

FRESH FROM



THE MACHINE SHED
Gardens



machineshed.com

MACHINE SHED GARDENS

Every spring, each Machine Shed restaurant plants their own gardens, full of herbs, vegetables, and fruits. As a restaurant honoring the American Farmer, we take great pride in cultivating food at our restaurant, as well as sourcing as much fresh and local produce available. The Machine Shed staff and members of our communities care and maintain for our gardens to harvest each item at the peak of *freshness*. We hope that you will get involved in this farm to table movement at home, or as we like to call it, garden to table.



THANK YOU

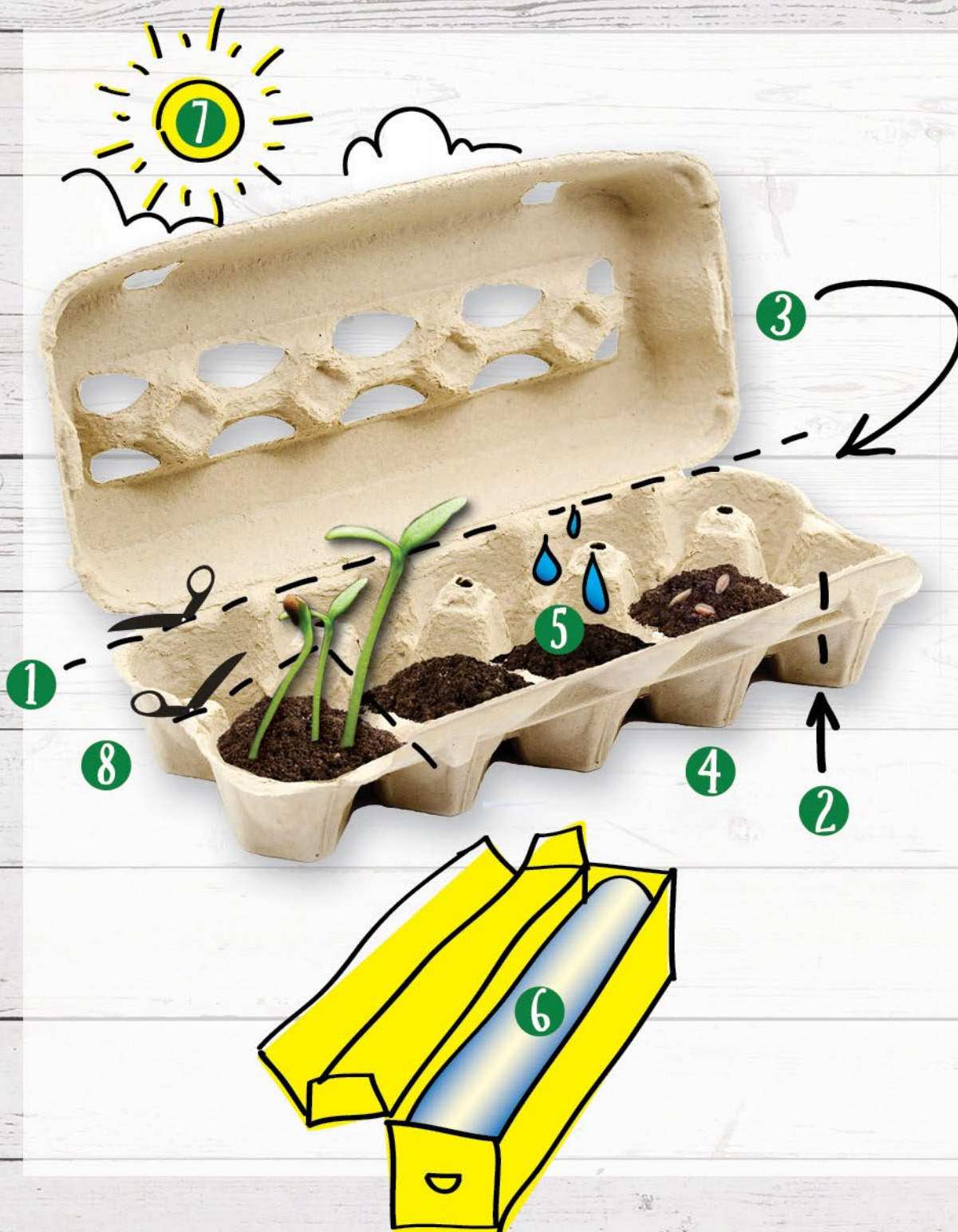
For being part of
our family



SEEDLINGS

An easy way to start your seedlings is in biodegradable paper egg cartons. The *best* part about this method is that when you are ready to plant you don't have to transplant the seedlings. You can plant them directly in to the ground or container in the egg carton!

1. Cut the lids off of paper egg cartons, make sure you cut it evenly, you will use the lids to catch drainage.
2. Make small holes in each section of the carton.
3. Place the lids under the carton to use as a tray for drainage.
4. Fill each section with potting soil and add the seeds.
5. Water the soil.
6. Cover cartons with plastic wrap.
7. Place the cartons in a warm spot with plenty of sunlight.
8. When you are ready to plant, cut each section of the cartons apart and plant it directly into the ground. No need to transplant, the carton is biodegradable!



CONTAINER GARDENS

Don't have room (or time!) to plant a large garden? A great alternative is container gardening. With proper preparation, and easy upkeep, many plants, herbs, and flowers do very well in containers. Here are some steps to creating the *perfect* container garden:

1. Decide what you want to plant, make sure the container you use will allow for plenty of room for growth throughout the season.
2. If your container does not have holes for drainage, use a drill or other tool to create small holes to allow water to pass through when the soil is too damp.
