



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

16th Harvest Week

July 10th – 16th, 2006

Season 11

What's in the box this week: (content differences between Family and Small Shares are underlined/italicized)

Family Share:

Strawberries

Basil

Beets

Carrots

Chard

Cucumbers

Green beans

Kale

Lettuce

Mustard or collard

greens

Freshly dug potatoes

Radishes

Summer squash

Small Share:

Strawberries

Arugula

Basil

Carrots

Chard

Cucumbers

Green beans

Lettuce

Radishes

Summer squash

Extra Fruit Option:

1 basket of strawberries, 1 basket of blackberries, 1 bag of plums

Last Saturday we hosted another Outstanding in the Field food extravaganza. It is as if for a brief moment the farm was under the spell of the Culinary Food Gods. I had to pinch myself to know I wasn't dreaming when more than 70 people sat down to dine along white linen-draped tables in the middle of our fields to enjoy an extraordinary five course feast made up of almost entirely local ingredients. The idea behind Outstanding in the Field is to reconnect diners to the land and the origins of their food and honor the local farmers and food artisans who cultivate it. This time, one of Jim Dunlop's pastured pigs (the same Jim whose eggs you get in your weekly egg shares) was the featured item for this "Whole Hog" dinner affair. All the vegetables and fruit came from our farm, the calamari from H&H Fish, a local fisherman, and the wines accompanying each course were from Alvaro's winery right here in Corralitos. I couldn't help but notice in how many ways we are able to celebrate the gifts of this land. When Food and Community are celebrated, we transcend our differences and recognize our interconnectedness. I want to believe that the healing of the earth starts with food which is the common thread linking all creatures. - Tom

"The myth of nature's boundless benevolence can be shattered in three words: Things eat you."

- from 'Wild Grace' by Eric Alan

Field Notes from Farmer Tom

This is the first week we are picking green beans, one of our main crops, which we'll have regularly through early November. We are watering our pears right now, and in a month should be ready to harvest them. We are also starting to pick our Japanese plums (a variety called Santa Rosa), and since our crop is very light we are grateful that Jane and Don Krecji, who have a small orchard in Los Gatos, have offered us theirs to supplement ours. Garlic and onions are slowing down but by the beginning of August we'll have a regular supply of spring and mini onions. In the fruit department it is blackberries first, and in a couple of weeks raspberries – both red and yellow – on a regular basis. Sungold cherry tomatoes should be our first ripe tomato of the season, and they are a couple of weeks away. Summer is always late on the coast, but lasts late into fall. 🍷

July 18 Event Reminder!

Next Tuesday July 18th, 4-9 pm, we have an exciting event organized by my wife Constance entitled "*Integrating Spirituality with Building Sustainable Food Systems.*" Dinner will be potluck style as is customary during our events. Both Brian Barth (who teaches Permaculture here on the farm) and I, together with Pai Carlos Buby from Brazil (see description below) will reflect on this subject. See our website for more details or call me at 831-760-0436 if you have further questions about the event.

Location: Live Earth Farm

4-6 pm: Farmer Tom and Brian Barth

6 pm: Potluck Dinner

7:30-9:00 pm: Keynote Speaker Carlos Buby

Carlos Buby is a shaman, i.e. someone who has mastered the art of reading and relating to the spiritual dimensions of Nature (including human nature!). His teachings have been well received in Europe, Brazil and the USA due to the universal quality of his philosophy which advocates the preservation and integral development of Life. During his lecture (which starts at 7:30pm) he will explain the importance of perceiving the dynamics of Nature and what this philosophical approach represents in our daily life.

Live Earth Farm 2006 Calendar

(see calendar on website for more info)

Aug 25, 26, and 27 Children's Mini Camp
Friday evening to noon Sunday

Sat. Sept. 23 Fall Equinox Celebration
3pm until dark

Sat. Oct 21 Halloween Pumpkin Palooza

Farmer Tom will share his philosophy of being a steward of the land, and how his spirituality is a source of inspiration to build a sustainable farm that integrates not only the human but also the plant and animal communities.

Brian Barth will introduce us to the Mataganza Garden Sanctuary which is a project he has developed on a portion of the farm's land. Mataganza refers to a meeting place for the sacred and the profane: a place where people can experience the sacredness in Nature and learn the practical aspects of designing sustainable ecological systems. 🌱

Go easy on the farm while I'm gone!

Hi all – I'm going to be away from the farm the middle of this week through the middle of next week. Amy will be handling the member database and packing lists, and Tom will be flying solo with the newsletter; emails and phone calls will be returned only if someone has the time to get to them (most will wait until I get back), and nothing will be published to the website. It's going to be doubly busy here, with me gone and the special event making extra work for everyone, so please be patient and understanding! – Debbie 🌱

Notes from Debbie's Kitchen

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

Check out my **recipe database** for a comprehensive list of recipes 'by key ingredient' (pictures too!). Go to our website and click on "recipes" (on the left).

