



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

21st Harvest Week

August 14th – 20th, 2006

Season 11

What's in the box this week: (content differences between Family and Small Shares are underlined and italicized; items with a "+" in Family Shares are more in quantity than in Small)

Family Share:

Strawberries (2 bsks)
Broccoli
Carrots
Chard
Cilantro
*Armenian cucumbers ("snakecukes")
Garlic
Green beans
Kale or collard greens
Lettuce
Peppers
Potatoes
Summer squash
Tomatoes

Small Share:

Strawberries (1 bskt)
Broccoli
Carrots
Chard or Kale
Cilantro
*Armenian cucumbers ("snakecukes")
Green beans
Lettuce
Potatoes
Tomatoes

*see new picture in recipe database!

Extra Fruit Option:

2 bsks. of strawberries, 1 bskt. of raspberries, and a melon or bag of plums

My nephew Matthias who spent 3 summers here on the farm is in his 2nd year of culinary school in Germany. At last week's family reunion to celebrate the baptism of our daughter, Elisa, Matthias said, "You know Tom, I appreciate all the food I prepare so much more, knowing the incredible physical effort that goes into it before it shows up in the kitchen." I thought about everyone working on our farm and their commitment and dedication, especially during the really hot days. It is the agricultural workers, legal or not, who we rely upon to have food on our plates. I think many of us are apprehensive as we watch our government intensify border crackdowns against migrant laborers instead of implementing a immigration reform that honors their incredible contribution to the well being of our community. Many farmers, especially the ones dependent on contractual labor agreements (which are most of the larger farms in California) are suffering from labor shortages. The well-being and relationships of our workers have always been the highest priority on the farm, and it is the unity of our particular group which is its greatest strength. Ultimately though, it is Mother Nature who determines the sustainability of our food system. This is becoming more undeniable by the minute as my family and I watch the documentary "An Inconvenient Truth" and observe the recent heat waves everywhere around the world. I have been so impressed (and shaken) by the message of this film that I highly recommend it to everyone who hasn't seen it yet. [I second that! – Debbie] If you see only one movie this year, see this film. Maybe several times! Breaking down longstanding barriers and conflicts that divide our human community... this is the necessary outcome as we are forced to come together to solve the urgent problem of Global Warming. Community Supported Agriculture is a wonderful way to make a difference. Not only does food bring us together as a community, but eating locally grown, in season food is a way to fight global warming with our knives and forks by reducing the number of miles food has to be transported (on average 1200 miles) before it reaches our plates. Although we are taking many small steps on the farm to reduce our CO2 emissions such as implementing more efficient and renewable energy practices (i.e. solar power, spading machines, biodiesel), we have a long list of "opportunities" to reduce the impact even more. Adopting sustainable agriculture practices can simultaneously improve the way we farm and feed ourselves in this country, and reduce the CO2 load on the atmosphere. I love to quote other people in moments like these, to keep us inspired, and Al Gore in his book "An Inconvenient Truth" does just that in his introduction: "This is a moral moment, a crossroads. This is not ultimately about any scientific discussion or political dialogue. It is about who we are as human beings. It is about our capacity to transcend our human limitations, to rise to this new occasion. To see with our hearts, as well as our heads, the response that is now called for. This is a moral, ethical, spiritual challenge. We should not fear this challenge, we should welcome it. We must not wait. In the words of Dr. King, 'Tomorrow is today.'" - Tom

"We have everything we need to begin solving this crisis, with the possible exception of the will to act. But in America, our will to take action is itself a renewable resource."

- Al Gore, in the documentary film "An Inconvenient Truth"

Field Notes from Farmer Tom

Last week's heat wave did indeed burn the raspberries and blackberries (strawberries were unscathed), so that's why we had to scramble to compensate some of you with different fruit than was on the list. This week we'll continue to mix up the fruit shares in order to adjust for the production loss. This means some will get

Live Earth Farm 2006 Calendar

(see calendar on website for more info)

Aug 25, 26, and 27 Children's Mini Camp
*** Sold Out***

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

Sat. Oct 21 Halloween Pumpkin Palooza

tomatoes, others melons or plums, others berries. Please make sure you look carefully at what's indicated on the checklist next to your name. We are busy sowing for our fall harvest, and the pumpkin patch is developing nicely on the hillside behind our house. Pears and apples will be very late this year; probably mid-September we'll have them available. 🍷

Stock up on strawberries!

