



The Weekly (Com)Post

A newsletter for the Live Earth Farm CSA Community

29th Harvest Week

Sept. 27th – Oct. 3rd, 2004

Season 9

What's in the standard share:

Fruit:

Strawberries

Veggies and herbs:

Basil

Carrots

Garlic

Green beans

Lettuce

Onions

Peppers

Radicchio

Summer squash

Tomatoes

and if you have an extra-fruit option:

Apples, pears and

strawberries

(over for more)

The unforgettable experience of partaking in the birth of our daughter Elisa is one of awe and humility since no words can truly ever capture this moment, glimpsing at the magic and miracle of life. I am deeply grateful for all the support from so many members, friends and family; we felt held and nourished both physically and spiritually. As we settle into our new and somewhat chaotic rhythm I admire the strength and the unconditional love that flows from Constance. Her reality has changed most drastically as Elisa demands all her energy day and night. As I step into my role as dad I am mostly thankful knowing what matters most: the people we love, the place where we live. Home is where the heart is. - Tom

"I didn't know there was another me in the world. It seems like every time I smell a flower I see myself."
- Jill (age 10), quoted in Earthlight Magazine

What's Up on the Farm

The farm is starting to show signs of fall, as many of our trees are turning colors. Plants are starting to store their energy in their roots and seeds in preparation for winter. Here on the Central Coast we are blessed by an extended summer climate allowing for tomatoes, peppers and green beans to ripen into early November. Right now we are very busy planting lots of broccoli, cauliflower, cabbage, leeks, beets, winter greens, carrots and rutabaga for the winter months. Strawberries are going to have a final spike in production over the next few weeks before they go dormant in November/December. Right now the earth feels particularly dry; even my son David was making comments on our way to the school bus on how he can't wait for the first winter rains and spend more time inside.

As we just passed the fall equinox I am grateful to this land which in a mutual dance of reciprocity forms a blessing circle. As we pay attention to the change of seasons we can enter into this reciprocal conversation with our surrounding world. Whatever we work on works for us. As Ruth Gendler says in an article in Earthlight Magazine, "It is all a dialogue, a conversation between the cook and the vegetables, the gardener and the plants, the artist and her materials, the bee and the flower, the body and the soul." Happy belated Fall Equinox. 🍂

Our Beloved Banana Slug String Band

We have finally gotten word that The Banana Slug String Band (a unique and wonderful group of musicians who write and play original music for children on all subjects of nature, earth, the food we grow and eat, etc.) will be playing at our combined Equinox/Pumpkin Palooza event (see calendar, below). Earlier that same day, Saturday Oct. 23rd, they will also be holding a CD release party at the Kuumbwa Jazz Center in Santa Cruz, at 11am and 1pm. The Kuumbwa Jazz Center is at 320 Cedar St. The party is to celebrate the release of their new lullaby CD, called 'Wings Of Slumber.' It is very special, and includes 14 original lullabies, all with a peaceful, positive and beautiful message. Special guests on this CD include George Winston, Laurie Lewis, and George Kahamuku. "It is perfect that our new lullaby CD comes just as little Elisa blesses us!" says Larry, one of 'the Slugs.' Maybe if we ask them, they'll play a few cuts off their new CD at our event!

Live Earth Farm 2004 Calendar

(see calendar on website for more detailed info)

Sat. Oct. 23

Fall Equinox Celebration

AND Pumpkin Palooza

with The Banana Slug String Band!

3pm until dark

Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact me at deb@writerguy.com or 408.288.9469.

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.

Lots of room for recipes today! Hope you like what I chose. – Debbie

Balsamic Strawberries

from an undated Bon Appetit clipping
serves 4, but could easily be proportioned down for whatever quantity of berries you have!

1 bunch of mint
4 tbsp. granulated sugar
1/3 C balsamic vinegar
2 lbs. strawberries, hulled, quartered
confectioners' sugar for garnish

Julienne 12 mint leaves. Place the julienned mint in a large bowl together with the granulated sugar, vinegar and strawberries. Toss, and allow to macerate for 30 minutes. Mound the strawberries in the centers of each of 4 plates. Spoon marinade around each plate. Dust plates with confectioners' sugar, and garnish with whole mint leaves.

Wok-Seared Sesame Green Beans

from another Bon Appetit clipping
serves 6

1 1/2 lbs. green beans, trimmed
1 1/2 tbsp. oriental sesame oil
3 tbsp. soy sauce
1 1/2 tbsp. rice vinegar
1 1/2 tbsp. (packed) golden brown sugar
1/4 tsp. ground black pepper
2 tbsp. sesame seeds, toasted

Cook green beans in a large pot of boiling water until crisp-tender, about 3 minutes. Drain. Transfer beans to a large bowl of ice water to cool.

