



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

14th Harvest Week

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

Season 12

**\*\* Remember: Weds. July 4<sup>th</sup> will be a normal Wednesday delivery! \*\***

**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:**

Potatoes +  
Green beans +  
Summer squash +  
Leeks  
Cilantro  
Chard  
Kale  
Carrots  
Beet medley (Forono, chiodgia and golden)  
Turnips  
Basil  
Strawberries (1 bskt)

**Small Share:**

Potatoes  
Green beans  
Summer squash  
Leeks  
Cilantro  
Chard  
Carrots  
Turnips  
Basil  
Strawberries (1 bskt)

**Extra Fruit Option:**

1 bskt. of strawberries, 1  
bskt. of blackberries, 1  
bskt. of raspberries and 1  
bag of Santa Rosa plums

**"Strawberry Bounty:"**

4 baskets of strawberries

A promise needs to be kept, especially if it's one to my 13 year old son. For David who is entering the tender and uncertain years of teen-hood, words don't mean much, so last week, I followed through on my long held promise of showing him New York. In what was a spur of the moment decision, we hopped on a red-eye flight on Wednesday and the two of us spent 3 days in the Big Apple. For David, not knowing what to expect, the physical scale of things combined with the richly diverse and many overwhelming contrasts of Manhattan, had the intended effect of absolute amazement and curiosity. It was a tour-de-force from morning until late at night. We covered all the major sights, rode the subway like gophers on

adrenaline, and spent most of our time walking the grid of streets and buildings from one sight to the next. When exhaustion finally caught up with us I couldn't wait to relax and spend Saturday morning visiting the Farmer's Market at Union Square. It was one of our highlights, with warm weather and clear blue skies; everybody was out and about. The small park at Union Square was filled with people relaxing and soaking up the sun. The farmer's market was lively, a real oasis, where the encounter between two cultures – the urban and agrarian – felt like a fresh breeze within this hard core financial epicenter of the world. It is sometimes the contrast that makes one see things that otherwise go unnoticed. As a farmer standing in the middle of this vibrant and thriving market, not too far from Ground Zero, I was filled with hope that we are in fact starting to transform things towards a more encouraging alternative future, away from the current and more vulnerable industrial and economic model of our times. Just like the mighty World Trade Center towers were vulnerable, and crumbled in the face of an unexpected terrorist attack, so too is the centralized, industrial food system, in the hands of a few corporate mega-farms, vulnerable to crumbling under economic and ecological pressures. I was right at home talking to fellow farmers here in New York, enjoying the taste of their first fresh tomatoes, sampling goat cheese handcrafted by a small farm in Pennsylvania, and sipping deliciously refreshing cold raw chocolate milk. I was thinking of Luis, who at the very same moment was setting up our Live Earth Farm farmstand at the Westside Market in Santa Cruz, and of the probably thousands of others at farmer's markets all across the country. Security and peace can be built around a food system that relies on smaller and widely dispersed family farms and local enterprises, where the producers and consumers can have a conversation, look each other in the eye, and trust the story behind the product being exchanged. Here at the Union Square Farmer's Market, the products offered for sale involved much more than just a financial transaction: it involved a conversation, a handshake, smelling, tasting, colors... it felt like a community. I like to believe that food is a wonderful vehicle for creating a more secure and stable future, one where we celebrate our interdependence rather than our independence. Happy 4th of July! – Tom

*"Every aspect of our lives is, in a sense, a vote for the kind of world we want to live in."*

*- Frances Moore Lappe*

## Field Notes

This week we have turnips, and one of the challenges is to grow them without too much damage from a small root maggot that likes to tunnel into the flesh of the bulb. So don't be too alarmed if some turnips in your bunch are not perfectly smooth skinned and white. Members who get our "Extra Fruit Option" will start enjoying more diversity now, with both blackberries and raspberries

## Live Earth Farm 2007 Calendar

(see calendar on website for more info)

Aug 24-26 Children's Mini-Camp  
(this is sold out)

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)

and, thanks to Jane Krejci in Los Gatos, who every year lets us pick her Santa Rosa Plums, we should have a nice abundance of them over the next few weeks as well. There won't be any Lettuce this week, because we were delayed in one of our plantings, but next week we should have plenty again. The strawberries are slowing down, which is normal for this time of year, so in a week or two we will stop the "Strawberry Bounty" option and start it up again in August or September, when the second flush happens. Expect cherry tomatoes next week, and red salad tomatoes the following. 🍷

## 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).

*First, here is a recipe I kept for when we got turnips. It was sent to me by Holly Trapp. Also, before I forget – those **turnip greens** are edible too! Just remember as usual to cut off and store them separately from the roots. Farmer John's cookbook says, "Turnip greens are coarse, have a slight bite, and look very similar to [giant] radish leaves. It is good to blanch them before cooking. They do well combined with other greens and cooked lightly with oil, vinegar, hot sauce, ground red pepper, sugar, garlic or onions." - Debbie*

### Persian Turnip Pickles

1 large beet (or several small)  
4 small turnips or 3 medium size turnips  
3-5 garlic cloves, peeled and sliced  
Young celery leaves  
1/2 C each white vinegar and water  
1 tbsp. coarse salt

Boil in beet water until tender and peel, cool, slice and set aside. Drop turnips into boiling water for 2 to 3 minutes, take out and peel. Cut into French-fry size sticks. Sterilize a 1 pint wide-mouth jar, layer turnips, beets, a few slices of garlic and celery leaves. Combine water, vinegar and salt and bring to a boil. Fill jar with vinegar mixture, seal and store in warm place 10 days. These get better the longer they sit - which usually doesn't happen!

