



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.
- ☼ 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.



Potato Planting on Tir na n'OG Farm earlier in the season

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

What's Available:

- ◆ Chinese Cabbage
- ◆ Shell Peas
- ◆ Broccoli
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ Snap Peas
- ◆ Snow Peas
- ◆ Romaine Lettuces
- ◆ Green Beans
- ◆ Kohlrabi
- ◆ Carrots
- ◆ Salad Mix
- ◆ Lettuce Mix
- ◆ Daikon Radishes
- ◆ Scallions
- ◆ Pearl Onions
- ◆ Eggs
- ◆ Herbs
- ◆ Leeks
- ◆ Kale
- ◆ Hakurei Turnips

fresh, local products make the difference for us!



Clippings and Gatherings

Down on the Farm.....

G It's Fresh



G It's Fresh is a certified organic farm started up by Glen Elsbernd, and is located close to Spillville. Glen frequently sells his produce at the Decorah Farmers Market and so far this year has had shell peas, lettuce, Chinese cabbage. and a few other items. He has 40 acres of land, so you can expect a nice variety of produce from him this season.

Glen grew up on his parent's dairy farm. After graduating from high school, he went to college and majored in horticulture. After completing his degree, he worked on an organic vegetable farm.

Glen is a beginning farmer and is excited to be part of GROWN Locally this season. Glen is growing potatoes, carrots, lettuces, shell peas and other various vegetables for GROWN Locally this year.

Profile: Luther College Dining

More than 90 percent of the 2600 students that attend Luther College live on campus all four years, a commitment to student life that strengthens programs in all disciplines and creates a sense of place. For many students, Luther is, simply, home.

Luther's dining services also encourage community. Students eat in a common dining hall, centrally located in Dahl Centennial Union overlooking the Oneota Valley and Upper Iowa River.

In an effort to serve the freshest food possible, Luther Dining Services coordinates with the Luther College Garden and local producers-including those that are certified organic and/or farming sustainably to serve local fruits, honey, vegetables and eggs when available. In addition, local meats, vegetables, herbs and other ingredients are featured in special dinners scheduled throughout the year. **GROWN Locally** is proud to be one of their providers for fresh, local food.

The Luther College Environmental Concerns Organization (ECO) offers these reasons for wanting more local food (taken from a paper by Katie Woodzick)

1. Local Foods are Yummier - Since local produce doesn't have to travel as far, more care is taken to cultivate freshness and taste.
2. Local Foods are less likely to hurt you - You are able to dialogue with the farmers about what pesticides, if any, they use.
3. Local Foods keep the earth green - Local food doesn't have to travel as far, thus reducing both pollutants in transportation and waste in packaging.
4. Local Foods keep local economies booming - When the money spent on food stays in town, it helps to enrich the local economy, and encourages the production of more locally produced foods.



Recipes.....

Turnip Recipes.....

Turnips Glazed with Apple Cider

The Vegetable Cookbook by Judy Gorman

Cut 1-1/2 pounds turnips into julienne strips. Combine the turnips with 1 C apple cider in a wide saucepan. Pour in enough water to cover the turnips by one inch. Bring to a gentle bubble and cook, uncovered, for 10 minutes or until the turnips are tender-crisp.

Add 3 Tbsp butter or oil, 2 tsp sugar, and 1/4 tsp ground allspice. Increase the heat and cook, stirring, until almost all the liquid is evaporated and the turnips are coated with a shiny glaze. Season with salt and pepper and transfer to a serving dish.

Roasted Turnips in Wine

From Asparagus to Zucchini Cookbook

3 to 4 cups peeled and cubed turnips

2 cups red wine

1/2 cup honey

1/4 cup butter

Place turnips in saucepan and add remaining ingredients and enough water to barely cover turnips. Simmer until tender. Pour into baking dish and bake at 350 degrees for 1/2 hour. Serve with rice (also good with chicken)

Variation: Add other root veggies, such as carrots, kohlrabi, rutabagas, or parsnips

Turnip Custard

From Butterbeans to Blackberries Cookbook

Unbelievably Good!!

2 cups water
1 pound turnips
1 tsp sugar
1 cup chopped sweet white onion
1 Tbsp salted butter
1/2 tsp kosher salt
2 eggs
1 cup half and half
nutmeg

Preheat the oven to 350 degrees. Butter the inside of a 1 quart baking dish.

Set the water to boil in a medium saucepan over high heat. While you're waiting for it to boil, peel the turnips and cut them into 2 inch pieces. When the water comes to a boil, add the sugar and turnips. Cover, return to a slow boil, and cook for 5 minutes. Add the onion and cook for 15 minutes more, until the turnips are tender when pierced with a cake tester. Drain, and add the butter and salt. Mash with a potato masher to make a slightly chunky puree.

Whisk the eggs and blend in the half and half. Add the turnip puree, and stir to blend. Pour into the prepared casserole, and grate nutmeg lightly over the top.

Bake for 23 minutes, until the edges are just firm and the center is set on top although still a little wiggly when you jostle the casserole. Remove, and let sit for a minute or two before serving.