



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

22<sup>nd</sup> Harvest Week

Sept. 3<sup>rd</sup> – 9<sup>th</sup>, 2003

Season 8

## What's in the standard share:

### *Fruit:*

Strawberries

### *Veggies and herbs:*

Beets (Chiogga or red)

Carrots (orange)

Cilantro

Green beans

Bunch of greens (either chard, mustard, or kale)

Lettuce

Onions

Peppers (hot Hungarian yellow)

Potatoes

Radicchio

Summer squash

Mixed tomatoes

## and if you have an extra-fruit option:

Strawberries; raspberries or blackberries; and either melon, peaches, or Pink Pearl apples

(over for more!)

Food - the universal language of our world community. My most vivid memories from family reunions always centered around meals we shared. I was again reminded of this, during our reunion last week. The gathering of family and friends around a meal became our favorite ritual. And preparation and sharing of food became the conduit for bridging time and space and renewing our bonds as a family.

I always love to go to village markets when I am in Europe -- they are not just a quaint weekly neighborhood event for entertainment and picking up a few groceries. Our family stayed at a place near Palamos, a fishing town 2 hours north of Barcelona along the Costa Brava, and the market there has been around as long as the town itself... probably a few centuries before Columbus set foot on the American continent. People are accustomed to doing most of their shopping there. The town square and adjacent streets are closed off, and filled with hundreds of vendors. I accompanied a family friend and professional chef (who was in charge of preparing the meals) to the market one morning. It was a real treat to follow him around observing the seriousness with which he considered the food he bought. Each selection was scrutinized for its freshness and quality, and he consulted each vendor before making a purchase. By the water the fish market was busy. Prices seemed really high, and the local delicacy, 'gambas' or prawns were scarce. People were complaining that the hot weather has seriously affected farmers as well as the region's fishing industry. However, our cart didn't show any sign of such scarcity as we headed back home, making a few more stops to buy wine, bread, and cheese. By going to farmer's markets here or anywhere in the world one realizes that the preparation of food did not begin in the kitchen, but in the marketplace where the selection of the specific ingredients themselves and their quality determines the outcome of the final dish. The quality of the meals we shared contributed directly to the atmosphere of our time together as a family. Reflecting on this, we should recognize that the language of food is universal; the impulse to feed is common to all cultures, rich or poor. Community and food are intimately related, yet in our 'modern' world this relationship has become a marginal one at best. Growing, procuring and consuming food are one of the most vital and intimate activities in any society. They nourish not only our bodies but our minds and spirits as well. – Tom

*"What gardening is about is growing food, not about speculating. It's continuity, it's about always having something to eat, always having something from nature."*

*- Bob Cannard, a Sonoma County farmer*

## Notes from the Field

Uh... Fall is here!?! Labor Day. I might have just imagined it, but Fall seems to have poked its nose through summer's blanket. In the next couple of weeks this will become more apparent as our veggies and fruit change to reflect the change of season. As a CSA member, you can integrate and become more conscious of your own cycles with those of nature. The fall fruit will be predominantly apples and pears (strawberries will continue as long as the weather stays dry). Raspberries and blackberries are slowing too, and peaches are finished. A melon patch is just starting to ripen, so we can expect a few of those. On the veggie front, more broccoli soon, cabbage later in October, as well as winter squash. Peppers are late this year, and the early yellow wax Hungarian peppers are supposed to be hot, but vary from not hot at all to mildly hot or very hot. Experiment by tasting small bits of each pepper. A pepper is almost always hotter closer to where the seeds are, so the tip is often milder than the shoulder of the fruit. More herbs such as parsley, chives and thyme will be available in the next few weeks. Mark your calendar, as we will celebrate the official start of Fall with a celebration here on the farm on

September 20th. Children will especially enjoy the music and entertainment of the Banana Slug String Band. 🐌

## Membership Drive

Please continue to spread the word and let friends, neighbors, co-workers know about our CSA program. Although we are closer to capacity, shares are still available. Brochures should always be in the inside back pocket of your pick-up site binder, so feel free to take a few to give out. Or if you'd like, call us and we can send you a flyer to post in your children's school, or your neighborhood's local shop or bulletin board. Thank you!!! 🐌

## Live Earth Farm Calendar

(see calendar on website for more detailed info)

Sat. Sep 20	<u>Fall Equinox Celebration</u> 3pm - 9pm with the Banana Slug String Band!
Sat. Oct 26	<u>Halloween Pumpkin Palooza</u> all day the Banana Slug String Band will play here too!