3. Line the bottom of your container with small rocks and pebbles, this will help prevent over-watering and root rot.
4. Fill container with potting soil, make sure to not fill all the way to the top to allow room for the plant to grow.
5. Place the seeds in the soil, spread them out according to the amount of room needed when the plant is fully grown.
6. Water your container gardens daily, keeping the soil at a level that is damp, but not too wet. Follow seed directions to allow for the correct amount of daily sunlight.



COMPANION PLANTING

Gardening can be an art, and when done right, certain plants and herbs pair well together in the garden. This is called companion planting. Many plants and herbs can actually not only help with the growth of their "companion" but *enhance* their flavor, protect from pests, and encourage beneficial insect interaction. Here are some pairings we recommend in your garden:



Tomatoes, garlic, parsley and basil



Broccoli, cabbage, cauliflower and carrots



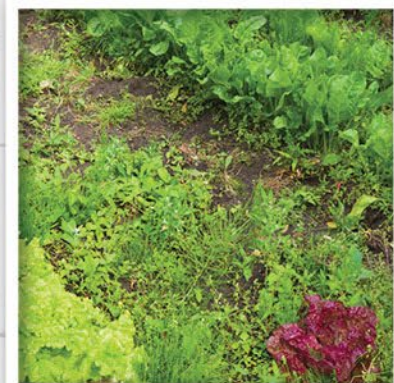
Chives, berries and peas



Cucumbers, early potatoes and radishes



Eggplant, peppers and green beans



Lettuce, spinach, strawberries and beets

PREVENT GARDEN WEEDS

Pulling weeds in the garden is a time consuming task that lasts all gardening season. What if you could cut that time in half? No, we don't have *Rumba* for weeds, but we do have a way to prevent you from pulling weeds all summer that will let you enjoy your garden a little more.

Although spraying is a common solution, why wait for our little green intruders to pop up? Laying down at least six sheets (if more, even better!) of overlapping newspapers and lightly composting or mulching on top will keep weeds away for up to four months! The best part about this method is that the mulch will decompose over the winter season and will leave you with richer soil.

If you want to guarantee that no weed will penetrate your barrier, use landscaping fabric or plastic bags. Do remember, you will need to pull these up to cultivate the soil for next season. Covering the soil with plastic will create a moisture and air barrier that makes the soil a little warmer, which is great for tomatoes.

