



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

28th Harvest Week

October 3rd – 9th, 2005

Season 10

What's in the box this week: (stuff that's in one size share that's *not* in the other is at the top of its respective list so you can easily see the difference. Remember, small shares will generally have smaller quantities of the duplicate items. – Debbie)

Family Share:

Lettuce
Mustard greens
Parsley
Scallions (green onions)

Apples
Arugula
Beets
Carrots
Cauliflower
Cucumbers or summer squash
Green beans
Radishes
Spinach
Tomatoes

Small Share:

Apples
Arugula
Beets
Carrots
Cauliflower
Cucumbers or summer squash
Green beans
Radishes
Spinach
Tomatoes

Extra Fruit Option:

Strawberries, Warren pears, and Concord grapes OR apples.

October is here, and the plants are directing energy into their seeds and roots. It is when nature prepares for the winter months, as seeds store the promise of future growth, nourishment, and bounty inside a safe and protective shell. But don't let that lull you into thinking the farm is slowing down! October is a busy month; there is so much going on. To begin with, there are all the kids that will be visiting to pick pumpkins and learn about the fall season on the farm. And October is the month we prepare our fields for winter by adding compost and important soil amendments such as rock dust and gypsum. In order to get a good growth start on our winter cover crop, it is important that most of the ground (approximately 70%) is sown before the end of the month. Cover crops are essential in all organic production systems, not only for replenishing the soil's organic matter and nutrients, but also for protecting it from erosion during the rainy months ahead.

And then there are next year's strawberry and garlic crops to think about. In order to ensure a vigorous crop next spring, we need to get both in the ground by mid-November. In addition to all the above, there is still plenty of harvesting going on, keeping us busy in order to ensure your weekly shares are plentiful and diverse. So although things seem to be slowing down, it is actually one of the busiest times of year. Let's hope this recent spate of "summer" weather keeps up so we can get all our work done!

"The choices we make when we buy food are serious choices. More and more people understand this. We all know that when people choose organic foods and avoid mass-produced and fast foods, they are voting for a sustainable future and against a network of supply and demand that destroys human health, local communities, traditional ways of life, and the environment."

– Alice Waters, from "*The Ethics of Eating*"

A couple of weeks ago I received e-mails from the Organic Consumers Association urging us to fight a "sneak attack" on the National Organic Standards. The email stated, "After 35 years of hard work, the U.S. organic community has built up a multi-billion dollar alternative to industrial agriculture, based upon strict organic standards and organic community control over modification to these standards. Now, large corporations such as Kraft, Wal-Mart, & Dean Foods – aided and abetted by the U.S. Department of Agriculture (USDA) – are moving to lower organic standards by allowing a Bush appointee to create a list of synthetic ingredients that would be allowed in organic production. Even worse, these proposed regulatory changes will reduce future public discussion and input and take away the National Organic Standards Board's (NOSB) traditional lead jurisdiction in setting standards." What this means, in blunt terms, is that USDA bureaucrats and industry lobbyists, not consumers, would have more control over what can go into organic foods and products. In the past, grassroots mobilization and mass pressure by organic consumers has been able to stop the USDA and Congress from degrading organic standards. It seems like we are constantly called upon to fight to preserve and protect our environment from corporate abuses, one permit or regulation, one factory farm, or one dying stream at a time. We are repeatedly called upon to fight against new and more virulent crises. If we win one, there is little time to celebrate because more crises are created all the time. It's as though corporations and the government have defined the terms by which we, the pub-

Live Earth Farm 2005 Calendar

(see calendar on website for more info)

Sat Oct 22 Halloween Pumpkin Palooza

Sat Nov 5 Permaculture workshop #3

Polycultures & Agroforestry; Food Forest Design and Installation

lic, can claim our rights for clean food, water, air, and soil. And the terms are based on corporate greed – free market and economic profiteering – rather than the common public good involving a fair and democratic decision-making process. This is the current situation with our National Organic Standards: the public is being kept in the dark about how private and corporate entities are surreptitiously changing these standards which were initially crafted through a lengthy and democratic process. The big question is, what economic, cultural, or environmental decisions should be public, and what should be private? I believe a clear distinction is extremely important, in order to stop the current assault on our environment and prevent an unacceptable level of ecological destruction. – Tom

Time to start thinking about next season...

