



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

12th Harvest Week

June 18<sup>th</sup> – 24<sup>th</sup>, 2007

Season 12

\*\*\* Don't forget our Summer Solstice Celebration is this Saturday June 23rd!! \*\*\*  
(see last week's newsletter for details)

**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:**

Arugula +  
Cauliflower (Lakeside)  
Garlic  
Green beans +  
Red Russian kale  
Lettuce (red leaf and butter)  
Onion  
Potatoes +  
French breakfast radishes  
Spinach +  
Summer squash  
Strawberries (2 bsks)

## **Small Share:**

Arugula  
Garlic  
Green beans  
Red Russian kale  
Lettuce (red leaf and butter)  
Onion  
Potatoes  
French breakfast radishes  
Spinach  
Summer squash  
Strawberries (2 bsks)

## **Extra Fruit Option:**

4 bsks. of strawberries and  
1 bskt of blackberries

## **"Strawberry Bounty:"**

5 baskets of strawberries!

On Wednesday last week, I knew our first heat wave of the season was upon us. The morning was warm, even before the sun rose over the Santa Cruz mountains to the East. The clear skies indicated that no marine layer had formed to cool the coast. When it's going to be hot, watering is the most important task, to make sure crops – especially the once that like the cooler weather – don't get too stressed. We started watering all our greens Monday and Tuesday, to keep them fresh; we had to make sure the recently transplanted and freshly sown fields got watered as well, so they could withstand the oncoming heat. Everyone was up an hour earlier: first, the strawberries had to be picked for the CSA delivery, because the truck needs to leave no later than 8:30am. When the berries get too hot, they are easily bruised and difficult to snap off the stems.

Wednesdays are our busiest days: we have to harvest for the Downtown Farmers Market in Santa Cruz, AND for Thursday's CSA shares. By Noon last Wednesday, the heat was on – it had to be well over 90F as the final load came in from the field. Fortunately, everything is immediately washed and cooled. As soon as the Market van is sent off, everyone takes a short lunch break; helps us all to catch our breath. After lunch, most stay to help prepare and pack the shares. The shade and cooler temps in the breezeway of the barn are a welcome change from the heat out in the fields. The people responsible for watering head back out though, as they need to change the sprinklers to other parts of the fields. As I walked up the hill to turn one of the water pumps off I felt a sudden ocean breeze... this was a good sign; it meant the worst of the heat was over.

Few jobs are as physically demanding as farming, and the intensive and very diverse organic farming operation such as we have become is especially so. Being a CSA member, your connection to the farm is about 'food with a face.' So every week in this newsletter, I hope to capture a glimpse of the diverse tasks that go on here, as well as of the people who are dedicated to bringing to you the bounty this land has to offer. I hope you will join us on the farm this coming Saturday for our Solstice Celebration! Come and meet the many people who grow your produce, and if you have time, I hope you will participate in some of the activities scheduled for earlier in the day. – Tom

## **Field Notes**

Green Beans are starting this week, and we hope to have enough for everyone! If we run short, we may substitute broccoli, but probably only this week; from here on they will be a regular staple in your share though, one you can expect throughout most of the rest of the season. The summer squash will include a new addition this week: some of you will find a light green,

*"I am in love with this world. I have nestled lovingly in it. I have climbed its mountains, roamed its forests, sailed its waters, crossed its deserts, felt the sting of its frosts, the oppression of its heats, the drench of its rains, the fury of its winds, and always have beauty and joy waited upon my going and comings."*

*- John Burroughs*

## **Live Earth Farm 2007 Calendar**

(see calendar on website for more info)

Sat. Jun 23 Summer Solstice Celebration

Aug 24-26 Children's Mini-Camp

Sat. Oct 20 Fall Harvest Celebration

**Farm Work Days:** 6/29, 7/27, 8/31, 9/28, 10/26  
(see Week 10 newsletter for details)

very delicate Lebanese summer squash along with the zucchini and little yellow zephyrs (or possibly in place of one or the other; we mix them around). Again, like the green beans, we will have more for everyone in the coming weeks. The Lebanese squash have a wonderful nutty flavor that I think you will enjoy. We should have leeks in 1 to 2 weeks; I'm just leaving them in the field to size up a bit more. Lastly, we are taking a small break from carrots and beets; we should have carrots again next week though, from the latest planting (they're a little small yet).