There are many methods to keeping weeds in your garden at bay. The best solutions are the ones that keep your garden and plants as *healthy* as they can be. Mulched gardens are healthier, more weed free, and more drought-resistant than un-mulched gardens, so you'll spend less time watering, weeding and fighting problems.

Materials for mulching:

- Natural wood chips and bark mulch
- Shredded leaves
- Straw and Hay (weed and seed free)
- Compost
- Grass clippings (are naturally nitrogen-rich and great for vegetable gardens)
- Pine Needles



QUICK TIP: Baking soda neutralizes the soil so that nothing will grow in it. It is a great inexpensive weed killer along flower beds or in the cracks of cement or patio bricks where weeds tend to grow. Baking soda will take 2 weeks to neutralize the soil but the results last for months!

RECIPES

Pesto

2 cups packed fresh basil leaves
2 cloves garlic
1/4 cup pine nuts, toasted
2/3 cup extra-virgin olive oil
Salt and pepper, to taste
1/2 cup Parmesan cheese

Combine all of the ingredients in a food processor or blender and mix until smooth. If you want to store your pesto for future use you can use an ice cube tray, plastic containers, or plastic baggies to freeze the pesto. You can also add any of your other favorite herbs to give your pesto a unique taste. Some great additions are parsley, chives, arugula, spinach, or peas.



Garlic and Herb Butter

6 tablespoons butter,
room temperature
1 clove garlic, chopped
1 tablespoon parsley, chopped
1 tablespoon basil, chopped
1 tablespoon chives, chopped

Mix together all ingredients. Place ingredients in plastic wrap and form a log. Twist the ends of the plastic wrap to seal the butter. Use immediately or store in the freezer to use as needed.

when you have too much

Some seasons your herb garden will take off! When the problem of abundance happens and you're using herbs in every dish, remember that you can:

- Freeze soft leaved herbs, such as basil or tarragon, in ice cube trays with a little water.
- Use whole stems alongside coals on the grill to smoke meats and fish with. Keep in mind that herbs should be fresh or soaked so they don't ignite. Pork smoked with sage is a great combination!
- Dry them upside down in bunches for two weeks and store them for winter.





Summer Tomato and Corn Salad

SALAD:

- 1 tablespoon olive oil
- 1 1/2 cups fresh or frozen corn kernels
- 2 cups halved tomatoes (your choice of tomato)
- 1 cup crumbled cheese (mozzarella or queso fresco)
- 2 tablespoons chopped fresh cilantro
- Salt, pepper to taste

DRESSING:

- 1 tablespoon fresh lime juice
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil
- 1 tablespoon minced garlic (from about 3 garlic cloves)

1. In a skillet, heat 1 tablespoon olive oil over medium heat. Stir in the corn and cook until soft (but not mushy), 3-5 minutes, stirring/tossing occasionally. Cool corn slightly and set aside.
2. Whisk together the lime juice, vinegar, one tablespoon olive oil and garlic in a small bowl.
3. In a medium bowl, combine tomatoes, cheese, cilantro and corn. Toss the salad with the vinaigrette and season with salt and pepper to taste.

Stuffed Zucchini

- 2 medium to small zucchini
- 1 Tbsp. Olive oil
- 1/4 Cup red onion, finely chopped
- 1/4 Cup red pepper or yellow pepper
- 1/4 Cup scooped zucchini
- 1/4 Cup mushrooms, chopped
- 1 Tbsp. fresh garlic
- 1/4 Cup dry white wine
- 1/4 Cup heavy cream
- 1/4 Cup Parmesan cheese
- 1 Cup fresh bread crumbs

1. Cut zucchini lengthwise and scoop out inside.
2. Prepare all chopped vegetables.
3. In sauté pan with olive oil, heat and sauté onions, pepper, squash, mushrooms, garlic and season with salt and pepper.
4. Add white wine and heavy cream. Reduce over heat 2 to 3 minutes.
5. Remove and stir in bread crumbs and cheese.
6. Fill squash boats with filling.
7. Bake in covered dish for 20 minutes at 350 degrees topped with additional cheese.





