

**It's not your ordinary greenhouse!**

**May 2010**

**Volume 3, Issue 5**

# Annie's Gardens and Greens Newsletter

## Inside this issue:

Let's Get Cooking with Dill	2
Sign Up Now for Your Summer CSA	2
Stump Pots are Here!	2
Food Inc by Robert Kenner-Our Food System	3
Yams or Sweet Potatoes? Are the same or different?	3
Food and Wine Tasting of Local Producers-May 8	4

## Special Points of Interest:

- **Memorial Day May 31—Remember those who have fought for OUR FREEDOM!!**
- **Closed Memorial Day.**



## 15 Years and Still Dreaming

Every day we are blessed with opportunities. Each opportunity introduces us to a new individual into our lives. Many times we do not think any thing of our meetings until one day you awaken and realize how much that person has touched your life in your brief encounter. Or how much that person completes your life as a partner.

Steve Bushman and I met in 1993. Later after moving in, I had asked him if it was okay if I had some ground worked up for a garden. I did not realize how much I had missed gardening until I had lived in town for a while. He said it was okay and we worked up a small area. The small area has now become the whole backyard.

Steve operates two businesses; a custom farming business and a trucking busi-

ness. The custom farming is a family business started by his grandfather. He bought out his father's share and has been running a chopping business since 1984. The trucking is a passion of his. I feel that he is a pioneer in his field, because he is always willing to take a risk at something new to improve his businesses. There are times I don't understand why he does some of the things he does, and our employees



would probably agree with me. With each leap of faith we take, I know that I can trust his decisions. In my life's journey, I have been touched by many people but probably not as much as this man. Steve is and has been an enormous inspiration to me. He is always encouraging me to excel in my dreams and he always makes things happen some how. This man is so full of creativity, I can't help but smile at him every time he comes up with

another one of his ideas. Of course, I have times where that smile is more of a frown, but he always manages to make things work out.

Those who know him say he is a teddy bear, as he has a heart of gold.

As I celebrate my 15th year in business, thank you Steve for believing in me and for helping me keep my dream alive. You are my hero, my inspiration to always keep moving forward and believing in what we do.

Please join us in celebrating our 15th Annual Open House May 6, 7& 8!

Food & Wine Tasting on May 8 11 am to 3 pm.



## Let's Get Cooking with Dill

In March, we began seeding dill so we can grow as much dill weed as we can. Dill weed is the leafy part of the dill plant and can be used in many dishes.

*Give this recipe a try!*

### Champagne Dill Carrots

2 Tablespoons butter  
1 pound carrots, peeled and thinly sliced into coin shapes  
1/4 cup chicken stock  
1/2 cup champagne  
1 teaspoon honey  
1/4 teaspoon salt (optional)  
1 Tablespoon fresh lemon juice  
2 teaspoons fresh dill weed, chopped or 1

teaspoon dried

In a heavy saucepan, sauté the carrots in the butter over medium heat until they begin to brown. Add the chicken stock, champagne, honey and salt. Stir to combine. Bring to a simmer, cover, and cook over low heat until tender to the bite, but not mushy, for about 5 minutes. Remove the cover and cook until the liquid has almost evaporated. Add lemon juice and dill weed and gently stir to combine. Serve hot.

Yield: 4 servings



## Sign Up Now for Your Summer CSA

Annie's was once again successful at providing a winter CSA share. With the help of Plantpeddler and GROWN Locally, we managed to deliver fresh vegetables every week from November 1 till May 31! A huge thank you to Holly Kleve for organizing our CSA shares every week. She does an amazing job.



Annie's cold frame as of March 1, 2010

If you are still wondering what CSA is, it is a

Community Shared Agriculture. Because I am unable to produce everything we offer, there is a community of growers and we work together in being able to supply you with fresh, healthy products for you and your family. Because we have many producers Annie's has no limitation on how many shares we can fill. You can also inform us as to what produce you want to receive in your share, rather than receive produce you are unable to consume or have no liking for. Besides a vegetable share, Annie's offers shares of fruit, honey, meats, cheese, and a staples share (bread, milk, butter, and eggs).

Be sure to sign up before May 1 and receive a 5% discount on the cost of your shares. A down payment of \$50.00 is required for total shares over \$125.00.

*"Annie's CSA is a community of growers working together to bring you fresh, healthy products for you and your family".*

Deliveries are made to drop sites in the following towns: Cresco, Decorah, Calmar, Ossian,

Postville, West Union, Fayette, Clermont, Elgin, Monona, Marquette, Hawkeye, Independence, Oelwein, Waterloo and Cedar Falls.

Last month, you should have received a brochure about our summer CSA shares. Summer shares will start June 1 and run through October 31. If you are in need of more information, call us at 800-644-7245.

## What to do with tree stumps? Stump Pots are Here!

I received a visit from Owen Vaaler of Spring Grove. He walked in with a stump that had been dug out and a stick that had a banner attached to it with "Stump pot" printed on it. One can't help but smile at this creative idea for a flower pot. It is very simplistic; a

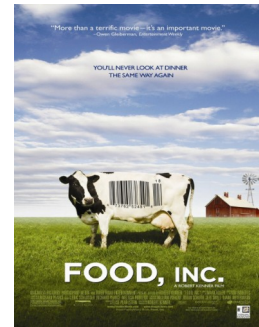
green idea.

