



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

23rd Harvest Week

Sept. 10th – 16th, 2003

Season 8

What's in the standard share:

Fruit:

Strawberries

Veggies and herbs:

Carrots

Cilantro

Green beans

Kale or Chard

Lettuce

Onions

Peppers (see Notes from the Field)

Potatoes

Radicchio

Summer squash

Tomatoes

Mystery Item

and if you have an extra-fruit option:

Strawberries, blackberries, and pears or melons

(over for more!)

I can feel summer drawing to a close and the whole farm, like a living organism, changing in anticipation of a new season. Although the weather is warm, the light is more brilliant; the harvest moon seems twice normal size as it rises over Mt Madonna to light up the night sky. By following the progression and change of crops through the year, our sense of time here on the farm is more cyclical – connected more closely to the seasonal dance of the earth we work with, rather than the chronological ticking of the watch.

Since late winter we've been continuously preparing the earth, planting, caring for, and harvesting crops... like an ongoing and ever-turning wheel. Now the time has come when nights are getting colder and days shorter. The first pumpkins are donning their colorful orange dresses, and some trees, like our river birches, are turning yellow. Twice a year time is in balance – the days are just as long as the nights. These events are known as Equinoxes, and mark the beginning of Spring and Fall respectively. In the Spring we celebrate the beginning of our planting season, and with the coming of Fall we acknowledge and celebrate the land's generosity, and the harvest received from our plantings. Every year we celebrate the seasonal changes, so we invite everyone to **join us Saturday September 20th for our Fall Equinox Celebration – 3pm 'til dark.** The Banana Slug String Band will share their humor and creative spirits through their wonderful earth inspired music. There will still be strawberries and blackberries available for picking, and we'll bake bread and press the first harvested apples into cider. Bring a dish for our traditional potluck, and we recommend a blanket to sit on and something warm to wear in the evening. The children will help light our traditional bonfire to welcome the new season. Hope to see you all on the 20th. – Tom

"Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it."

Begin it now."

- Goethe

Winter Shares

We are excited by the results of our survey to see so much interest in a Winter Share. I am committed to offer approximately 100 shares, and am currently in the process of planning and figuring out the details. Producing a winter share is challenging and conditions can be more unpredictable. I am contacting other farmers who have a year-round CSA and arranging sources of fruit and vegetables which could complement and diversify what we would have to offer. In the next few weeks we will send everyone a description of the winter program and a list of items you can expect to receive.

Notes from the Field

This week's peppers will mostly be green peppers instead of red and yellow. The reason for their "greenness" is because this year our plantings got delayed due to unfavorable growing conditions both in the greenhouse and in the field. Currently the plants are loaded with green peppers, and in order to reduce the stress on the plant we will "thin" the fruit load to ensure less spoilage. You will find a mix of peppers in your share including green bell peppers, our popular pimento or "apple peppers" (some of which are starting to turn red), and a few Italian "corno di toro" which as their name implies are long and horn-shaped. 🍌

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!

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.

Two people sent in recipes of their own creation this week! - Debbie

Vegetable Delight Sandwich Filling

from member Azalyne SkyeOlson

"Here's a recipe I just made up that turned out surprisingly delicious and utilizes many farm veggies. Don't hesitate to add whatever other veggies you have lying around; cucumber or celery would be great."

- 4 share-size carrots (or 1 large), grated
- half a red onion, diced (add the whole onion if you like onions a lot)
- 4-5 radishes, diced
- 3 really ripe small-med. tomatoes, diced
- half an avocado, mashed
- a handful of fresh cilantro, parsley or thyme, minced (I used cilantro as that is what we had in the share this week, but the others would be fine as well)
- 1-2 tsp. of Dulse Flakes (flaked seaweed available in bulk at most health food stores)
- 2 tsp. of Braggs Amino Acids (tamari would work fine as well)
- 1 tbsp. of perilla seed oil, flax seed oil, or hemp seed oil (all are high in EFA's)
- 1/4-1/2 C of Wildwood's Vegan Garlic Aioli (John Maschino asked a few newsletters back for a good mayo alternative: this is it!)
- dash of cayenne

Toss all the above in a large bowl and mix together. It's great as a sandwich filling or on crackers. You could also run this mixture through your food processor and make a yummy spread. Enjoy!

