



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

27th Harvest Week

October 8th – 14th, 2003

Season 8

What's in the standard share:

Fruit:

Warren pears

Veggies and herbs:

Carrots

Chard

Cilantro

Collard greens

Green beans

Kale

Onions

Peppers

Fingerling potatoes

Scallions

Spinach

Tomatoes

Mystery item

and if you have an extra-fruit option:

Strawberries, apples

and pears

(over for more!)

At the market last Saturday, customers were "ooh and aah-ing" the sweetness and flavor of our Warren pears, and when one congratulated me on growing such fine pears I realized that as farmers we are more like facilitators who simply learn how to listen to nature, however imperfectly. Nature continually tells us what she needs and we enter into a call and response relationship. We add compost and grow green manures (cover crops), and nature turns them back into nurturing soil. Nature brings the winter rains and colder temperatures which allows trees to go dormant and rest their energies. In winter we prune the trees, which keeps them invigorated, and as spring turns the orchard into a sea of white blossoms, both insects and human hands help in the pollination to ensure good fruit set. Every crop has its own specific way of growing. As we listen ever more closely we are taught to dance together with all living and non-living things, and become more deeply aware of respecting rather than exploiting the natural world, of which we are an integral but only modest part. And as we are praised for our work as farmers, I realize that we also have a function through our work to praise nature. As a farmer I am continuously challenged to practice and learn about stewardship rather than ownership of the land. Decisions need to be based on an ecological ethic; progress cannot be viewed as short-term economic return by gobbling up all the goodies for ourselves.

Instead we must give a thought for those guests who are to come. In recognizing that we are just guests on this beautiful planet, I understand why traditional cultures' rituals and belief systems consider land and nature to be sacred. In truth we don't own any of it; the crops we grow are but a gift for us to enjoy. Although we get all caught up in buying and selling things we consider our property and thinking that ownership is progress and economic growth is the ultimate indicator of well being, it would seem less stressful and less violent to view ourselves as the ones who belong to the land, instead of living under the delusion that the land belongs to us. – Tom

"All that is not given is lost."
- Anonymous

Early Registration for 2004, and... CSA Gift Certificates!

By now you all should have received a green two-sided sheet inside your box with information about how to sign up for next season and take advantage of our \$50 discount for early sign up. If for any reason you missed this or did not receive a copy, please call or email us and we can email you a pdf of the form (or pop one in the mail to you if you do not use email).

Also – new for this year – Live Earth Farm will be offering CSA Gift Certificates! A perfect holiday gift for friends or loved ones – you can purchase a colorful gift certificate good for a 4-week trial standard share for only \$90. Start thinking about it now, as we will have information about it in your boxes very soon. Stay tuned!! ☘

What's Up on the (somebody else's) Farm

Our intern Linnea Beckett reports: Last weekend marked the annual Hoes Down festival held at Full Belly Farm. Early Saturday morning all the interns piled into a car and journeyed north, to the Capay Valley, to celebrate on their land... and, wow! I have never seen anything like it! Plump pomegranates hung heavy from trees lining the entryway that led to a hay bale archway decorated with cornstalks, pumpkins, and purple ribbons which waved welcome to guests in the fall wind. I couldn't imagine what this place would look like through the eyes of a child. There was an obstacle course, a makeshift waterslide, a straw bale pile equipped with tunnels (the structure was the size of a small castle), ice

Live Earth Farm Calendar

(see calendar on website for more detailed info)

Sat. Oct 25

Halloween Pumpkin Palooza

all day *with*
the Banana Slug String Band!

cream making, pony rides and the list goes on. The kids' area was a wonderland of excitement, exploration and beauty that used the raw materials of the farm. Venturing out to the river and investigating the rest of the land, I ran across workshops in the orchards with a group of people sitting around and observing a tree, touching the leaves and feeling the soil. Others were gathered around a compost pile, adding straw to the decomposing fruit and vegetables while the workshop's leader described various soil 'recipes' useful for growing different kinds of plants. And through it all – through the farm tours, the workshops – I heard the same commentary, "We don't know all the answers." "We are learning to be good observers, and love to share what we discover." It is the land that speaks to the people who listen, and everyone who spoke submitted their authority to the land. The whole experience was a brilliant breath of fresh air, something I would recommend to people from all places and of all ages. On Saturday evening, while drifting to sleep in the almond orchard with stars twinkling above accompanied by occasional distant laughter and thousands of images of the day running through my head, I hoped that the energy and inspiration necessary to put together such a celebration would be passed on, not only to the hearts of the people that work Full Belly Farm, but also to all that celebrated last weekend. Thank you Full Belly Farm! 🌱

Ordering Almonds or Goat Cheese

Almonds from *Anderson Almonds* are currently not available through the CSA as they are busy with the fall harvest. See their website www.andersonalmonds.com for the latest info.

