dish great!
- ☀ Did you know you can pay with a credit card now? Call Johnice and give her your credit card number and your bill will be paid automatically each time you order.

fresh, local products make the difference for us!



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

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

Fourth of July Delivery

We will be delivering our Friday, July 4th delivery on Thursday, July 3rd. Please call if you will be gone.



Clippings and Gatherings

Down on the Farm..... Sunflower Fields Something Old. Something New, Something Soggy, and a Fantastic Crew

The Old: We're still raising a wide variety of vegetables, and we send many of them towards your vegetable shares. We concentrate on familiar vegetables—lettuce, spinach, radishes, cabbage, broccoli, potatoes, and so on—and then add a few unusual goodies to make your lives interesting. For example, this summer you'll get to try a daikon radish or two, Dragon Tongue beans, and hopefully some lovely golden beets.

The New: This season we're mostly refining established processes, with an eye towards greater time efficiency and higher quality production. For example, we're changing our greens washing method so that we can process about 8 pounds of baby greens at a time, rather than 1—2 pounds. This involves a pond pump in a series of 2 bulk tanks, deep perforated tubs for the greens, big plastic tanks for our sanitizer bath and final rinses, and a commercial electric salad spinner. (Perhaps we'll treat you to a feature on this later in the season).

The Soggy: I think you know where I'm going with this one! We've been faced with some challenging weather this spring. The wet soil this spring forced us to delay planting, and then the cool weather resulted in slow crop growth. After a nice streak of more moderate weather, we had a rain-induced two-week hiatus from planting and cultivation in early June. But aside from a few persistently-wet spots, our fields have been workable for the last week, and we're working hard to catch up on planting, transplanting and cultivation. The crops are developing nicely, and we are looking forward to the harvests ahead.

Fantastic Crew: We are fortunate to have a top-notch staff this season, including two returning members. Laura Forsman, our apprentice, is back for a second season, and Terisa Steiber of rural Lansing is back for her third season with us. (Many of you know Terisa as the GROWN Locally delivery driver.) Jen Monroe of Castalia joined us this year as a full-time addition to our staff and is especially concentrating on our postharvest processes. Finally, our harvest crew members—an additional 4 people—are learning fast, working hard, and giving thanks for every day it's NOT as rainy, cool and mucky as it was for our first week of harvest! We're thankful for such a wonderful bunch of people to work with; we truly couldn't do without them.

Please don't hesitate to email us at growers@sunflowerfields.org with comments, questions, or photos of your meals. (Really! Someone did this last week!) We're excited to grow for you again this season!!

Solveig and Michael

Profile: 66 Cafe

If you haven't eaten at the 66 Café in Waukon, you are missing a great meal.

Sue Gavle and Karen Sage are the owners of the 66 Café. These two women were cooking together at another job, and after realizing that they worked well together, and that they each possessed different skills, they decided to open a restaurant.

But, the 66 Café is not your ordinary run of the mill place to grab a bite to eat. Sue and Karen decided early on that they wanted to buy locally produced food as much as possible and they also did not want to have any fried foods on their menu. The result is great food served in a hometown friendly atmosphere.

The homemade baked goods are to die for along with their sandwiches made with specialty breads, quality meats and cheeses. They have a lot of different types of wraps and on Tuesday's you can treat yourself to the taco bar. The locally grown produce makes the "All You Can Eat" Salad Bar a big hit Wednesdays through Fridays. They make their own soups and the kids menu is sure to please the young ones in your group.

You can get breakfast all day long with one of the features being **GROWN Locally** bacon, sausage links and ham.

GROWN Locally is proud to have them supplying our baked goods shares of cookies, pies, bars and coffeecakes this season. It's not too late to order.

The 66 Café is open every day except Sunday. Monday through Friday you can dine in from 7 a.m. to 5 p.m. and Saturday from 7 a.m. until 2 p.m.

They are located at 24 1st Street NW in Waukon. You can reach them at 563-568-3155.

Recipes.....

Strawberry Recipes.....

Strawberry Monkey Juice

From the Deaf Smith Country Cookbook

Yield: 2 Cups

1 cup fresh strawberries
Juice of one lime
1 banana
Juice of 2 oranges
Optional: 1 cup crushed ice

Blend the strawberries, lime juice, banana and a little orange juice in a blender until smooth. Add the remaining orange juice and cracked ice if desired. Blend again.

Fresh Strawberry Butter

Makes 1 cup

1 cup sliced fresh strawberries, pureed
1 cup (2 sticks) sweet butter, at room temperature
2 Tbsp confectioners' sugar

Using a food processor or electric mixer, beat the strawberry puree into the butter.

When the mixture is fairly smooth (a few lumps or pieces of strawberry make is interesting), beat in the sugar.

Pack the butter into a bowl or mold and chill until serving time.

This is great on muffins and bread.

Spring Lettuces with Strawberries and Feta

Serves 6 to 8

12 cups assorted lettuce greens, rinsed and dried well in a salad spinner
1 cup herb sprigs, such as chives, chervil, and mint
3 Tbsp Sherry Vinaigrette (recipe below)
1 cup crumbled goat or sheep's milk feta
1/2 cup sliced small strawberries

Place the greens and herbs in a large bowl. Add vinaigrette and gently toss to coat. Taste and add additional vinaigrette, if desired. Top with feta and berries, and serve.

Sherry Vinaigrette

Yields: 2 cups

3/4 cup sherry vinegar
1 clove garlic, chopped
1 shallot, minced
1 Tbsp Dijon mustard
1/2 tsp sugar
1/2 tsp kosher salt
1/4 tsp freshly ground white or black pepper
3/4 cup canola oil
3/4 cup extra-virgin olive oil

Place all the ingredients except the oils in a blender and pulse until combined. Switch to the lowest speed, slowly pour in the oils, and blend until emulsified. Store in a jar with a tight lid. The vinaigrette will keep two weeks, refrigerated.