



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.



Washing Potatoes at Sunflower Fields 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
- ◆ Fresh Yellow Onions
- ◆ Fresh White Onions
- ◆ Red Onions
- ◆ Carrots
- ◆ Beets
- ◆ Chard
- ◆ New Potatoes
- ◆ Collard Greens
- ◆ Green Beans
- ◆ Green French Beans
- ◆ Green Bell Peppers
- ◆ Kohlrabi
- ◆ Zucchini Squash
- ◆ Patty Pan Squash
- ◆ Fresh Garlic
- ◆ Scallions
- ◆ Eggs
- ◆ Herbs
- ◆ Leeks
- ◆ Kale
- ◆ Flower Bouquets
- ◆ Cherry Tomatoes
- ◆ Cucumbers

Ground Lamb Special

During Month of August
\$3.25 per pound



Clippings and Gatherings

Down on the Farm.....

September Farm Tours

Mark Your Calendars.....

Sunday, September 14th, 3 p.m. Village Creek Farm

Nestled in the Village Creek valley just southwest of Lansing, Iowa, Village Creek Farm is a small operation specializing in salad greens grown in hoop houses and in pasture-raised chickens. The farm is owned and operated by Bob Raymond and has been a producer for GROWN Locally for three years.

You will get a chance to see chickens being raised in mobile pens on pasture. The chickens thrive on the fresh pasture and sunshine, and are provided a healthy supplement of corn, soybeans, alfalfa, kelp, and minerals.

You can also visit the hoophouses where Bob's specialty is growing salad greens. Bob is able to extend the growing season, offering fresh greens as early as April and as late as December, without any supplemental heat.

Village Creek Farm also has a farm market on site, providing a retail outlet for all the products offered by GROWN Locally.

Come on out and see the operation first hand. Village Creek Farm is located just 3.5 miles southwest of Lansing, just off X42, on Doehler Dr.

This is the first of three tours of GROWN Locally Farms for the Month of September - Stay tuned for information for the following two weekends.

Profile: The Eat Local Challenge

How Local Can You Go This September?

Reprinted from the Oneota Community Co-op Scoop Newsletter

Want to eat more local foods, but curious about just how local you can go? No matter who you are, no matter how you eat, there is some fun and some challenge in store for you this September.

The Oneota Community Co-op is hosting an "Eat Local America" challenge, inviting YOU to try to consume 80 percent of your diet (or four out of every five meals) from food grown or produced locally - for one meal, a week, or any number of weeks you choose.

The challenge is honor based; those wishing to participate will simply sign a large poster at the Co-op and try their best. Don't worry about the staples you'll need to keep using that either don't grow locally or aren't available: for example, oils, salt and pepper, and a number of other products. It's OK to use those during the challenge; the goal is simply to look for every opportunity to use what we DO have here in the Upper Midwest.

Participants can use food from their own or others' gardens, the Co-op (look for the green "local" label), farmer's markets, direct-marketed foods, community supported agriculture (CSA's), and more. Look for where it's grown and, if you'd like, keep a log of all the foods and food sources you discover.

At Oneota Co-op, we define local food as being grown or produced within 100 miles of Decorah. During the Eat Local America Challenge and throughout the year, we call attention to local foods on our shelves by noting them with special signs.

There are many benefits to eating local food. It's good for the economy, because money from each transaction stays in the region. It connects community members to the people who produce their food, while helping to support endangered family farms.

Plus, since food doesn't travel far from where it's produced, eating local also helps protect the environment by reducing carbon dioxide emissions. Local food is more nutritious and simply tastes better, because it's often harvested or processed the same day it arrives at the Co-op.

Locally grown foods, once the mainstay of American agriculture, are experiencing a huge resurgence. Oneota Co-op has for years cultivated truly reciprocal, long-term relationships with local growers and producers, offering shoppers a convenient connection to fresh and delicious food of the highest quality. Eat Local America celebrates our dedication and commitment to local food for consumers and our suppliers.

Recipes.....

Potato Recipes.....

Steamed and Roasted Baby Red Potatoes

From the Healthy Kitchen Cookbook with Andrew Weil, M.D. and Rosie Daley

18 baby red potatoes, washed, scrubbed, and halved

Seasoning for Roasting:

2 Tbsp olive oil
5 whole small cloves garlic
1 Tbsp fresh rosemary or 1 tsp dried
1 tsp salt
1/4 tsp freshly ground black pepper
1/4 tsp paprika

Preheat the oven to 450 degrees.

Steam the potatoes: Pour about 2 inches of water into a large pot and bring to a boil. Place a steaming basket in the pot raised just above the boiling liquid, put the washed and halved potatoes into the basket, cover the pot, and allow to steam until the potatoes are easily pierced with a fork (about 8 minutes). Turn off the heat and remove the steaming basket from the pot.

Roast the potatoes: Pour the olive oil and seasonings in a large baking dish or casserole pan, add the steamed potatoes and gently toss them until they are completely covered with the mixture. Bake for 12 minutes until the outsides of the potatoes are crusty, occasionally moving them around to ensure even browning.

If you don't have a steaming basket, pour about 1/2 inch of water into the bottom of the pot, put the potatoes in the water, cover the pot and place on low heat.

Potato and Leek Soup

3 qt. chicken stock - bring to a boil (or 3 qt water and 4 chicken bouillon cubes)

add:

1 ½ lbs. chopped leeks (including green tops)
1 ½ lbs. chopped potatoes
1 ½ lbs. chopped carrots

simmer until vegetables are soft, 1-2 hours

add:

3 slices cooked and crumbled bacon (optional)
½ t. summer savory
½ t. marjoram
1/4 t. rosemary
salt to taste

simmer another half hour, puree in food processor or blender, or pour through sieve.

Reheat to serve. This even freezes pretty well so you save smaller portions for a cold winter day. I sometimes add a clove or two of garlic and some black pepper.

Modified from the :More-with-Less Cookbook, 1976 Herald Press, Scottsdale, PA