Just a little pre-announcement that, in a few weeks, we will be opening our doors (so to speak) to early registration for our 2006 CSA season. We are working out the details right now, and will let you know as soon as we are ready. Thinking about what Tom wrote about the threat to National Organic Standards... if they truly get watered down, I think CSAs are going to be in high demand. There's no law that says CSAs must be organic, but I believe there's an unspoken rule among CSA farmers and they just wouldn't do it any other way. And that's probably why they succeed; they don't grow organically because they *have* to, but because they *choose* to. So being a CSA member will become one of the few reliable ways to assure you and your family are getting genuine organic healthy produce. You don't have to rely on a label on a product on a shelf (or trust that the 'organic' produce in your local store that was grown in Mexico or Holland is truly organic). With Live Earth Farm's CSA there's no question, as Tom's organic integrity is a part of his being. All you have to do is meet him, and it is obvious. So start thinking about next season... if you want to assure yourself a share of next year's produce, I'd recommend early registering. For those of you interested in our 'Extra Fruit' option, this is doubly important, as we sold out this year (much to the dismay of later sign-ups), so early registrants will have first dibs (our limit is 350 'extra fruit' options). For the CSA shares themselves, we will be capping off at 550. To give you some idea, right now we have about 518 members, so reaching our limit next year is not at all out of the question! Food for thought. – Debbie 

Notes from Debbie's Kitchen

(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.)

Anybody interested in writing a 'what I'd do with this week's box' again for this space? We haven't had one in a while, so please email me if you are, and I'll get back to you with how it works. What about kid-friendly or kid-centric ideas? I'd love to hear from you about how your kids connect to their CSA share. Do they help with the preparation? With the cooking? Heck, have your kids email me; let's get the story straight from them! [Katie Stevens, are you listening?] - Debbie

Cauliflower Agrodolce

From "Moosewood Low-fat Favorites"

Serves 4 - 6

2 C onions, thinly sliced
3 garlic cloves, sliced
1 tsp. olive oil
1 lg. cauliflower
3 C (28oz. can) undrained whole tomatoes [go ahead: peel and use farm tomatoes!] 2/3 C raisins
½ C red wine vinegar
sugar, salt, and black pepper to taste

In a nonreactive saucepan, cook the onions and garlic in the oil for about 7 minutes on medium heat, stirring frequently. Meanwhile, core and cut the cauliflower into florets; there should be about 7 cups. Chop the tomatoes or squeeze them by hand and add them with their juice to the onions. Stir in the raisins and vinegar. When the onions are translucent, add the cauliflower florets and cook for 10 to 12 minutes, or until the florets can be pierced

with a fork but are not falling apart. Add sugar, salt, and pepper to taste. Serve hot, at room temperature, or chilled.

Savory Beet Salad with Yogurt and Caraway

serves 4

from Gourmet Vegetarian Feasts, by Martha Rose Shulman [okay, the real name of the recipe in the cookbook is only 'beet salad,' but that gives you no way to distinguish it from a thousand other 'beet salad' recipes!]

1 lb. raw beets
2 tbsp. chopped fresh parsley or dill
1 C plain yogurt
1 clove garlic, puréed or put through a press
1 tsp. crushed caraway seeds
Sea salt and freshly ground black pepper
1. Steam beets until tender, 15 to 30 minutes depending on size of beets [she's nuts; beets take longer than this, unless you're using a pressure cooker!]. Drain, run under cold water, and remove skin. Slice thinly, and toss with parsley or dill.
2. Mix together yogurt, garlic, caraway seeds, sea salt and pepper. Toss with beets and serve, or chill and serve.

Radish and Orange Salad

modified from a recipe in "Recipes from America's Small Farms," a CSA cookbook that came out in 2003, which some of you have copies of!
serves 6

3 lg. oranges, peeled and white membrane removed

8 (or more!) fat juicy radishes, thinly sliced
2 green onions, thinly sliced

6 C salad greens (I'd use torn up lettuce, mustard greens, spinach, arugula, or any combination thereof)

½ C crumbled goat cheese or feta
¼ C sunflower seeds or coarsely chopped walnuts, toasted
3 tbsp. olive oil
2 tbsp. balsamic vinegar
Salt and freshly milled black pepper

Quarter and slice the oranges over a medium bowl, allowing both the slices and the juice to fall into the bowl. Remove membrane, if desired. Stir the radishes and green onions into the orange pieces.

Arrange salad greens on a large serving platter. Transfer the orange mixture to the lettuce using a slotted spoon; reserve the orange juice. Sprinkle the salad with cheese and sunflower kernels.

Whisk together ½ C of the orange juice from the bowl, the oil, and the vinegar. Add salt and pepper to taste. Drizzle over the salad and serve.

[If it were me, I'd toss the greens with the dressing, but only just before you're ready to serve so they don't wilt, and then plate the salads individually, topping each with orange/radish mixture, nuts and cheese. Or, do it family style and toss the whole kit and kaboodle together in one big salad bowl and then serve with tongs and let folks help themselves!]