

# The Weekly (Com)POST

6TH HARVEST WEEK - APRIL 19-25,2004

**In the Box this week:** Bag of Fava Beans, Carrots, Cauliflower, Lettuce, Beets, Bag of Mustard Greens, Chard, Strawberries, Baby Leeks, Green Garlic, **Billy Bob's Apple Juice** (see note blow if you like to order more).

## Earth Day: A celebration of Life and a call to protect it!!

Celebrating Earth Day, we are challenged to recognize how much human beings are impacting the natural environment, so much so that today the scientific community is in agreement that human activities, if not checked, will put at serious risk the living world and alter it to such an extent that it will be unable to sustain itself in the manner that we know. Although humanity is an infant species, just newly evolved from life's web, our incredible inventiveness and productivity has been so exuberant over the last century that we have forgotten where we belong in relation to the rest of life-forms on this planet. What can we do? Knowing how to act is always the first big problem. We are flooded with warnings about the crisis in our atmosphere, oceans, soils, water resources, overpopulation, and biodiversity. One can quickly feel overwhelmed and helpless, worst of all, to feel guilt is draining and oppressive. As the saying goes: "Nobody is perfect" we have to start with what is practical, to change the way we think and live. Starting as close to home as we can, would mimic how species try to survive in the natural world, by adapting to local habitats. It would seem that the key to "human survival will most likely start with the local community. Our goal at Live Earth Farm is to grow and offer sustainably grown, healthy, vibrant, and tasty food and facilitate more local self reliance and autonomy that emphasize sharing, cooperation and living lightly on the Earth. If we can exchange ideas and spread the word as we all work towards reducing our effect on the planet we can ultimately create enough public support to change current political priorities. - Happy Earth Day

## Call us, to Purchase a 10 Week Share of Billy Bob's Apple Juice:

This week everyone will receive a bottle of Billy Bob's delicious apple juice, a blend of perfectly ripened Pippin, Fuji, Jonagold, and Granny Smith apples. If you think you would enjoy a more regular tasting of Billy's apple nectar you can order a **10 week share for \$35** starting May 5(Wednesday)or May 8 (Saturday). Send in you check and we'll include it with your weekly delivery. Thank you!

## It rained while harvesting - Please consume this week's Strawberries ASAP.

Last week the berries were starting to increase in production, but as I am writing this newsletter it's drizzling and the earth is gently saturating with wonderful moisture. I am glad for the rain, however, the flipside is that the abundance in strawberries is going to go down drastically. Red ripe strawberries and rain lead to a mushy and quickly rotting mess...so all the Wednesday folks should make it a priority to quickly eat or process (freezing) their berries after picking up their share.

We aim to pick your berries as ripe and red as we possibly can since taste and nutrition are greatly increased. The longer they sit in the sun the more vitamin C and sweetness they produce. Strawberries are powerful antioxidants, meaning they help

against the **oxidative** damage linked to degenerative conditions, **particularly** heart disease and cancer,

Kids and Strawberries:

The excitement that picking strawberries creates among children is really a joy to watch. With the recent school visits the strawberry patch has been a hit. Initially a voracious consumption instinct kicks in, however when the first cravings are met, the next stage is to fill as many baskets as possible to save and eat later. Kids leave the strawberry patch -all smiles- with faces and hands stained red, running off to their next adventure to see the newly **born** baby goat and a quick ride on 'Peanut' the pony.

## Crop of the Week: **Fava Beans:**

**Fava** Beans are common in Mediterranean climates and cuisine. These Beans were the only beans known to early Europeans, and their seeds date back to the Iron Age. **Favas** require mild coastal climates and are sown in the Fall and harvested in the Spring. To prepare : Snap the stem end and pull the string down the length of the pod. Open the pod and remove the beans. Young small **favas** like the one's you have this week can be cooked and eaten **unpeeled**. When they get larger it is suggested to boil them for a few minutes and squeeze them out of their peel.

Spaghetti with Fava Beans and Chard

1/4 cup extra virgin olive oil  
1 large **onion**, **coarsely** chopped  
2-3 cups of shelled **fava** beans  
bunch of Swiss Chard  
2-3 **tablespoons** of chopped green garlic  
Spaghetti of your choice 5-6 **Oz.**  
1/2 cup of Parmesan Cheese

In a large skillet over medium heat, heat the olive oil and saute the onion until brown but not **burnt**. Add the fava beans, chard, and garlic and cook by stirring, until the beans are tender. Meanwhile, cook the spaghetti or pasta of your choice in a large pot of salted boiling water until very **al dente**; drain, reserving 1 cup of the pasta water. Add the pasta to the fava mixture. Add the reserved pasta water and stir for several minutes over medium heat, until most of the liquid is evaporated and the pasta is al dente. Serve with Parmesan Cheese.

Check out our **website** for more recipes!!!!