



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

1st Harvest Week

April 2<sup>nd</sup> – 8<sup>th</sup>, 2007

Season 12

*Remember: please only take a paper newsletter if you've signed up for it. If you missed that note in the 'Season Start' email, read below under "Paper newsletter and email newsletter."*

## 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:

Beets (red or golden)  
Cabbage (green)  
Carrots (bagged)+  
Celery (Lakeside)  
Chard  
Cilantro  
Green garlic +  
Kale  
Redleaf lettuce (Lakeside)+  
Rutabagas  
Strawberries (1 basket)

### Small Share:

Beets (red or golden)  
Cabbage (green)  
Carrots (bagged)  
Celery (Lakeside)  
Chard  
Cilantro  
Green garlic  
Redleaf lettuce (Lakeside)  
Rutabagas

### Extra Fruit Option:

(doesn't start 'til May)

Each season is a new beginning, and here on the farm nature's fertile embrace is irresistible. It's Spring and the earth is alive! I am joyous and a bit nervous at the same time as we start this our 12th seasonal dance. The freshly tilled soil smells rich and musky, and the first germinating seeds and transplants are like infants brimming with the promise of bountiful flavors, smells and colors. Five baby goats were born in the last few weeks and two more are expected; the baby chickens are growing fast, scratching and pecking like their older peers. We might truly have a bumper crop of pears this year – never has our pear orchard had such an explosive bloom; the bare and dormant trees transformed almost overnight into what looked like white clouds. The warm weather has been a blessing, ensuring a good fruit set (which is always the biggest concern with our Warren pears). The fava beans are tall and lush, with an abundance of slender little beans, tomato seedlings have been transplanted into the fields, and green beans are already starting to sprout out of the ground – the earliest I can remember. Spring on the farm can be compared to the early phase of pregnancy: we are planting, planning and laying the groundwork for the healthy abundance to come.

*"Let the beauty we love be what we do. There are a hundred ways to kneel and kiss the ground."*

- Rumi

It seems like we are having an early start all around – not only in the fields, but also in the CSA. I am excited that this year for the first time ever we will begin the season with everyone on board (we are sold out of shares, so, starting the season with full membership – close to 550 families!) Everyone here at the farm is delighted to welcome so many returning and new members to our Community Supported Agriculture journey. We are embracing this seasonal dance as a community, and it is our shared commitment that represents the heartbeat of Live Earth Farm. A commitment where we explore and discover that eating with the seasons may not always be the most convenient or easiest, but it awakens and nourishes our minds, hearts and bodies. Every time you open your share, remember that you are linked to the land and people who work here, and that you are also an extension of that relationship by preparing the food you receive. I know that the meals we prepare sometimes require us to be flexible and creative, but in a wonderful way: I see cutting, washing, cooking and most importantly eating as a unique contribution, as though we are adding flavor to the earth we depend on. – Tom

## Crop Notes

A quick update on strawberries: we will have just enough this week for each Family share to get one basket, however next week I am predicting everyone will get a basket, Family and Small shares alike. Also, I am confident that we'll have more abundance in the coming weeks!

Carrots: the carrots you will be getting, although freshly dug, have no tops on them. This is because these are winter carrots, and the tops not only don't look so pretty but also, because they are mature (having wintered in the field), they are very hard to pull out of the ground so the tops tend to break off. So for the next couple of weeks you'll get your carrots loose and bagged. Once our new crop of spring

## Live Earth Farm 2007 Calendar

(see calendar on website for more info)

Sat. Jun 2	<u>"Outstanding in the Field" Dinner</u>
Sat. Jun 23	<u>Summer Solstice Celebration</u>
July 10-14	<u>Teen Adventure Camp</u>
Aug 24-26	<u>Children's Mini-Camp</u>
Sat. Oct 3	<u>Fall Harvest Celebration</u>

carrots gets big enough, they will come to you bunched as usual.

Beets: the beets in this week's shares, both the red and the golden, are the last of the over-wintered crop – big and really sweet. We cleaned out the fields and they were just too nice to plow under! Starting next week though your beets will be from the new planting (no more goldens for a while, although they're coming). Next week's new beets will have large, beautiful beet greens too!

Coming soon: broccoli, fava beans, fresh onions and arugula, radishes, bok choy... and more strawberries!

