



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.



Transplanting earlier in the season at Sunflower Fields

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

What's Available:

- ◆ Cabbages
- ◆ Shell Peas
- ◆ Broccoli
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ New Potatoes
- ◆ Collard Greens
- ◆ Green Beans
- ◆ Kohlrabi
- ◆ Carrots
- ◆ Salad Mix
- ◆ Lettuce Mix
- ◆ Daikon Radishes
- ◆ Scallions
- ◆ Pearl Onions
- ◆ Eggs
- ◆ Herbs
- ◆ Baby Leeks
- ◆ Kale
- ◆ Scarlet Turnips
- ◆ Flower Bouquets

fresh, local products make the difference for us!



Clippings and Gatherings

Down on the Farm.....

NEW WEB SITE HIGHLIGHTS SCIENCE OF ORGANIC AGRICULTURE

What has the scientific community discovered about the quality and nutritional characteristics of organic foods and the production practices used in organic agriculture? The Leopold Center for Sustainable Agriculture at Iowa State University has developed a new resource designed to help answer some of these important questions.

Findings from more than 70 peer-reviewed, scientific articles about organic agriculture are summarized on a new web site at www.organicag.org. The site organizes the research findings by topic, from animal health and welfare issues to information about poultry, meat, grains and fruit and vegetables.

Over the past two years, Leopold Center Director Jerry DeWitt has worked with David Kwaw-Mensah, an ISU doctoral student in Agricultural Education and Studies, to conduct a review and summarize the scientific literature on the many aspects of organic agriculture. Research cited on the web site was selected if it was published in a peer-reviewed journal or publication, and it involved a comparison or specific trait of organic food.

GROWN Locally has both certified organic and non-certified growers. However, many of the non-certified growers raise their products without synthetic pesticides and herbicides. For them, using a third party organic certification is less important, because as direct marketers, we can communicate to consumers the way food is raised. Unless otherwise noted, vegetables are raised without the use of synthetic pesticides and herbicides. Animals are raised without antibiotics and hormones, and with attention to humane treatment.

Please check out the website. I am glad that we now are getting information about the quality and nutritional value of products raised in a sustainable way.

Profile: Barthell Order of Eastern Star Home

The Barthell Order of Eastern Star Home in Decorah is a 46 bed intermediate care private nursing home for private pay residents run in a family oriented setting with the primary values of Faith, Family and Relationships.

The stability of staff with pre-eminent care are hallmarks of this facility with 18 private and 28 semi-private rooms. They are known for the quality of care provided with personal attention to individual needs. Daily activities and home prepared food make them special.

GROWN Locally is excited to be a provider of fresh, local food this season for this facility. Residents participate in shelling peas and snapping beans and loved the fresh, local strawberries that they have had as a treat these past few weeks.

In addition to the private nursing home, the Barthell campus also has a 32 unit assisted living facility and six independent living facilities.



Recipes.....

Cabbage Recipes.....

Honey-Mustard Coleslaw

From Regina's International Vegetarian Cookbook

1/2 small green cabbage, shredded
1/2 small red cabbage, shredded
1 small red onion, diced
1 cup pine nuts
1 large apple, peeled, halved, cored, and diced

Place the green and red cabbages, onion, pine nuts, and apple in a large mixing bowl.

Make the following Honey Mustard Dressing:

3 Tbsp. mustard
3 Tbsp. honey
1/4 cup white wine vinegar or plain rice vinegar
1 tsp celery seed
2 Tbsp. olive oil
Salt and freshly ground black pepper, to taste

Mix the mustard and honey in a small bowl. Add the remaining ingredients.

Pour the dressing over the slaw ingredients and toss well. Serve immediately for a crunchy slaw. The slaw can be stored for a day or so in an airtight container in the refrigerator, although it will lose some of its crunch.

Sesame-Walnut Slaw

From Three Bowls Cookbook

2 tsp. rice vinegar
2 tsp. tamari
1 tsp. sesame oil
1/2 medium green cabbage head, very thinly shredded
1 cup chopped walnuts, toasted
1 large carrot, grated
2 Tbsp. sesame seeds, toasted

Whisk together the vinegar, tamari, and sesame oil in a small bowl. Toss the cabbage with the walnuts, carrot, and sesame seeds in a large bowl. Add the dressing and toss until it is thoroughly distributed. Serve

Ozark "Sour Cream" Salad

From the Passionate Vegetarian Cookbook

1/2 head green cabbage, finely shredded
3 hard boiled eggs, peeled and halved
1 cup light sour cream
3/4 tsp sugar
1/2 tsp salt
1 Tbsp vinegar, preferably tarragon
Freshly ground black pepper to taste

Place the cabbage in a large bowl. Separate the hard-cooked egg yolks and whites. Dice the whites, and add to the cabbage. Place the yolks in a food processor with the sour cream, sugar, salt, vinegar, and pepper. Buzz the yolk mixture until smooth, stopping several times to scrape the bowl. Pour the dressing over the cabbage and toss well.