From *Summer Meadows Farm*, just across the Pajaro Valley from Live Earth Farm, you can get *raw goat milk* cheeses, milk and now yogurt! Cheeses are chevre, ricotta, and a queso blanco (made with vegetable rennet). Milk and yogurt are by the quart. Your cheese, milk and/or yogurt orders 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 of milk is \$3, and a quart of yogurt is \$4 (please remember to return empty jars to the cooler at your pick-up site the following week! Lynn re-uses them). 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 (contact info below).

Deborah Madison and Jesse Cool... where would we be without their insightful cookbooks? - Debbie

Lacquered Tofu Triangles with Green Beans and Cashews

from "This Can't be Tofu!" by Deborah Madison serves 4

1 carton firm tofu
1 red bell pepper (or one of Tom's reds)
1/4 lb. green beans
1/2 tsp. Szechuan peppercorns
1 tbsp. mushroom soy sauce
3 tbsp. regular soy sauce
2 tsp. light brown sugar
3 garlic cloves, minced or pressed
5 tsp. roasted peanut oil
5 scallions, incl. the greens, sliced diagonally into 1/3" pieces
1/4 C toasted cashews

Drain the tofu. Cut it crosswise into slabs about 1/2" wide. Cut each slab in half lengthwise, then cut into triangles. Blot well with paper towels. Cut the bell pepper in half lengthwise, remove the veins and seeds, then cut each half into three long strips. Cut each strip into triangles. Tip and tail the beans and cut them into 2" lengths. Toast the Szechuan peppercorns in a dry skillet until aromatic, then grind to a powder and set aside. Combine the next 5 ingredients in a small bowl and stir to dissolve the sugar. Heat 1 tbsp. of the oil in a wide nonstick skillet over medium-high heat. Add tofu and cook, without disturbing, until firm, about 5 minutes. Turn and cook the second side. The tofu should be

golden, but still tender to the touch. Remove and set aside. Add another teaspoon of oil to the pan and, when hot, add the green beans. Stir-fry over high heat for 2 minutes, then add bell pepper and cook for another 5 minutes or so. Return the tofu to the pan and season with a few pinches of salt and the Szechuan peppercorns. Pour in the soy-sauce mixture and cook, moving the pan back and forth rapidly to coat the tofu and peppers. Turn off the heat before it reduces too much. Top with cashews, and serve over rice.

Cornmeal-crusted Cod with Garlicky Spinach

serves 4

from "Your Organic Kitchen" by Jesse Cool

4 cod or scrod fillets (~4 oz. ea.)
1 1/2 C buttermilk
1 C cornmeal
3 tbsp. chopped fresh parsley
1 tbsp. dried oregano
2 tsp. dried thyme
1 1/2 tsp. salt
1/2 tsp. freshly ground black pepper
1/4 to 1 tsp. ground red pepper
4 tbsp. olive oil
2 garlic cloves, minced
2 lbs. fresh spinach, steamed
Juice of 1 large lemon
1 tbsp. soy sauce
Zest of 1 lemon

The night before serving, place the fillets in a bowl and pour the buttermilk over all. Toss to coat. Cover and refrigerate. Pre-heat oven to 250 degrees F. In a pie plate, combine cornmeal, parsley, oregano,

thyme, salt, black and red pepper. Remove fish from buttermilk, shaking off any excess. Dip in the cornmeal mixture, turning to coat completely. Heat 1 1/2 tbsp. of the oil in a large skillet over medium heat. Add 2 fillets and cook for 8 to 10 minutes, turning once, or until browned and the fish flakes easily. Place on a baking sheet and keep warm in the oven. Repeat with 1 1/2 tbsp. of the remaining oil and 2 fillets. Wipe the skillet clean and heat the remaining tbsp. oil over medium heat. Add the garlic and cook for 2 minutes. Add the spinach, lemon juice, and soy sauce and cook for 3 minutes, or 'til heated through. Place on a serving platter and top with the fillets. Sprinkle with the lemon zest.

Collards with Potatoes [and Bacon]

from "Local Flavors" by Deborah Madison serves 2 to 4 (shortened to fit; full recipe online)

Collards (and/or kale), potatoes, crisped bacon, onion, garlic, red pepper flakes

Wash greens, strip from stems, and simmer in a pot of salted water 10 min. Strain and remove, then add diced potatoes to water and simmer until tender, 7 to 10 min. Sauté chopped onion in some oil in a pan about 5 minutes, then chop and add greens and a crushed clove of garlic or two, plus pepper flakes. Scoop in some of the potato cooking water for moisture, adding more if needed. Add potatoes and crumbled cooked bacon and toss (or mash in if you like). Taste for salt and season with pepper. It can be messy-looking but tastes good! Season with pepper sauce or vinegar to taste.