



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

20th Harvest Week

August 20th – 26th, 2003

Season 8

What's in the standard share:

Fruit:

Strawberries

Veggies and herbs:

Basil

Orange and red carrots

Lettuce

Fresh onions

Hungarian hot peppers

Fingerling potatoes

French breakfast radishes

Summer squash

Small bag of stir-fry mix

Sungold cherry tomatoes

Regular red salad tomatoes

Heirloom tomatoes

and if you have an extra-fruit option:

Peaches, strawberries, and either raspberries or blackberries

(over for more!)

Today's quote from Wendell Berry reminds me that the choices we make on how we grow, produce and choose the food we eat affects the sustainability of our local and regional food web. Our personal choices may often seem insignificant; we wonder how they could possibly make a difference in what today may seem an ever accelerating erosion of human and environmental conditions. However, today over 1000 small farms nationwide have embraced Community Supported Agriculture (CSA). This small but growing movement can inspire us and confirms what Margaret Mead once said: "Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has." Each CSA is different and unique, but for sure our existence is built and dependent upon this mutually rewarding connection between farmer and consumer. As John Peterson from Angelic Organics in Caledonia, Illinois is quoted saying: "There is something about knowing the people who get the food; the cycle is expanded from seed to final use and it makes farming more vital."

"How we eat determines to a considerable extent how the world is used."

- Wendell Berry

Every CSA member in this country is contributing to this increased vitality and improvement of the health of our food system. This includes economic viability for growers, adequate wages for farm laborers, vitality of rural communities, and proper land stewardship. We hope that, as members of a CSA, the resulting connection between our food, the people and the land will teach us a deeper understanding of the rhythm of the seasons, and the life cycle of the plants from which we prepare meals and receive nourishment. – Tom

Notes from the Field

Since we are currently enjoying a plethora of summer crops – especially tomatoes – you may not want to hear this, but the days are getting shorter and here on the farm it means we are already transitioning and planning for our fall and some winter crops. In the greenhouse we have red and green cabbage, cauliflower, broccoli, and kale seedlings, ready to be transplanted. The fields are prepared for sowing rutabaga, and this week we are sowing our last blocks of green beans which won't be harvested until early November. The Warren pear harvest is almost done – we picked almost 20,000 pounds from our two acre block! The pears are stored in our cooler, and will start showing up in the shares first week in September. Next week we should see our first apples in the extra fruit share. These beautiful pink apples are an unusual heirloom variety called "pink pearl." They are fairly tart, the kids always love them and they make the most exquisite pies.

"What's with those red carrots?" You've probably already made up your mind as I have about these carrots. Their strong flavor and somewhat natural bitterness contrasts with the sweetness of our regular orange carrots. I was told they have much more beta-carotene and are a potent antioxidant. In the long term, we will continue to plant our regular orange carrots and less of the reds. I just planted them based on a recommendation from another farmer who likes to mix up the colors.

Yellow hot peppers. This week you will get 1 to 2 hot yellow wax Hungarian peppers, in a bag together with the basil. A word of caution: the "hotness" of these peppers varies – some will be really burning hot, others will be mildly hot. Either way, this is a good time to make some salsa. Enjoy! 🍷

Live Earth Farm Calendar

(see calendar on website for more detailed info)

Sat. Sep 20 Fall Equinox Celebration
3pm - 9pm with the Banana Slug String Band!

Sat. Oct 26 Halloween Pumpkin Palooza
all day the Banana Slug String Band will play here too!

Membership Drive

Shares are still available. Please continue to spread the word and let friends, neighbors, co-workers know about our CSA program. We try to always make brochures available in the inside back pocket of your pick-up site binder, so feel free to take a few to give out, or call us and we can send you a flyer to post in your neighborhood's local shop or bulletin board. 🌱

Goat Milk

Lynn Selness of Summer Meadows Farm is now offering (very) fresh raw goat's milk, by the quart, in addition to the cheeses she's been making. Milk will be delivered the same way as the cheese – it will be left in a small cooler under an ice pack at your pick-up location. We recommend if you get milk this way that you pick up earlier rather than later, for maximum freshness (Lynn will probably remind you of this when you call her). Goats give naturally homogenized milk – i.e. the milk and cream do not separate. Lynn is offering the milk for \$3 a quart, and asks that, if you buy it, to please return the empty jars the following week. – Debbie (PS – she also has a few goats for sale, she says, both male and female. The breed is 'Nubian.' If you are interested, call her at (831) 345-8033.)

Ordering Almonds or Goat Cheese

In both cases, contact the seller directly to place your order and to pay (do not order through Live Earth Farm). We will deliver your order (usually) the following week with your share.