### Zucchini Pie

from Real Simple magazine, Sept. 2004

Makes 6 servings

From member Christen Stryker: "I just made a yummy new recipe tonight that I wanted to share. This is a recipe from Real Simple magazine. It is so easy (especially with a food processor to grate the squash for you!) and a great way to use a bunch of that zucchini and summer squash we are getting in our boxes. I served it with steamed broccoli (from our share) and a loaf of herbed focaccia. A nice light meal that was a hit!"

3 C grated zucchini (I just used whatever squash was in the box this week.)  
1 small onion, chopped  
1 C all-purpose flour  
1 C grated provolone cheese (I used the Trader Joe's 4 cheese blend) [you could probably use any number of cheeses; the flavor will just vary slightly based on the cheese you use]

3 eggs, beaten  
1/4 C vegetable oil [I always prefer olive oil]  
4 tbsp. grated Parmesan  
2 tsp. chopped fresh basil (I used more than this - probably about 2-3 tbsp.)  
1 tsp. baking powder  
1 tsp. salt  
1/2 tsp. freshly ground black pepper

Preheat oven to 350F. Combine all ingredients in a large bowl, reserving 1 tablespoon of the Parmesan. Spoon the zucchini mixture into a 10-inch round glass pie plate or metal pie pan that has been coated with vegetable cooking spray [or just use your fingers and some olive oil; the idea of oil coming out of a spray can gives me the willies]. Bake for 45-50 minutes or until golden brown. Sprinkle with the reserved Parmesan. Cool 10-15 minutes before slicing.

Here is a slight variation on roasted potatoes, sent in by regular contributor Farrell Podgorsek:

### Homemade Garlic-Basil "Fries"

Farm potatoes, washed and quartered  
Farm garlic: 2-3 cloves, minced and then mashed with salt into a paste  
Basil - slivered

Toss potatoes with a small amount of olive oil, salt & pepper in a bowl. Place on a baking sheet, cut side down, and cover with foil. Bake at 450 degrees for 20 minutes. Uncover and continue to roast until done, about 20-30 minutes. Place mashed garlic and basil in bowl. Add hot potatoes and toss well. Season with more salt & pepper if needed.

### Citrus Feta Beet Quiche

An intriguing, yummy-sounding recipe sent me by member Cynthia Neuendorffer

Make your favorite butter pastry shell, but add about 1 tsp. orange zest to the dry ingredients before mixing in liquid. Bake shell until it's just starting to turn golden.

Julienne two beets and sauté in olive oil until just starting to soften. Let cool. In a mixing bowl, beat 2 eggs. Add about 1/3 C milk. Season with pepper. Mix in 6 oz. crumbled feta cheese and the beets. Spoon into crust. Bake at 350 degrees until egg is firm, about 15 minutes.

I made these as mini-quiche in muffin tins for book club meeting, but a large quiche should work well too!

### Chickpea and Leek Soup

from a Jamie Oliver book, sent in by member Jennifer Marcoux [I'd been saving this for when we got leeks]. Jennifer says this is her favorite leek recipe.

12 oz. can chickpeas, rinsed  
1 medium potato, peeled  
6 leeks, finely sliced [if we only get 3 in the bunch, I'm sure you can halve this recipe no problem]  
1 tbsp. olive oil  
knob of butter  
2 cloves of garlic, finely, sliced  
salt  
freshly ground pepper  
4 C vegetable or chicken stock  
handful parmesan cheese, grated  
extra virgin olive oil

Cover the potato with water and cook until tender.

Remove the outer skin of the leeks, slice lengthways from the root up, wash carefully and slice finely.

Warm a thick-bottomed pan, and add the tablespoon of oil and the knob of butter. Add the leeks and garlic to the pan, and sweat gently with a good pinch of salt until tender and sweet.

Add the drained chickpeas and potato and cook for 1 minute. Add about two-thirds of the stock and simmer for 15 minutes.

Purée half the soup in a food processor and leave the other half chunky this gives a lovely smooth comforting feel but also keeps a bit of texture.

Now add enough of the remaining stock to achieve the consistency you like. Check for seasoning, and add Parmesan to taste. Garnish with a little olive oil.

*additional recipes in this week's e-newsletter:*

**Mary Murphy's Sautéed Greens with Chevre & Toasted Garlic Bread Crumbs**

**Kale with Caramelized Onions and Balsamic Vinegar**