White Cheddar Herb Fritters with Raspberry Jalapeno Jam

JAM:

- 1 ½ cups raspberries
- ¾ cup sugar
- 1 jalapeño, sliced lengthwise with stems and seeds removed
- ½ lemon, juiced

1. In a bowl, combine raspberries and sugar.
2. Stir raspberries and sugar together until the raspberries release juice and the sugar dissolves.
3. Put mixture into sauce pan, add jalapeño in large slices.
4. Bring to a boil, continue stirring.
5. Once the jam thickens, add the lemon juice.
6. Remove pan from the heat. Take out the slices of jalapeño.
7. Serve jam on top of fritters.

FRITTERS:

- 1 ½ cups white cheddar, grated
- 3 tablespoons cottage cheese.
- 3 tablespoons basil
- 5 tablespoons flour
- 2 large eggs
- 2 tablespoons milk
- 3 tablespoons olive oil
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

1. Combine flour, garlic powder, salt, and pepper in a large bowl.
2. Make a well in the center of the bowl, add eggs into it.
3. Whisk the eggs, slowly combining with the flour mixture.
4. Add the milk, whisk in to mix.
5. Stir in the basil, cottage cheese and cheddar.
6. Cover the bowl, let mixture rest for at least thirty minutes.
7. After at least thirty minutes, form 1 tablespoon portions of the batter into flat rounds, about 2-3 inches in diameter.
8. Lightly dust each round with flour.
9. Heat the oil over high heat in a frying pan.
10. Turn the heat to medium, and fry each fritter for about 60 seconds on each side, or until golden brown.
11. Place cooked fritters on a paper towel to absorb extra oil, serve topped with raspberry jalapeño jam.



JUST LIKE

an athlete prepares for the start of a new season, Iowa's farmers are getting ready for the upcoming growing season. From equipment maintenance to continuing education courses, there are many tasks on the to-do list. At the Kevin and Julie Van Manen farm near Kellogg, Iowa, Julie anxiously awaits warmer temperatures and sunny days so her family can get back in the field and begin planting their vegetable garden.

Their family garden is managed by son, Jacob, who graduates from Central College in Pella this May. The family sticks to the basics (tomatoes, potatoes, carrots, lettuce, green beans, squash and more), but also raise a selection of pumpkin, melon and popcorn to choose from.

Every summer, Jacob and his sister, Emily (a freshman at University of Northern Iowa) grow, harvest and sell more than 3,000 dozen ears of sweet corn. Some ears are purchased by neighbors at a roadside stand near the farm's driveway, while the bulk is sold to satisfied customers in Newton.

Once the produce is ready, Julie will can or freeze more than 250 quarts of vegetables and fruits. "It's great to be able to enjoy fresh vegetables during the cold winter months," she explains. She even has a 'fruit room' featuring shelves filled with homemade spaghetti sauce, pizza sauce, salsa, vegetable soup and canned vegetables.

Julie says the key to gardening success is perseverance. "Like many things in life, practice makes perfect. Gardening gets much easier over time," she says. "We've had a garden every year for more than 20 years and though it is like clockwork now, it was quite a bumpy beginning."

The Van Manen family also enjoys hosting guests at their farm. They've welcomed several families through the Iowa Food & Family Project's "You on the Farm" contest, which offers an on-farm experience. Several of these contests are held throughout the year. You can enter the "You on the Farm" contest and learn more about your food and the farmers who grow it by registering for Iowa Food & Family Project's 'Fresh Pickings' e-newsletter.



This story is compliments of the Iowa Food & Family Project. The Iowa Food & Family Project celebrates

the continuous improvement of farm families and their dedication to providing wholesome food for everyone. Feed your curiosity with the Iowa Food & Family Project.

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