From *Anderson Almonds*, a certified organic, small, family-owned and operated farm, you can get almonds or almond butter. Almonds are available raw, roasted, or roasted and salted. Almond butter comes in 15 oz. jars. **Prices:** 5 lbs. almonds + 1 jar almond butter, \$32; Almonds only (5 lbs.), \$25. Almond butter only, \$10, or a 6-pak of jars for \$32. A case (25 lbs.) of almonds (raw only) is \$120. **Contact** Mele (rhymes with 'jelly') Anderson at (209) 667-7494 or go to their website at www.andersonalmonds.com.

From *Summer Meadows Farm*, just across the Pajaro Valley from Live Earth Farm, you can get *raw goat milk* cheeses (and milk!). Currently available are chevre, ricotta, and a queso blanco. Cheese and/or milk are left in a cooler under an ice pack at your pick-up location (chevre is sometimes delivered frozen but this does not affect quality). **Prices:** Chevre and ricotta are \$6 per half-pound. Queso blanco is available in 5" round 'bricks' about a pound each for \$12 (or get a 'half brick' for \$6). A quart jar of milk is \$3 (please remember to return your empty jar to the cooler at your pick-up site the following week!). Supply is somewhat limited. **Contact** Lynn Selness at (831) 345-8033 to place an order, then mail a check to Summer Meadows Farm, 405 Webb Road, Watsonville, CA 95076.

Notes from Debbie's Kitchen

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

Friend and fellow member Sue Burnham brought me the first two recipes (she's made and loves both), and the third is from my clippings file. - Debbie

Potato and Cheese Soufflé

From 'Practical Vegetarian Cookery'. The author says, "This soufflé is very simple to make, yet it has a delicious flavor and melts in the mouth. Choose three alternative cheeses, if preferred." serves 4 to 6

2 tbsp. butter
2 tsp. all-purpose flour
2 lbs. mealy potatoes (she uses fingerlings)
8 eggs, separated
1/4 C grated Gruyere cheese
1/4 C crumbled bleu cheese
1/4 C grated sharp hard cheese
salt and pepper

1. Butter a 2 1/2 quart soufflé dish and dust with flour. Set aside. 2. Cook the potatoes in a saucepan of boiling water until tender. Mash until very smooth and then transfer to a mixing bowl to cool. 3. Beat the egg yolks into the potato and stir in the cheeses, mixing well. Season to taste with salt and pepper. 4. Whisk the egg whites until standing in peaks, then gently fold them into the potato mixture with a metal spoon until fully incorporated. 5. Spoon the potato mixture into the prepared soufflé dish. 6. Cook in a preheated oven, 425 degrees

F, for 35-40 minutes, until risen and set. Serve immediately. Tip: Insert a fine skewer in the center of the soufflé; it should come out clean when the soufflé is fully cooked.

Slow-Cooked Thin-Sliced Summer Squash Showered with Herbs

From 'Local Flavors' by Deborah Madison. Deborah says, "I could eat summer squash every day, especially when it's cooked like this. Savor these fragrant vegetables by themselves or turn them into a supper by heaping them on garlic-rubbed toasted levain bread with thinly sliced fresh mozzarella." (Sue says she has tried this on the bread and proclaims it 'wonderful!') serves 4 to 6

2 lbs. mixed summer squash
3 tbsp. olive oil
1/2 C simmering water
sea salt and freshly ground pepper
1/3 C chopped flat-leaf parsley
2 tbsp. chopped marjoram or oregano or torn basil leaves

Slice the squash 1/4" thick. Heat oil in a wide skillet. Add squash and cook over medium-low heat, flipping squash in the pan every 3 or 4 minutes until it's tender and golden, about 20 minutes. Add the water and continue cooking until none remains. Season with salt and pepper and shower the herbs over all. Slide onto a platter and serve.

Onion Walnut Scones

makes 8 scones

2 C whole wheat flour (or white, or 1 C ea.)
2 tsp. baking powder
1/2 tsp. salt
6 tbsp. cold butter
1 onion, finely minced
1/2 C chopped walnuts
zest of half a lemon
3/4 C buttermilk
2 tbsp. honey

Preheat oven to 425 degrees F. Mix all of the dry ingredients together in a bowl. Cut the butter into small pieces then cut it into the dry ingredients with a pastry blender until it resembles coarse cornmeal. Mix onions, walnuts and lemon zest into flour. Dissolve the honey in the buttermilk, then stir into flour mixture until just barely combined. Turn the dough onto a floured board and knead 5-7 times, then shape into a round about 1" high. Use a fork to pierce the top surface until it is nicely pebbled. Dust surface lightly with flour, then cut into 8 wedges. Place wedges 1" apart on an ungreased baking sheet and bake for 15 minutes, until lightly browned. Serve warm and pass the butter!