Owen actually invented a machine that cuts out the middle of the stump and then drills a hole in the bottom for drainage. The outside can either have the bark on or off. For the pots that don't have bark, Owen sands them down to

remove unwanted debris which gives the stump more of a weathered look. A clever, environmentally friendly idea!



## Food Inc. by Robert Kenner—Our Food System



Did you get to watch the movie Food Inc. by Robert Kenner on PBS April 21? If you didn't, you can still access it off

of the internet and watch it at [www.pbs.org/pov/foodinc/photo\\_gallery\\_watch.php](http://www.pbs.org/pov/foodinc/photo_gallery_watch.php).

I keep trying to find time to watch the whole thing from the beginning to end. However, I keep getting interrupted each time. I have seen enough that I keep coming up with the same feelings. Born and raised on a farm, I know how animals are raised and always knew where my food came from, but this is crazy. In the film, a scientist said how they have engineered corn to be food that does not spoil and a longer shelf life. But think about what we are con-

suming. They haven't engineered just food, they have engineered you and your children. Think that is an exaggeration? Think again. Your body uses food and absorbs food down to a cellular level. This changes your DNA. You need to watch this! To date, we still have the right to choose the food we eat. But for how long? Do you really think that your health isn't being controlled? There is no truer statement than, "You are what you eat".

## Yams or Sweet Potato? Are the Same or Different?

Someone recently asked me what the difference is between a yam and sweet potato. I told them there wasn't that they were one and the same. However, I will have to take that back, as I did some research on them, and come to find out there is a difference. The sweet potato is a very distant relative of the yam. It actually is a type of morning glory. They both look a like and taste very similar, but are different species.

The biggest difference is in the nutritional value of the vegetable. Sweet potatoes are packed full of vitamin A and contains almost eight times an adult's daily need of this vitamin. Because this vitamin is fat-soluble, the body can store it for later us. It also contains higher amounts of calcium, iron and vitamin E, and twice as much protein per serving as the yam. Sweet potatoes also contain large amounts of anti-inflammatory compounds. Now if you have problems with IBS, arthritis, gout or other inflammation related

diseases, you may want to them in your diet.

So the sweet potato is looking pretty impressive as a very nutritious and healthy vegetable that we possibly should be eating more of in our diet. Right? Well, let's take a look at the nutritional value of a yam.

Yams are a low-fat food just like sweet potatoes, but he ratio of essential fatty acids is preferable in the yam. Yams have twice as many omega-6 fats the sweet potatoes. Omega-6 fats are known to inhibit the body's ability to make us of the omega-3's. Remember how, sweet potatoes contain anti-inflammatory diseases? Well, yams do the opposite. They actually contain compounds that with irritate inflammation related diseases. Both the yam and sweet potato are

good for those who are diabetics, as they both have very low glycemic numbers. Both of these also contain lots of potassium, magnesium and phosphorous, along with trace minerals, such as



Yam



Sweet Potato

selenium, zinc and copper.

After review the facts, I would still say that sweet potatoes have a better nutritional value than the yam.

If you would like to know more about the nutritional value, you can go to [www.nutritiondata.com](http://www.nutritiondata.com) and find both the sweet potato and yam information listed in detail.

Looking for sweet potato slips? Give us a call. These will be in by June.

## Annie's Gardens and Greens

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## Food and Wine Tasting of Local Producers—May 8

Annie's will be holding their 15th Annual Open House Mother's Day weekend, May 6, 7, and 8. May 8 Annie's will hold a Food and Wine tasting from 11:00 am to 3:00 pm. Those vendors attending are:

- Englebrecht's Family Winery of Fredericksburg, IA will be sampling their wine.



- Winneshiek Winery of Decorah will be sampling their wine.



- Fit-Pop Popcorn of Cedar Falls will be popping fresh popcorn for sampling.



- Hansen's Dairy from Hudson will have samples of milk, ice cream and cheese curds.
- Spain Family Meats of Elgin will sample meats.
- Fairfield Farms of Clermont will sample meats.
- Iowa Supreme Meats of Burt will be sampling a variety of meats.
- Heartland Pride of West Union will be sampling goat meat.
- Veronica's Cupboard & Crafts of Hawkeye will be here with fresh baked goods.
- Mitzva Farms of Waukon will have cheese samples.



- GROWN Locally of Decorah will have producers here to sample a variety of vegetables.



- Iowa Naturals will have soap samples available.



*Annie's Gardens and Greens "GreenGrocery" carries products from each of these vendors.*

As always, Annie's will have hanging baskets, annuals, perennial, herb plants, vegetable plants, and bulk seed. Be sure to check out the gift shop as we have received some new items for the children to help out in the garden.

*We thank you for supporting us for the past 15 years. We hope to see you soon!*