I'm bummed about missing the first newly-dug potatoes, but I know there will be more. Thanks to all who sent in recipes recently, I'd like to share as many as I can! - Debbie

Miso Pesto

from Luna Circle Farms in Gays Mills, WI (sent by member Elizabeth Alsberg, who found it in the 2000 UCSC CSA newsletter)

Elizabeth says "This is a very forgiving recipe. I frequently alter the amounts, using whatever is on hand."

3 C basil leaves
3 to 4 large cloves of garlic
¼ C chopped nuts (walnuts, pine nuts, sunflower seeds)
¼ to ½ C olive oil
2 to 3 tbsp. miso (mellow variety is best)
salt and pepper to taste (miso is very salty, so Elizabeth says she never adds salt)

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

Some plum recipes from Jane Krejci:

Chilled Plum Soup

Boil until tender:

2 ½ C plums, pitted
4 C water
Juice of 1 lemon
3 whole cloves
pinch of salt

Remove cloves, puree, then add:

½ C sugar and ½ C red wine (optional).
Chill. Just before serving, stir in 1 C sour cream and 2 tbsp. cognac (optional).

Plum Nut Bread

Cream together:

1 C butter
2 C sugar
1 tsp. vanilla
4 eggs

Add:

3 C flour
1 tsp. salt
1 tsp. cream of tartar
½ tsp. baking soda

¾ C plain yogurt
1 tsp. grated lemon peel
2 C diced plums
1 C chopped nuts

Fill 6 small or 2 large loaf pans. Bake at 350 degrees for ~45 minutes.

Plum Cobbler with Lemon Shortbread Topping

for filling:

2 lbs. plums, pitted and sliced
2 tbsp. lemon juice [zest first, see below]
½ C sugar
2 tbsp. flour
½ tsp. cinnamon

for topping:

2 C flour
½ C sugar
2 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
grated zest of one lemon [zest the lemon first, before squeezing for juice – Debbie]
½ C cold butter
1 C buttermilk

Toss plums with lemon juice; combine rest of filling ingredients, sprinkle on plums and toss, then place in a baking dish. In a separate bowl, combine all topping ingredients except butter and buttermilk. Cut in butter, then stir in buttermilk. Spread dough over fruit: do not let dough touch sides of dish. Sprinkle top with 1 tbsp. sugar. Bake 10 minutes at 400 degrees, then reduce heat to 350 and bake another 25 – 30 minutes. Let stand at least 30 minutes. Serve warm, fruit side up, topped with whipping cream.

Carrot Zucchini Bisque

modified from a recipe in The Lean and Delicious Cookbook, "out of print since 1978" says member Holly Trapp, who sent it to me.

1 C water
6 large carrots, peeled and cut into 1 inch pieces
2 medium zucchini, cut into 1 inch pieces
2 C milk (original recipe called for skim)

2 tbsp. flour
¼ tsp. freshly ground black pepper
½ tsp. ground cinnamon
3 cubes of chicken bouillon (crushed) or 3 cubes of vegetable bouillon

In a medium-size saucepan, add water and place over high heat. Add carrots, cover and bring to a boil. Cook for 10 minutes. Add zucchini, cook for 5 more minutes. Remove pan from heat and drain liquid. Puree vegetables in a food processor until smooth. Transfer pureed vegetables to saucepan. Add milk. Place over medium heat, uncovered. While stirring constantly with a wire whisk, sprinkle in flour, black pepper and cinnamon. Add chicken or vegetable bouillon and continue to stir until dissolved. Heat on low for another 5 minutes, stirring frequently.

Cumin-sizzled Zucchini

from member Barbie Aknin, who says, "This is my new favorite thing to do with zucchini!"

Heat olive oil to hot. Sprinkle whole cumin or dill seeds in the pan and place sliced zucchini on top. Brown on both sides, adding sea salt. Serve hot or room temp. Yum!

Russian Beet and Potato Salad

modified from recipe on Mariquita Farm website

1/2 C eggs, hardboiled & chopped
1 C diced, cooked potato
1 C diced, cooked beets
1 C cooked green peas [Trader Joe's has frozen organic peas, an acceptable substitute in a recipe like this when we don't have 'em in our share box – Debbie]
1/4 C carrots, shredded
3/4 C plain yogurt
1/2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. cider vinegar
6 scallions chopped

Mix all ingredients together in a large bowl. Cover, refrigerate to chill, and serve on a bed of lettuce or cabbage leaves.