### 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](http://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.

*Member Sumana Reddy mailed me this wonderful soup recipe. - Debbie*

### Spicy Bulgarian Tomato Dumpling Soup

Serves 6

from Sundays at Moosewood Restaurant

#### Soup

1 lg. onion, diced  
4 garlic cloves, minced  
3 tbsp. olive oil  
6 C chopped fresh tomatoes (or drained canned tomatoes)  
2 to 3 tsp. hot chili powder (Sumana cut this down to 3/4 tsp. and says it was still spicy)  
2 tbsp. unbleached white flour, sifted  
1 tsp. salt  
1/2 tsp. freshly ground black pepper  
4 C vegetable stock, tomato juice or water  
Dumplings  
2 tbsp. butter, at room temperature  
2 eggs, separated  
1/4 C quick-cooking couscous  
1/4 C boiling water  
3/4 C unbleached white flour, sifted  
1/4 tsp. salt  
2 tsp. fresh dill weed (or 1 tsp. dried)  
1/3 C milk or vegetable stock

In a medium soup pot, sauté the onions and garlic in the oil, stirring frequently, until the onions begin to soften. Add the tomatoes and cook until the onions are golden and the tomatoes soft. Stir in chili powder, flour, salt, and pepper and mix well to coat the vegetables evenly. Pour in the stock slowly while

whisking diligently to completely dissolve the flour. Coarsely blend the soup in a blender or food processor and return it to the pot. Bring to a boil, then reduce heat and simmer gently for 20 to 30 minutes. While the soup simmers, prepare the dumplings. Cream the butter with the egg yolks until smooth. Place the couscous in a small bowl. Pour the boiling water over it and cover with a plate or pot lid and allow to steam for 5 minutes. Add the steamed couscous and the flour, salt, dill and milk or stock to the butter mixture and blend well. In a separate bowl, beat the egg whites until stiff and then fold them into the couscous mixture. Drop the dumpling batter into the simmering soup by rounded table-spoons and cook, covered, about 15 min. The dumplings will rise to the top; scoop one out and test it to be sure it is thoroughly cooked. Serve immediately, topped with fresh parsley and cheddar cheese, if desired.

*Jesse Cool is one of my favorite chefs and food writers. Here I've edited a 1999 San Jose Mercury News column of hers on pesto (think 'cilantro pesto,' as we're getting it this week). I'll put the full version on the website. - Debbie*

### Use whatever ingredients are in season to make flavorful pesto

Basil pesto has universal popularity because of its versatility. But I like to make pestos from herbs other than basil. Keeping sea-

sonal cooking in mind, using the best of what's growing, has led me to a handful of interesting alternatives. I [once] harvested a big handful of basil leaves and the same of parsley and made a parsley/basil pesto. It was lighter, fresher and less intense than pesto with just basil. Another favorite, cilantro, can be used alone or blended with Italian parsley. Because cilantro stems are easy to grind up, you don't have to be so careful picking off the leaves. Wash the bunch thoroughly and chop off the top, leaves and stems. Cilantro pesto is a great condiment for fish or chicken or even served with tropical fruits such as papaya, mango or pineapple. Sometimes I sneak a little mint into pesto. A few leaves added to basil, cilantro or parsley pesto give an interesting and fresh undertone. For most pestos, the basic recipe includes garlic, lightly toasted pine nuts, fresh herb leaves, olive oil and an aged Italian cheese. I have used slivered almonds instead of pine nuts and found that you could hardly tell the difference. Some people use walnuts in pesto for a more distinctive flavor. The traditional preparation is made with a mortar and pestle (the leaves are crushed slowly and gently, releasing more of their oils), but when you are in a hurry, a blender or food processor works. Interesting additions to any pesto are a pinch of hot peppers, lemon zest or juice, or a few tablespoons of a more powerful herb such as rosemary or oregano.