



Housekeeping

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

- ☀ We are in need of small share boxes, please return the delivery boxes to the drop site or leave them where the delivery person can find them and we will be happy to recycle them. Thanks!!
- ☀ Lots of great herbs available now.
- ☀ Did you know you can pay with a credit card? Call Johnice and give her your credit card number and your bill will be paid automatically each time you order.



Sheep Grazing at Canoe Creek Dairy Farm

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

What's Available:

- ◆ Green Cabbage
- ◆ Red Cabbage
- ◆ Arrowhead Cabbage
- ◆ Fresh Yellow Onions
- ◆ Fresh White Onions
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ New Potatoes
- ◆ Collard Greens
- ◆ Green Beans
- ◆ Yellow French Green Beans
- ◆ Green French Beans
- ◆ Green Bell Peppers
- ◆ Kohlrabi
- ◆ Carrots
- ◆ Zucchini Squash
- ◆ Fresh Garlic
- ◆ Scallions
- ◆ Eggs
- ◆ Herbs
- ◆ Leeks
- ◆ Kale
- ◆ Flower Bouquets
- ◆ Cherry Tomatoes

Ground Lamb Special

During Month of August
\$3.25 per pound



Clippings and Gatherings

Down on the Farm.....

Lamb from Canoe Creek Dairy Beard Family Farm



Brothers Tom, Sam, and Parker Beard graze a flock of 125 ewes on their parent's organic dairy farm northeast of Decorah. Sheep were added to the farm's mix of livestock in 2004. Lambs are born on pasture in May and graze with their mothers through the summer.

The flock is moved to fresh pasture often, sometimes daily. Pastures are also rotated with cows and calves to increase the time between grazings. This promotes the health of both species

by breaking disease and parasite cycles.

During the fall, lambs continue to graze and are fed hay and oats until they are ready for market. Raising lamb on pasture is healthy for the animal and for the consumer. These lambs provide us with mild flavored, tender, and delicious chops, roasts, and other good things.

Lambs are processed at Quillin's Meat Department in Waukon.

Our lamb is served at the Dayton House and occasionally other restaurants in Decorah. Fresh and frozen lamb is available at Oneota Food Co-op in Decorah. Individual cuts, bulk orders, and whole animals can be ordered through **GROWN Locally**.

Profile: NE Iowa Food and Fitness Initiative

The NE Iowa Food and Fitness initiative is made possible by funding from the W.K. Kellogg foundation. NE Iowa is one of nine communities selected nationwide to participate. The counties involved in this initiative include Allamakee, Clayton, Fayette, Howard and Winne-shiek.

The goal of the Food and Fitness Initiative is to create vibrant communities that support access to locally grown, healthy and affordable food and safe places for physical activity and play—for everyone. They have received a grant to create a community action plan, with the potential for additional funding for implementation.

Too many people in our community suffer from the effects of poor diet and physical inactivity, especially in low-income neighborhoods. In many communities, liquor stores, gas station markets and convenience stores are the only convenient and affordable source of food. Other communities lack safe places for families to play and be active, and are designed for automobiles rather than pedestrians or bicyclists.

The county planning teams will focus on promoting changes so that eating healthy and being active becomes easy for everyone. They will engage youth and families as change agents and advocates. They will advocate for changes to the built environment that promote walking, bicycling or playing in the local park. They will seek policy changes that improve our local food system and increase the affordability and convenience of locally grown, healthy food.

Communities that receive funding will bring together local food, physical activity and health constituencies to develop a comprehensive planning process that:
Identifies community assets and resources
Builds their collective capacity for initiating systemic change and,
Develops and implements a plan of action with a focus on social and physical environmental change and policy strategies.

They believe that working together they can create long-lasting and practical solutions, and serve as a model of positive change in our state and beyond.

Visit the Food & Fitness website at www.iowafoodandfitness.org for more information.



Recipes.....

Lamb Recipes.....

Grilled Butterflied Leg of Lamb

Adapted from JOY of Cooking's
"All About Grilling"

Served at the "Meat and Greet" event at the Oneota Community Co-op

Pat dry:

1 butterflied* leg of lamb (4-5 pounds), trimmed to an even thickness of 2 to 2-1/2 inches

Rub the entire surface with a mixture of:

3 Tbsp minced fresh rosemary or 1 Tbsp dried
2 Tbsp minced garlic
1 tsp salt
1 tsp ground black pepper

Marinate, covered, in the refrigerator for at least 1 hour, up to 24 hours.

Prepare a medium-hot charcoal fire.
Place the lamb fat side down on rack.

Grill until well seared on the outside but still juicy and pink on the inside, about 12 minutes each side. Let the lamb stand for 6-8 minutes, loosely tented with foil. Cut into 1/2 inch slices. 8-10 servings.

*To butterfly a leg of lamb, start with whole boneless leg. Remove butcher string, unfold, and trim well. In thicker parts, make a series of cuts partially through and unfold the meat. Thread skewers through meat for a neat presentation. Any thicker places can be pounded to a uniform thickness.

Gyros from the Grass Fed Gourmet Cookbook

Seasoned lamb:

3 T Olive Oil
1 T fresh lemon juice
2 cloves minced garlic
1/4 t curry powder
1/2 t coarse salt
1/4 t freshly ground black pepper
1 1/2 # boneless sirloin or leg, cut into 2 by 1/4 in. strips

Whisk together olive oil, lemon juice, garlic, curry, salt and pepper. Stir into lamb strips until well-coated. Set aside while preparing cucumber sauce.

Minted cucumber sauce:

1 c plain yogurt
1 c sour cream
1/2 cucumber, shredded, excess liquid drained
2 green onions, minced
1 T freshly chopped mint, or 1 t dried

Mix all ingredients together, cover and refrigerate while you cook the meat.

Preheat a heavy skillet, add seasoned lamb, toss while sautéing to desired stage of doneness.

Warm pitas, place cooked lamb inside. Top with shredded lettuce and thinly sliced cucumbers, tomatoes and sweet onion. Add a generous portion of minted cucumber sauce and garnish with extra mint, if desired.