## “Friends of Live Earth Farm” yahoo group starting

Have you ever wished you had a place to connect with other Live Earth Farm CSA members? Someplace to arrange carpools to farm events (or just to pick up your share!), swap shares or share items, talk recipes, share photos or just plain exchange insights, ideas and experiences about your farm? Well now's your chance! CSA member Marina Peregrino is launching a new Yahoo Group just for friends and members of Live Earth Farm. This list will be completely member driven, not run by anyone at the farm. Although Debbie or Tom may choose to look on or occasionally contribute, they are not on duty here. *If you have any business with the farm, contact the farm directly.* Want to join this Yahoo group? In any browser window, go to [groups.yahoo.com](http://groups.yahoo.com) then under “Find a Yahoo! Group” enter LEFCSAfriend (or type in the whole link and go there directly: <http://groups.yahoo.com/group/LEFCSAfriend>). Once there, click on “Join This Group” and follow the instructions. Membership to this group is “restricted” which means that only people who sign up can participate. Marina will be the group moderator. Any CSA member or friend of Live Earth Farm is welcome to join! 🍷

## Paper newsletter and email newsletter

Although we will still be generating a paper version of the newsletter for those that want one, this year we will be sending our newsletter to all via email. Our reason for doing this is twofold: One, there was a lot of paper wasted when we did a paper-only newsletter; by the end of last season I had a stack of un-picked-up newsletters 15” high – that's a lotta paper! (And a few trees and all the energy it took to convert them to paper, ship them to the stores, etc.) Two: with an e-newsletter we are able to share photos (which is nice!), and the format is less restrictive, i.e. I don't have to limit the content to what will fit on two sides of an 8 ½” x 11” piece of paper!

So again, if you wish to continue getting a paper copy of the newsletter, just contact me at the farm and I'll see you get one. But this way, at least ‘every paper newsletter will be a wanted paper newsletter!’ If you've requested the paper option, there will be an asterisk next to your name on your checklist (at your pick-up site) and a newsletter in the front pocket of the binder for you. You will still get the e-version too.

If you specifically *don't* want to get the *email version* of the newsletter, simply use the ‘unsubscribe’ link at the bottom of the newsletter (or email me at the farm and I'll take you off the newsletter e-list). We don't want to be anybody's spam! Being removed from the newsletter e-list does not remove you from our membership database – they are two completely different systems. – Debbie 🍷

## Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact me at [deb@writerguy.com](mailto: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).

*Hello everyone! I've heard from many of you who are excited to be getting your first share. Me, I'm always excited to get my share! I love thinking up new ways to prepare and eat my farm veggies, and often daydream about it. By the end of the season I predict you all shall become veterans at 'cooking with what you have!' Since there's not a lot of room here, I'm just going to highlight the veggies our newer members may be unfamiliar with; just keep in mind though, there're a gazillion recipes in the database on the website! – Debbie*

### Rutabagas

Gnarly and sometimes hairy, these babies are still tasty eating! (The leafy tops are edible too, just use the ones that are green and vibrant; use like chard, steam or sauté.) For the rutabaga roots, peel, dice and cook in boiling salted water until tender but not mushy, oh, 8 to 10 minutes depending on size of dice (when done a sharp knife should pierce them easily). Drain well then mash or purée with butter and salt, to taste. Serve like you would mashed potatoes!

### Beets

Best way to prepare beets is to roast them! The flavor is intense and wonderful, and with these sweet over-wintered beets they should be especially good. Cut tops from beets leaving about 1” of stems. Scrub off dirt, maybe cut off root if it's long. Rub beets with a little oil and wrap in foil, then bake in a moderate oven (350 – 375 degrees) for a good hour if they're big (and possibly longer if they went into the oven from the refrigerator); again, use the sharp knife test for doneness. A done beet should offer no resistance when pierced. When done, unwrap foil and when cool enough to handle, cut off tops then remove skin (this slips off easily; just rub with your fingers). Serve beets just as they are, with a little butter and salt, or, slice or dice and toss with a simple vinaigrette.

You don't always have to cook beets! They are also great grated raw into salads. Peel beets first with a vegetable peeler, then grate into a bowl or directly onto your salad greens before dressing. Grate up some carrots to add to the mix for color. Grated raw beets and apple are also a

tasty combination (although we don't have any apples in our shares right now).

### Green Garlic

The farm's green garlic is big and beautiful right now! The flavor is less intense than mature garlic, so you can use more of it. You can also use a good bit of the stem (the light green part). I carefully slice off the outermost dark leaf just below where it comes together, then work my way up the stem circle-cutting off subsequent leaves, being sure to watch for and wash off any dirt. Then I just slice or chop up as far up the stalk as I like! Try stir-frying the sliced green garlic in a little olive oil, then adding chopped chard leaves and stir-frying until wilted. Sprinkle with salt and add a little vinegar or lemon if you like. Or use balsamic or cider vinegar and then toss in a handful of raisins that you've plumped in hot water for a few minutes!

### Kale

Strip leaves from stems, boil in well-salted water about 3 minutes. Drain, squeeze out extra water, dress w/olive oil, lemon, salt!