Potage aux tomates

from Denise Lapierre

"My sister, member Nicole Pullman, insisted that I send in this recipe of mine. I've been picking up her share every week for her, and with the recent bounty of beautiful tomatoes, thought other shareholders might like to try this recipe for tomato soup."

- 1 medium onion, chopped
- 3 cloves of garlic, chopped
- 5 tbsp. cold pressed olive oil
- 4 tbsp. flour
- 4 C soy milk
- 4 C chopped tomatoes
- 2 tsp. salt
- 2 tsp. sugar
- few tbsp. chopped thyme (optional)

Sauté onion and garlic in the oil until translucent, then sprinkle the flour over the mixture, stir in, and let that cook for a couple of minutes. Add soy milk and let cook a few minutes more, until it thickens a little. Then add the chopped tomatoes, salt and sugar, and optional thyme. Let that cook until the tomatoes are well done, then put mixture in a blender and puree, and voila! A succulent "potage aux tomates."

Here is an absolutely delicious recipe with a truly novel concept – a quiche-like dish with a hash-brown potato crust instead of regular pie crust! I love it because it gives me all sorts of ideas for variations (and because it helps me to use up those potatoes)! Naturally I played fast and loose with the recipe (as I often do when I cook), but I'll give you the original, with notes added. – Debbie

Chard and Feta Pie

from "Your Organic Kitchen" by Jesse Cool

- 2 C shredded potatoes (I used more!)
- 2 green onions, minced (I chopped up the light green stalk of the fresh onions)
- 3/4 tsp. salt
- 6 eggs (I only used 4)
- 1/4 C unbleached all purpose flour
- 1/4 tsp. freshly ground black pepper
- 2 tbsp. olive oil
- 1 red onion, finely chopped
- 2 garlic cloves, minced
- 2 bunches green or red chard or spinach, coarsely chopped (I used mixed mustards and beet greens, but would also easily

- substitute kale or other dark-leafys)
- 1 1/2 C (8 oz) crumbled feta cheese
- 1 C milk (I used much less)
- 2 tbsp. chopped fresh oregano (I didn't have fresh and so used dried; you could've used the marjoram we got last week!)
- 1/2 C toasted bread crumbs

Preheat oven to 400 degrees F. Lightly oil a 9" deep-dish pie plate. Place potatoes and green onions in a colander and sprinkle with 1/2 tsp. of the salt. Drain for 5 minutes, gently squeezing out any excess liquid. Place in a medium bowl and add 1 of the eggs, the flour, and pepper. Stir until well blended. Press into the prepared pie plate to form a crust. Brush with 1 tbsp. of the oil. Bake for 30 minutes, or until the crust is browned. Meanwhile, heat the remaining 1 tbsp. oil in a medium skillet over medium-high heat. Add the red onion and cook for 4 minutes, or until soft. Add the garlic and chard or spinach (or other greens) and cook, stirring often, for 3 minutes, or until the greens have wilted. Remove from heat, drain off excess liquid, and cool slightly. In a large bowl, combine the remaining 5 (or in my case, 3) eggs, 1 C of the cheese, the milk, oregano, remaining 1/4 tsp. salt and greens mixture. Pour into the baked crust. Sprinkle the top with the bread crumbs and remaining 1/2 C cheese. Reduce heat to 350 degrees and bake for 35 minutes, or until a knife inserted in the center comes out clean. Let stand for 15 minutes before cutting.

Fresh Tomato Juice

from "Chez Panisse Vegetables" by Alice Waters

Wash ripe tomatoes and cut out stem ends and blemishes. Halve and place in a saucepan, bring to a boil, then simmer until soft and juicy. Strain juice into a pitcher, shaking strainer to force a little of the pulp through. For thicker juice, let it stand so thicker part settles, and pour off clear liquid. Pass pulp etc. through a food mill twice and add to pitcher for even thicker juice.