Heat oil in a heavy large wok or non-stick skillet over high heat. Add green beans and stir-fry until heated through, about 2 minutes. Add soy sauce, vinegar, sugar, and pepper. Stir-fry until sauce reduces slightly and loosely coats green beans, about 2 minutes longer. Add sesame seeds and toss to coat. Transfer mixture to a bowl and serve.

Sunshine rice with basil and Parmesan cheese

from an undated SJ Merc. clipping
serves 6

2 qts. water
1 C. arborio rice
1/2 C yellow onion, chopped
1/2 C fresh parsley, finely chopped
1 tbsp. butter
2 tbsp. fresh basil
1 tbsp. fresh lemon juice
1 tsp. grated lemon peel
1 tsp. salt

1/4 C grated fresh Parmesan cheese
Fresh basil sprigs or lemon slices

Bring water to boil in medium saucepan. Add rice and onion and continue to boil until rice is tender, approximately 20 minutes. Drain. Mix parsley, butter, basil, lemon juice, lemon peel and salt in a medium bowl. Add rice mixture and stir until thoroughly mixed and butter has melted. Add Parmesan and toss. Garnish with basil sprigs or lemon slices

Zucchini Stuffed with Corn and Cheese

from "The Victory Garden Cookbook"
serves 4

2 narrow 6- to 7-inch-long zucchini or yellow squash
1 C corn kernels
1/2 to 2/3 C ricotta cheese
1 to 2 tbsp. chopped chives (optional)
Salt and freshly ground black pepper
3/4 C grated Cheddar cheese

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities. Coarsely purée the corn and ricotta cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture, mounding slightly. Cover with grated cheese. Place in a buttered casserole and bake, covered, in a preheated 350 degree oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.

Savory Carrot Flan

from "The Essential Vegetarian Cookbook" by Diana Shaw
serves 4

The author writes, "This elegant side dish is just savory enough to serve with supper. Any sweeter, and it would have to be dessert."

1 lb. carrots, peeled and sliced
2 bay leaves
1 small onion, sliced
1 tbsp. grated peeled fresh ginger
1/4 C fresh orange juice
1 tsp. maple syrup
Pinch ground nutmeg
Pinch ground cinnamon
Pinch crumbled dried marjoram
1/2 C evaporated skim milk
1/4 C nonfat dry milk
1 lg. egg

1 lg. egg white

Heat the oven to 375 degrees F. Lightly grease a 1-qt. baking dish.

Place the carrots, bay leaves, onion, ginger, and orange juice in a medium saucepan. Add water to cover the vegetables by about 1 inch. Cover and simmer over medium heat until you can pierce the carrots easily with a fork, about 30 minutes. Check often, adding more water as necessary to prevent burning. Drain any liquid that remains. Remove and discard the bay leaves. Transfer contents of the saucepan to a food processor. Add the maple syrup, nutmeg, cinnamon, marjoram, evaporated milk, dry milk, egg, and egg white. Process until smooth.

Pour the mixture into the baking dish. Place this dish in a larger dish. Pour water into the larger dish so that it comes halfway up the sides of the smaller.

Bake for 1 hour, until firm and a knife inserted in the center of the flan comes out clean, adding more water to the larger dish as it evaporates. Serve hot or at room temperature, or chill thoroughly for about 3 hours and serve cold.

And lastly, I know many of you probably still have potatoes from prior weeks (even though we're not getting them this week), so here is a green beans and potatoes idea I came up with a few weeks back. - Debbie

Instead of Pasta

A novel concept for your favorite spaghetti sauce!

Scrub up a bunch of potatoes, and cut into 'thin-fries' size (about the diameter of green beans). Wash, top and tail a bunch of green beans. In a big bowl, toss potatoes and beans with some olive oil and salt (and garlic if you like), and then spread out in a single layer on a large, rimmed baking sheet. Bake in a preheated 425 degree oven for 40 to 45 minutes, turning and/or tossing occasionally, until potatoes are done and both potatoes and beans are nicely browned.

If you like to make your own pasta sauce (like I do), now's the time to cook it up, while the veggies are baking!

Then simply put a pile of roasted potatoes/beans on each plate and top with your favorite spaghetti or pasta sauce and pass the parmesan!