Time to make jam and pies, or just freeze 'em for the winter! Strawberries are plentiful right now; call or email Debbie at the farm to order. They're \$18/flat (a flat = 12 baskets). We can deliver them to you with next week's CSA shares. 🍷

Chickens now available closer to home

Good news for our members on the peninsula and in the south bay: Jim Dunlop and Rebecca "Becky" Thistlethwaite of TLC Ranch are starting a bi-weekly 'drop off' in Los Gatos, so if you want fresh, tasty, pasture-raised, organically-fed meat chickens but don't want to drive all the way out to Las Lomas to get them, now's your chance! The location will be at our Los Gatos/University Avenue CSA drop-off, on the same day of the week as our CSA. So *every other Thursday*, starting with next week (Aug. 24th), Jim will be bringing a delivery of chickens to Los Gatos. Pick-up time will be limited to 4 to 7pm (picking up earlier rather than later is preferred). Important: bring your own cooler with ice (the chickens are fresh, not frozen), and your checkbook! Chickens are \$4/lb. (and weigh in at around 4 lbs. each). If you are interested in getting chicken, please email* TLC Ranch – tasteslikechickenranch@yahoo.com. Place your order no later than Tuesday 8/22 so they know how many chickens to butcher on Wednesday for delivery Thursday. And most importantly: also *ask to be put on their e-list*. That way you'll be notified about future chicken sales, and also pork (they are raising pastured pigs as well). One last thing: consider carpooling or teaming up with other CSA members in your area to make the run to Los Gatos so we're not all driving individually to get there. Remember, every little bit helps.

If you're in Santa Cruz or Monterey County, depending on where you're located, you can either pick up in Los Lomas (it's just south of Watsonville) or come over the hill to Los Gatos. Again, carpool if you can!

*Jim's preferred method of contact is email, that's why I'm not publishing his cell phone number (they don't have a land line). If you don't use email, call me (Debbie) at the farm and I'll connect you to him. 🍷

Lynn has baby goats for sale

Lynn Selness, of Summer Meadows Farm (the lady who does the goat milk/cheese share some of you are getting) says she has lots of baby Nubian goats, and will be selling them, if anyone is interested. Some people buy them to keep as brush control, others as pets, others to milk them themselves (any 4-H-ers out there?). For more information, contact Lynn at 831.786.8966 or try emailing her (she's pretty new to email, so be patient) at summermeadow7@yahoo.com. 🍷

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).

Member Terry Gladek wrote me last week saying, "I tried the dandelion green pasta recipe you shared in your newsletter and it was terrific. We also used some of the peppers in the dish which added a little zing - yummy." This is true CSA cooking - modifying recipes to suit what you have in your share. I can't encourage that kind of thinking enough! - Debbie

Potato-Kale Soup

sent in by Maureen Porras, who says, "I added the carrots and sausage to the original recipe."

2 tablespoons butter
1 1/2 C finely chopped onion
3 garlic cloves, chopped
7 C broth
1 C chopped carrots
4 C coarsely chopped potatoes [peel if you like; I prefer leaving the skin on – Debbie]
1 large precooked sausage (your choice), chopped
Salt
1 bay leaf
6 C chopped fresh kale (about 1/4 pound)
1 tsp. dried basil
9 tbsp. (2 oz.) Gruyere cheese

Melt butter in large saucepan over medium heat. Add onion, cook 8 minutes or until tender, stirring frequently. Add garlic; cook 30 seconds, stirring constantly. Stir in broth, potatoes, sausage, carrot, salt and bay leaf; bring to a boil. Cover and reduce heat and simmer about 15 minutes or until potatoes are tender. Stir in kale and basil. Cover and simmer 10 minutes or until kale is tender. Discard bay leaf. Partially mash potatoes with a potato masher until thick and chunky. Ladle into bowls and top with cheese (1 1/2 tbsp. per bowl).

Makes about 6 servings (1 1/2 C each)

Hoisin roasted green beans

from "Fresh Every Day" by Sara Foster, modified only slightly! (found recipe in SJ Mercury News)

1/3 C hoisin sauce
Juice of 1 orange
2 tbsp. soy sauce
2 tbsp. olive oil
1 1/2 lbs. green beans, trimmed
Salt and pepper to taste
2 tbsp. chopped fresh chives or parsley [or cilantro! It's in the box this week – Debbie]

1 tbsp. sesame seeds, lightly toasted

Preheat oven to 400 degrees
Stir hoisin sauce, orange juice, soy sauce and olive oil together in a large bowl. Add green beans, toss to coat, and season with salt and pepper (hoisin and soy sauces are very salty, so be careful not to over-salt). Spread beans in an even layer on a baking sheet with sides and roast for 15 to 20 minutes, until they are soft and slightly shriveled. Sprinkle beans with chives [parsley, or cilantro] and toss gently. Transfer to a serving dish, drizzle with pan juices, and sprinkle with the sesame seeds. Serve warm or at room temperature.

Broccoli Slaw

sent in by member Heather Zimmerman

3 tbsp. mayonnaise
1 tbsp. red wine vinegar
pinch of sugar
salt and pepper, to taste
3 tbsp. sweet onion, finely chopped
3 C broccoli florets, chopped

Combine all and wait 10 or more minutes for flavors to blend. Serve cold or room temp.