



The Weekly (Com)Post

A newsletter for the Live Earth Farm CSA Community

12th Harvest Week

May 31st – June 6th, 2004

Season 9

What's in the standard share:

Fruit:

Strawberries

Veggies:

Basil

Red beets

Carrots

Cauliflower or broccoli

Cucumbers

Kale or collard greens

Lettuce

Radicchio (green sugarloaf or looseleaf red)

Scallions

Summer squash

and if you have an extra-fruit option:

More strawberries

(raspberries coming next week!)

(over for more)

Memorial Day among farmers is considered a non-holiday. Plants don't stop growing in memory of anyone; on the contrary they probably grow more vigorously. With the return of warm weather, summer squash grows faster and needs to be harvested every other day, the strawberries need picking, deliveries need to be made, weeds are flourishing, transplants are waiting in the greenhouse, tomatoes need staking... and oh yes, what about the family? My son's birthday party was this weekend, and Constance just smiles understandingly, realizing I am trying my best to juggle time, to be present without thinking what's going on in the field. The things we have to juggle in today's environment are astonishing. I don't understand how we can keep accommodating more things if time stays constant, or does it? We are lured to believe that with technology we can do things faster and have more time to do more things and so it goes on and on, as if we could grow endlessly.

"We ought not to be blindly against progress, but against blind progress."

- David Brower

Eating with the seasons, as you have

by now noticed, teaches us patience: waiting for tomatoes, peppers and melons to show up is, well, an exercise in waiting. There is no technology available to speed up the growth and ripening of our tomato plants. The timing of crops follows the natural rhythm of the seasons. Since we live in a time where everything we want is at our fingertips and the gas to get us there is artificially cheap and easily attainable, to be a CSA member seems almost revolutionary. It means slowing down, changing one's eating habits, and stepping out of the fast lane of our current food system. It brings us greater awareness of what the earth is offering locally during different seasons. Although technically you can eat 'fresh' tomatoes year-round if you want to, think about how good your first tomatoes from your own garden taste when they ripen mid-July. Some believe eating locally grown, organic and seasonal food is a backward-looking philosophy. I see it merely as trying to attempt to restore a food system that has been changed or damaged. In some ways we are bringing the past back to life, however, as with all restorations, the objective is to heal in order to create a new future. It's a simple concept, but it means shifting paradigms, and not eating what is easiest and most convenient at times. This idea is not about stopping progress but about questioning globalization and uncontrolled growth. I remember the words of David Brower, a father of the environmental movement and founder of the Sierra Club, "We ought not to be blindly against progress, but against blind progress, and try to distinguish one from the other. Now is the time to admit that the Earth is not only round, but also limited, and not here just for us." – Tom

Crop Notes

We are starting to see the first signs of summer vegetables in our shares with the arrival of cucumbers, basil and summer squash. Broccoli will vary; some of you will receive broccolini – tender shoots which we harvest from plants that produce abundant sideshoots – and some of you will get regular heads of broccoli coming from plants that start with a main head and later produce the sideshoots. The end of radicchio is this week. You will get one of two types: the cone-shaped green type, or a looseleaf red type. I get

Live Earth Farm 2004 Calendar

(see calendar on website for more detailed info)

Sat. June 19	<u>Summer Solstice Celebration</u> field tours 2 – 5 pm celebration 5 – 9 pm <i>Kuzanga Marimba returns!</i>
July 30, 31, Aug 1	<u>Children's Mini Camp</u> Friday evening to noon Sunday
Sat. Sept. 25	<u>Fall Equinox Celebration</u> 3 – 9 pm <i>with The Banana Slug String Band!</i>
Sat. Oct 23	<u>Halloween Pumpkin Palooza</u>

mixed reviews... some love it, some can't stand the bitterness. I talked to an Italian friend of mine who loves radicchio and he recommends baking it in aluminum foil together with prosciutto or cheese. I still recommend searing the finely cut leaves and adding a little balsamic vinegar, little salt and sprinkling with blue cheese. Onions will be in you shares in two weeks, and the Extra Fruit shares will receive raspberries or blackberries beginning next week. Green beans are starting to show flowering buds, which means in 3-4 weeks we should start harvesting, and soon thereafter... cherry tomatoes!!! 🍅

Goat Milk and Cheeses

If you have only signed up recently, you may not be aware that we have an association with a neighbor (Lynn Selness, Summer Meadows Farm) who raises milking goats, and from whom you can purchase a 'share' in a goat for the season. In return you receive weekly batches of fresh raw goat's milk, yogurt, buttermilk, or cheeses: chevre, ricotta or queso blanco. The goat share operates differently than the apple juice* share, in that the goat share is not purchased through Live Earth Farm. You pay/purchase directly from Summer Meadows Farm, and then your milk/cheese is delivered along with your CSA share (like the apple juice). For more details, contact Lynn directly at 831.786.8966, or see her flyer which is posted on our website: go to the Newsletters page, and you will see it listed along with Week 5's newsletter. 🐐

*Apple Juice?