Our "Extra Fruit option" members will see a change in their fruit starting this week, with the first of our blackberries supplementing the strawberries. Plums should start around the beginning of July, give or take a week. Raspberries are coming, and there's a \*chance\* we may have enough apricots to give all our "Extra Fruit" shares some this year (!), but probably only for one week. If that happens, it'll be later in the summer. 🍓

## Permaculture at Live Earth Farm

See this week's e-newsletter for details! 🍓

## 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).

### What I'd do with this week's box:

With potatoes back in the box, I'm definitely making some gnocchi this week! Gnocchi (pronounced "nyo-kee"), if you've never heard of them, are little pasta-like potato dumplings. They are great served any number of ways... with your favorite pasta sauce, with butter and herbs, with butter, garlic and herbs, with parmesan cheese and olive oil, in a soup with greens... You can make them plain, with just potatoes, or you can make them with spinach or other greens (kale?) mixed in as well. Lauren's cheesy cauliflower chili (see e-newsletter) sounds good... I just wish I had a crock pot! I love combining arugula and butter lettuce in the same salad; heck, since we have it, add the red leaf too: the peppery arugula is balanced by the sweet and delicate butter and red leaf lettuces. Use them with Alice McKown's yummy salad with bleu cheese and caramelized nuts (recipe below), or try my 'fruit-cheese-greens' philosophy of salad-making (see recipe database). Alice's salad definitely falls into that realm. Thinly sliced red onion goes nicely in these kinds of salads too. Radishes? I'll continue to eat them plain with a little salt, or a little butter and salt, or a little chevre and salt. If you're interested in more ideas than that, a couple years ago member Sara Calkins showed me this website with lots of radish ideas: <http://fooddownunder.com>. Just enter "radish" in the search field and peruse them at leisure! If I'm in a dessert mood, I may try Suzanne Purnell's Spicy Pineapple-Zucchini Bread (in recipe database) with the summer squash we're getting (yes, you can substitute any summer squash for zucchini). They're really easy to grill though; slice big zucchini on a long diagonal into 1/4" ovals (slice small zephyrs in half lengthwise), coat lightly in olive oil, sprinkle with salt and pepper, and grill a minute or two on each side, until grill marks show. Optionally you can add some

crushed garlic to the oil, and maybe some herbs. Be creative! Strawberries? Make strawberry agua fresca. The recipe (in database) is not hard and fast; you can use lemon juice if you don't have limes, you can use more citrus if you like it sour, you can leave the citrus and sugar out entirely and just whirl together strawberries and water for a delicate 'strawberry water' – serve over ice maybe with a little mint... heck, you could throw the mint into the blender when you're making the agua fresca too. So many possibilities!

### Grapefruit Zabaglione over Mixed Berries

by member Farrell Podgorsek; serves 4

Any fresh berries you want, strawberries sliced or quartered  
4 egg yolks  
1/3 C sugar  
1/4 C grapefruit juice - I used Trader Joe's Ruby Red Juice  
pinch salt

Place berries in serving dishes. Combine egg yolks, sugar, juice and salt in a large metal bowl. Using a hand mixer or whisk, beat until combined and pale yellow in color. Set the bowl over a pot of simmering water. Be very careful that the water does not touch the bottom of the bowl. Continue to beat or whisk until the egg mixture is tripled and is very thick and creamy, about 4-5 minutes. Spoon over berries.

### Summer Salad with Caramelized Nuts

Member Alice McKown sent me this recipe, saying "here's a quick rundown of my best salad. I get rave reviews."

Caramelize a little brown sugar in butter on the stove. When sugar is melted somewhat and a little browned, throw in a handful of walnuts you have either toasted in a dry frying pan or nuked for 2 minutes in microwave. Wash the best, freshest let-

tuces you can find, preferably from Live Earth Farm. Dressing: Mix a good extra virgin olive oil in equal parts with either raspberry vinegar or other vinegar (fig is really good but expensive). Add a squirt of anchovy paste – unless you are a vegetarian. Add black pepper and salt. (Alternative: use hazelnut oil instead of olive oil and toasted and candied hazelnuts. Walnut oil also works, but be sure it stays refrigerated, as it goes rancid quickly.) Toss lettuce with dressing and plenty of crumbled bleu cheese, the candied nuts, and dried cranberries, and sliced pears. Yum. [We won't have pears in the CSA shares until early fall, so keep this recipe in mind for then! Meanwhile, if you do it without the pears, I'm sure it will still be good, and Alice won't mind! ;-)] Debbie]

*Here's a recipe member Suzanne Purnell sent me two years ago, for:*

### Zucchini Oven Chips

1/4 C dry bread crumbs  
1/4 C (1 oz.) grated Parmesan, Romano or Asiago cheese  
1/4 tsp. seasoned salt  
1/4 tsp. garlic powder  
1/8 tsp. black pepper  
2 tbsp. milk  
2 1/2 C (1 1/4"-thick) sliced zucchini (~2 small)  
Cooking spray [or butter]

Preheat oven to 425 degrees. Combine first 5 ingredients in a medium bowl, stirring with a whisk. Place milk in a shallow bowl. Dip zucchini slices in milk, then dredge in breadcrumb mixture. Place coated slices on an ovenproof wire rack coated with cooking spray [or lightly greased with butter – partially unwrap a stick and hold wrapped end like a 'handle' then slide end of stick over the wires]; place rack on a baking sheet. Bake at 425 degrees for 30 minutes or until browned and crisp. Serve immediately.

*More recipes in e-newsletter!*