



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

30th Harvest Week

November 20th – 26th, 2002

Season 7

What's in the box this week:

Apples and pears
Green beans
Red beets
Chard
Garlic
Dinosaur kale
Red Russian kale
Asian mustard greens
Onions
Peppers
Potatoes (mix of yellow and blue)
Butternut squash

Another season draws to a close. As I look over the greening foothills of Mt. Madonna, and our own fields growing their winter blanket of covercrops, I am filled with thankfulness for all that has conspired to make this another nourishing and successful season. Following the natural cycle of the season, we welcome the winter rest. Now we recharge our bodies, so tired from tending to the generous bounty which this fertile land has brought forth all season long. We are grateful for your commitment to share in this bounty, through your membership in Live Earth Farm's CSA program; it is gratifying to know that the food we grow is not linked to the highest price in the marketplace, but instead directly nourishes the very people who support and keep this farm alive.

I know some of you may be ready for a break from your weekly box of surprises, however many of you have mentioned how you dread having to return to shopping for veggies in the grocery store during our "off season." You may not realize it, but farmer's markets are still an available alternative for getting fresh and locally grown produce, even in the winter season. Live Earth Farm sells winter vegetables at both the Santa Cruz Farmer's Market on Wednesday afternoons, and at the Los Gatos Farmer's Market on Sundays from 9am -1pm.

Soon the farm will be very quiet. Most of the workers will be leaving to go home to see their family and friends in Mexico, Linnea will take off to explore the world, and Debbie is trying to get a jump on next season's registration information as well as update our database and website. We'll keep you abreast of goings-on at the farm through our winter newsletter, and you can always check our website for the latest information (we hope to have all necessary updates for the 2003 season posted by the end of January). And in the meantime, if you'd like to visit the farm this winter, maybe harvest some beets or winter greens, you're welcome to do so – just let us know in advance.

"Give us thankful hearts ... in this season of thy Thanksgiving. May we be thankful for the health and strength, for the sun, and rain and peace..."

- W.E.B. DuBois, from "A Grateful Heart"

and if you have an extra-fruit share:

More apples and pears

Winter is also a time for renewal. It is a time to reflect and deepen our understanding of nature's overwhelming wisdom and find better ways to be patient and calm to receive her teachings. Our well-attended farm events, both educational and celebrational, validate the farm as a tool for teaching this lesson. In reality, it is nature that produces the food on the farm, not the farmer, and this natural production is not so much a business as it is a cooperative venture between farmer and the forces of nature. We hope to continue expanding the educational aspect of the farm as a place for everyone – especially children and young adults – to learn and experience growing food in harmony with nature.

Thank you *everyone* for your support and participation this year. From all of us here at the farm we wish you many blessings and a peaceful holiday season. As Black Elk once said, "Even the seasons form a great circle in their changing, and always come back again to where they were." Likewise, we hope to welcome you back as members for our 8th CSA season this coming spring. – Tom

What's Up on the Farm

Although things slow down for us in the winter, we have many projects lined up which we were unable to get to during the regular season. We need to build a new pen for the goats and pony, and repair and do maintenance on our farm machinery, equipment and buildings. Last weekend we planted next year's strawberry crop: approximately 22,000 plants of two varieties, Aromas and Seascape. Before the rains start again we hope to sow more covercrops in the orchard, as well as plant next season's onions, garlic, and fava beans. ☺

Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact the newsletter editor.

The last newsletter of the season.... the last box... *sigh* – I'm definitely one of those who will be going into withdrawal this winter, bereft of my treasured Saturday morning ritual of picking up my share, and lovingly washing and storing everything for the coming week. So what would be good for this last hurrah, this last recipe column of the season? I have a few ideas, some practical, some fun... and all from the heart. Happy Thanksgiving everyone! - Debbie

Deb's Pumpkin-Apple-Walnut-Rum Cake

I combined a couple recipes to come up with this one recently, and was so thrilled with the result I thought I should share it with you all. If you're counting calories though, avert your eyes – it's a doozy of rum and butter! But it is also delicious!!

for the cake:

2 C plus 2 tbsp. flour (you can do half wheat, half white flour – I did)
1/2 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. cloves
1/4 tsp. ginger
10 tbsp. butter
1 C white sugar (try organic cane sugar – it has SO much better flavor than plain white!)
1/2 C brown sugar
2 large eggs
1 C pumpkin or winter squash puree
2 C unpeeled, chopped apples
1 1/2 C chopped walnuts
1/2 C dark rum

for the glaze:

3/4 C sugar
1/2 C butter
1/2 C dark rum

Preheat oven to 350 degrees F. Butter and flour a 12 C bundt pan. Combine flour, soda, baking powder, salt and spices in a bowl. In another bowl, cream butter and sugar. Add eggs, pumpkin and rum, mix until fluffy. Add apple chunks and 1 C of the walnuts, blend thoroughly. Stir in flour mixture. Sprinkle the remaining half cup of walnuts in the bottom of your prepared bundt pan. Pour cake batter over nuts, and bake in preheated oven until cake begins to pull away from the sides of the pan, about 60 to 65 minutes. Test with a toothpick (you know how to do this, right?). Leave the

cake IN ITS PAN to cool while you make the glaze.

For glaze: melt butter, stir in sugar and rum and heat until sugar dissolves. Prick cake all over with a fork, then pour hot glaze over cake. Let soak overnight before inverting onto a plate to serve.

I thought a few last recipes for using those greens might be appreciated...

Frittata with Mustard Greens and Cheese

(modified from a recipe found online)

serves 2 (can be doubled)

2 tbsp. olive oil
1 small bunch mustard greens, washed and chopped
1 tbsp. finely chopped garlic
4 large eggs, beaten to blend
1/2 C diced Fontina* cheese

Preheat broiler. Heat oil in medium broiler-proof skillet over medium-high heat. Add greens and stir until wilted and tender, about 2 minutes. Add garlic, stir another minute. Sprinkle generously with salt and pepper. Pour eggs over greens and stir to blend. Sprinkle with cheese. Cover skillet and cook until frittata is almost set but top is still runny, about 2 minutes. Place skillet under broiler. Broil until top is set and cheese bubbles, about 1 minute. Cut around frittata to loosen. Slide out onto plate. Serve with crusty bread and a nice salad and you got yourself a meal!

*Havarti or cheddar or some other cheese could easily be substituted here.

Five-greens rice

from "The New Low-Country Cooking" by Marvin Woods (Low country: an area around Savannah, Ga., and Charleston, S.C., in the South)
serves 8

3 1/2 C water
1 1/2 C uncooked long-grain white rice
3/4 tbsp. salt
1/4 C flat parsley leaves
1/4 lb. chopped fresh spinach leaves
1/4 lb. chopped fresh mustard greens
1/4 lb. chopped fresh kale leaves
1/4 C chopped scallions, including tender green tops
1 tbsp. vegetable, corn or olive oil
Salt (optional)

In large saucepan, bring water to boil over high heat. Stir in rice and salt. Cover and

reduce heat to medium-low. Simmer for 20 minutes. Remove from heat. Let stand, covered, for 5 minutes, or until water is completely absorbed. Fluff with a fork.

Leave rice, uncovered, off to the side while preparing rest of dish. Bring a large saucepan of water to a boil. Add parsley, spinach, mustard greens, kale and scallions, and blanch for 1 minute. Drain in a colander under cold running water to stop cooking process. Strain greens and place them in a blender or food processor. Process, using just enough water to puree greens. Strain, saving 1 tbsp. of the liquid. Heat a large skillet over medium heat. Add oil, reserved tbsp. of liquid, and greens. Stir, and immediately add cooked rice. Cook for 2 to 3 minutes, stirring constantly, until rice is heated through. Taste and check seasoning, adding salt if needed. This is a great side dish with meat, fish or poultry.

and for those of you who loved the Chocolate Beet Cake, how about...

Chocolate Beet Brownies

"Delicious AND nutritious," says recipe creator Marion Owen (see her webpage for the full story: <http://www.plantea.com/chocolatebeetbrownies.htm>)

1/2 C butter (or 1/4 cup butter and 1/4 cup applesauce)

4 oz. unsweetened chocolate

4 eggs

1 C brown sugar (packed)

1 C applesauce

1 tsp. vanilla

1-1/2 C unbleached white flour

1/2 tsp. salt

1/2 tsp. nutmeg

1 tsp. cinnamon

1 tsp. baking powder

1 C cooked beets, pureed

1/2 C finely chopped almonds

1/2 C wheat germ

Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light in color and foamy. Add sugar and vanilla and continue beating until well creamed. Stir in chocolate mixture, followed by applesauce and beets. Sift together flour, salt, spices and baking powder and stir into creamed mixture. Fold in wheat germ and almonds. Turn into greased 9x13-inch pan and bake at 350 degrees for 30 to 40 minutes. Cool before cutting into squares.