



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. The strawberries are great this year, call to add to your next order.
- ☀ 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

New Arrivals:

- ◆ Chinese Cabbage
- ◆ Shell Peas
- ◆ Broccoli
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ Snap Peas
- ◆ Snow Peas
- ◆ Head Lettuce
- ◆ Basil
- ◆ Lots of Fresh Herbs
- ◆ Kale

To order these items "by the piece", call Johnice at 563-380-9848

Happy Fourth of July!!



Clippings and Gatherings

Down on the Farm..... Kymar Acres



Summer is finally here and we are enjoying it at Kymar Acres. The kids get to play outside all day, staying up past 9 pm, and Kyle & I have daylight to get things done well into the evening. We also have found a little time for swimming lessons and afternoons at the park. We are looking forward to the next couple of months where we can enjoy more of the same

The flowers, herbs, eggs and vegetables that we produce are coming around after the strange spring and we have high hopes for the remaining summer months. The flowers are a little slow due to the cool, wet weather but it looks like they are

coming along nicely now. We finally convinced our younger chickens that it is better out on the grass in our rotational pastures, so they are now enjoying grass and bugs in addition to their antibiotic free feed. Our vegetables are doing well and we expect we will have wonderful onions and cucumbers this year, as they all were on higher and drier ground. The herbs are producing wonderfully and we have a selection of over 20 different kinds. As the summer continues we hope that you are able to enjoy the 'fruits' of our labor.

I would like to highlight the potential for flavor that the herbs we have create. There are so many options: from chives on mashed and baked potatoes to sweet marjoram, parsley and basil on a beef roast cooked on the grill. There is dill for your cucumber salads, cilantro for your salsas, basil for your tomatoes, sage and rosemary for your chicken, lemon basil for your summer squash, edible flowers for your salads, cinnamon basil for an interesting and flavorful pesto and much, much more. There are things that you know, like parsley and chives, and things that you don't know, like lovage, which is a green leafy herb that has the flavor of celery and is good chopped in cold noodle salads, soups and many other dishes. If you are uncertain about how to use them you can do a couple of things; you can look up the herb in a cooking reference book and it will tell you the flavors that it is best known to compliment, you can experiment with your herbs by adding just a little at a time to recipes that you know, and you could always drop me a note at kymaracres@netins.net and I will try to help you with your questions. Summer is the time to try new flavors and herbs are the best way to make the same old food taste great.

I look forward to sending you some great produce this year!

Also, I am always happy to recycle your old egg cartons, so please return them with your boxes. We would also like to reuse any jars that you receive with your flower bouquets, so thank you for returning them.

Mari Holthaus Kymar Acres Waukon, IA 52172

Profile: The Irish Shanti



At the junction of Gunder Road and Agate Road in Northeast Iowa, lies the unincorporated town of Gunder, which boasts a population of 36 folks. Here you will find the Irish Shanti, home of the famous Gunderburger.

The historic building was home to a General Store until becoming a tavern in the 1970's called the Shanti. In 2005, Kevin and Elsie Walsh purchased the restaurant and renamed it the Irish Shanti.

Combining their hospitality skills with their love of a good Irish pub, the Walshes increased the selection of beers, added new items to the menu and hung up their Irish picture collection and items from Gunder history.

All the food is homemade and fresh. The Walshes are committed this year to providing locally grown produce from **GROWN Locally** on their salad bar. This isn't fast food, it's good food and the portions are enormous. You won't leave hungry. Other specialties include boiled cod (poor man's lobster), ribeye steaks, fresh pork loins and turkey tenders.

At the Irish Shanti, you will find wine and around two dozen beers, including Guinness and Leinenkugels on tap.

They're famous for their burgers, which have been featured in Jeff Hagen's travel book, "Searching for the Holy Grill: The most divine burgers in Minnesota, Wisconsin and Iowa".

Kitchen is open from 11 a.m. to 7 p.m. on Sundays or by special booking. Monday through Saturday is 10 a.m. to 10 p.m. Bar Hours are 10 a.m. until you're done.....

Make your reservation at the Irish Shanti by calling 563-864-9289.

You can find more information at their website: www.thegunderburger.com



Recipes.....

Herb Recipes.....

Roasted Chicken with Sage and Rosemary

From the Mediterranean Herb Cookbook

The herbs infuse the chicken as it slowly roasts, filling the kitchen with a heady aroma.

1 chicken, 3 to 4 pounds
1/2 tsp salt
1/2 tsp freshly ground black pepper
4 or 5 fresh sage sprigs
4 fresh rosemary sprigs, each 2 inches long

Preheat an oven to 350 degrees.

Rinse the chicken, pat dry, and then rub inside and out with the salt and pepper. Rub the outside all over with the sage sprigs, then put them in the cavity. Rub the outside with the rosemary as well, but add only two of the lengths to the cavity, discarding the other two. Put the chicken in a roasting pan.

Roast until the skin is crispy golden, the meat is cooked through and the juices no longer run pink when a knife is inserted at the base of the thigh, 1 1/4 to 1 1/2 hours.

Remove to a platter, cover loosely with aluminum foil, and let stand for 10 minutes before carving. Carve at the table.

Serves 4.

Pasta with Summer Herbs

From the Three Bowl Cookbook

1 pound pasta, such as spaghetti or linguine

Lots of fresh herbs such as fresh thyme, oregano, summer savory, basil, lavender, parsley and cilantro. You can use different combinations, just go easy on the savory, rosemary and oregano, they can overpower the dish easily.

4 Tbsp extra virgin olive oil
1—2 cloves garlic, peeled and minced
Salt and Pepper to taste
Shaving of Parmesan cheese to top

Cook the pasta until al dente.

Clean and chop all the herbs and set aside.

Gently heat the olive oil in a skillet. Add the garlic and sauté over low heat until it just begins to brown. Then throw in all the herbs. It's amazing to see them rising to the surface of the oil like a fragrant green island. Cook the herbs for a couple of minutes only: don't overcook, the herbs should retain their intense green color. Remove from the heat, toss with the cooked pasta and garnish with a few shavings of parmesan cheese to serve.

Serves 4.

GROWN Locally has all the fresh herbs you need to make this dish great. Download the list from our website, or call Johnice to see what is available.