



CSA NEWSLETTER

WEEK 9 - 08/04/2026



This week you have the first of our sweet corn in your box. I like to think I have corn in my genes. I have three generations of Iowa corn farmers before me. My father graduated from Iowa State University when it was leading the way in corn hybridization and thereby increasing yields by 50%. My father started his own hybrid seed corn business, which led to every summer, from Junior High on, driving cultivator tractors and pulling tassels from the platform of high-clearance detasseling machine. Although I am proud of this lineage, all you have to do is read Michael Pollan's book *Omnivore's Dilemma* to realize corn is a big part of our unhealthy food system. Of the 45,000-odd grocery store items, more than one quarter contain corn in some processed form. Our corn you can feel good about eating.

We start seeding corn in trays in the propagation house in March, and plant corn as transplants every week for 7 weeks in the Spring. This is more work than direct seeding, but over the years our local murder (a group of crows) learned how to go down a row and grab the seed before it even emerged. Transplanting also gives us a big jump on the weeds and more uniform maturity. We plant one variety of sweet corn; I haven't tasted another variety that has a better combination of flavor and tenderness than this one, bi-color Serendipity.

Veggie List

John Eveland

Nicola Potatoes

Lettuce

Cucumbers

Yellow Onion

Gold Beets

Poblano Pepper

Bi-color Corn

Ed's Red Shallot

Tomato

Eggplant/Melon (Melon only for some sites, more coming soon!)



CORN & SHALLOT CAESAR

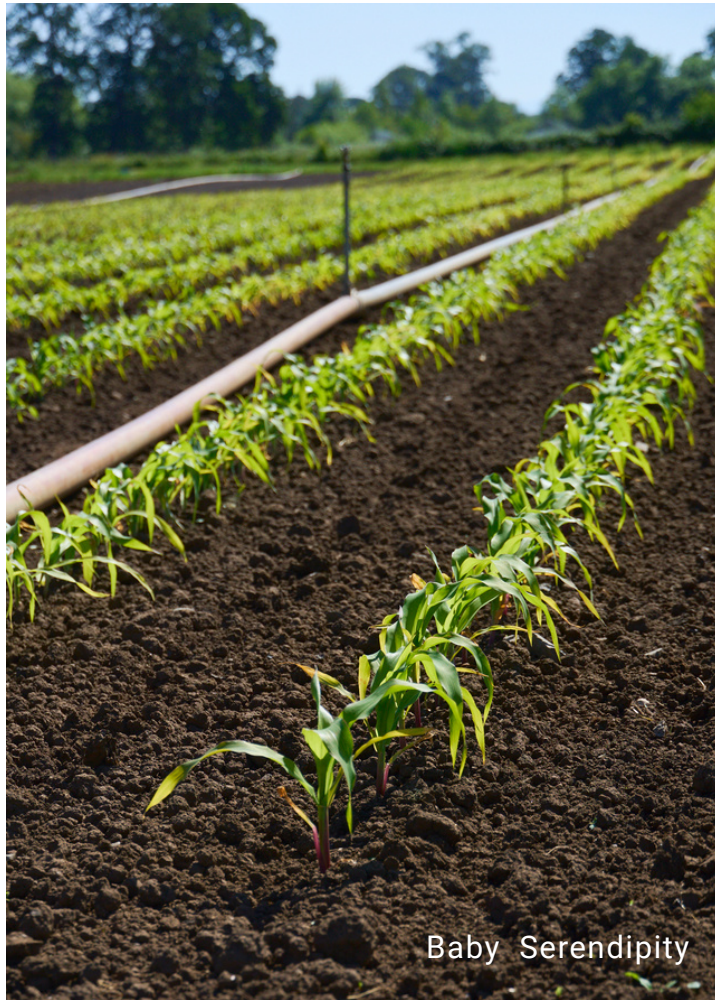
Ingredients:

- Lettuce, chopped
- Corn: 3 ears, husked and charred on a grill or roasted, then cut off the cob.
- Shallots: 1 large shallot, thinly sliced or lightly sautéed
- Parmesan cheese: 1/3 to 1/2 cup, shaved or freshly grated
- Bread crumbs (optional)
- Caesar dressing

Directions:

Place all ingredients in a mixing bowl, top with Parmesan, and serve!

If you'd like to include a protein, add grilled chicken or roasted chickpeas. For a complete and filling meal, add roasted potatoes.



Golden or Red Beets?

Gold beets are less earthy, and some say they're better for picky eaters because their flavor is milder, which makes them seem sweeter. Nutritionally, red and gold are practically equal, high in fiber and rich in vitamins and minerals. They support heart and digestive health.

Besides flavor, another advantage of gold beets is that they will not stain your cutting board or the rest of your food.

Roast, steam, grate raw, or pickle them!!



We'd love to see what you're cooking with your CSA box!

Tag us [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)