Did you miss out on the apple juice too? It is still available, and the process is simple: mail a check for \$35 payable to Live Earth Farm (address in bottom margin of this newsletter), and when receive it, we'll start you on your 10-week supply of Billy Bob's Organic Apple Juice. One 48-oz. bottle a week, from a local orchardist, delivered with your CSA share. (You don't have to space it out if you don't want to, i.e. if you want all 10 bottles at once, we can do that too!)

Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact me at deb@writerguy.com or 408.288.6469.

(Visit the recipes link on our website for a comprehensive list of recipes 'by key ingredient' (pictures too!). Includes recipes from newsletters back to 1998.)

Summer's almost here! You can taste the first bites in this week's basil and cucumbers. Here are some interesting and different recipes for both, plus extra, if I have room. – Debbie

Freezing Fresh Basil

I used to chop it and put it in ice cube trays with a little water to cover then freeze, however in the cookbook "From Asparagus to Zucchini" they say you can 'freeze fresh leaves in a plastic zip-lock bag. Remove air, seal and freeze. Do not thaw before use.' To that I would add: do not wash them first, or if they have dirt on 'em and need to be cleaned, wash them but spin and then blot dry carefully before freezing. And obviously, when you go to use it after it has been frozen, it will be suitable for cooked dishes only, or dressings or marinades... not for any use where you need the fresh leaves.

and in that same book, a different kind of pesto, with miso instead of cheese...

Miso Pesto

makes 3/4 – 1 cup.

3 C basil leaves
2-4 large garlic cloves
1/4 C chopped nuts (walnuts, pine nuts, or sunflower seeds)
1/4 – 1/2 C olive oil
2-3 tbsp. miso (mellow variety is best)
salt to taste

Purée everything in a blender or food processor until a thick paste forms.

Basil-Lemon Cake

from "Your Organic Kitchen" by Jesse Cool

Jesse says, "Although a basil cake sounds unusual, think of the basil as you would mint rather than as an herb used only in savory cooking. Mash cherries, berries, or any juicy sweet fruit and serve them over the cake with chocolate ice cream or whipped cream for an unbelievably luscious dessert." "This cake actually gets better the next day. Cover it well, but do not refrigerate it unless you need to store it for more than a day or two."

2 1/2 C cake flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1/2 C butter, softened
1 1/2 C granulated sugar
2 lg. eggs, beaten
1/2 C chopped fresh basil
2 tbsp. finely grated lemon zest
1 tsp. vanilla extract
1 C + 2 tbsp. buttermilk
1 1/2 C mixed berries (such as raspberries or blackberries [or strawberries!])

Preheat oven to 375 degrees F. Lightly oil a springform pan. In a medium bowl, combine flour, baking powder and salt. Place butter and sugar in a large bowl. With an electric mixer on medium speed, beat until creamy. Add eggs, basil, lemon zest and vanilla. Beat until blended. Add flour mixture, a third at a time, alternating with buttermilk and beating on low speed until smooth. Pour into prepared pan. Bake 35 – 45 minutes, or until a wooden pick inserted in the center

comes out clean. Cool on a rack for 10 minutes. Remove the sides of the pan and cool completely. Place on a serving plate and top with berries.

Cucumber Almond Couscous Salad

also from "From Asparagus to Zucchini." Serves 6

1 1/2 tsp. salt, divided
3/4 C plus 2 tbsp. couscous
1 C slivered almonds
1 tbsp. canola oil
3 C cucumbers, peeled, seeded and diced
1/2 C thinly sliced green onions or scallions
3 tbsp. olive oil
3 tbsp. lemon juice
2 tsp. dried oregano
1/2 tsp. pepper

Bring 2 C water to simmer in a small saucepan. Add 1/2 tsp. of salt and couscous. Cover and simmer 4-5 min. Remove from heat and set aside to cool. Sauté almonds in canola oil until lightly browned, stirring constantly to prevent burning. Immediately transfer almonds to a small dish to cool. In a large bowl, combine cucumbers, onions, olive oil, lemon juice, oregano, pepper and remaining tsp. of salt. Add couscous and almonds. Chill and serve.

Breakfast Kale

Steam or simmer kale in salted water, about 3 minutes; drain well, chop. Add to scrambled eggs with a little soy or fish sauce! Optionally you can embellish by sautéing onion or garlic to start, or, brown up and crumble in some bacon. Serve w/toast. Yum!