



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

15th Harvest Week

July 9<sup>th</sup> – 15<sup>th</sup>, 2007

Season 12

**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:**

Basil  
Beets  
Carrots  
Chard  
Garlic  
Green beans +  
Kale  
Mizuna +  
Parsley  
Potatoes +  
Summer squash +  
Strawberries (1 bskt)

**Small Share:**

Basil  
Beets  
Carrots  
Chard  
Garlic  
Green beans  
Mizuna  
Potatoes  
Summer squash  
Strawberries (1 bskt)

**Extra Fruit Option:**

Blackberries, apricots,  
plums and cherry tomatoes

**"Strawberry Bounty:"**

4 baskets of strawberries

Live Earth is not just the name of your small organic family farm in Watsonville anymore, but also the hopeful beginnings of a movement to solve the global climate crisis. This weekend more people than all the strawberries and green beans we could ever dream of growing (an estimated 2 billion) participated in what was the largest concert series ever performed. Live Earth – the name of this global 24-hour music marathon – spanned 7 continents, with the objective of jumpstarting a massive grassroots movement focused on stopping global warming. Whether or not we agree with the style in which this wake-up call was executed, it is a wake up call we cannot ignore. Over 30 years ago when astronauts first photographed the Earth, it forcefully reminded us that our world has natural limits which cannot be escaped. Global warming is an undeniable indicator of such a natural limit, and there is no escaping it. If music can unify so many people, I find good reason to be hopeful that our creativity can unite us to stop the pace at which we exploit and consume the

natural resources of our planet. Who would have thought that only 12 years ago, when we started Live Earth Farm, what seemed like a fringe endeavor promoting organic and community supported agriculture, today is almost mainstream. Even in Manhattan last week I saw a 'CSA pick-up' sign on 36th Street over the door of a large office building. People in every major city today should have access to CSAs, farmer's markets, and community gardens. Our relationship to food links us to nature and asks us to be stewards, respecting the interrelationship of soil, water, plants, wild and domestic animals. The inspiration for sound stewardship doesn't come from books, but by listening to nature's teachings. Concerts and music can inspire and bring awareness, but nothing will come of it if it doesn't translate into action. We are given a vision for the future and everyone is asked to take responsibility for acting on it. I feel, I am preaching to the choir when I write this to our CSA members. I like to think that every meal we prepare with food grown on this land is like taking a small step toward a more sustainable future. Today's pictures of fruit and sunflowers capture nature's sweet celebration of colors, flavors and nourishment. A bite into a warm juicy apricot, plum, or peach connects me to the land I love and work on every day. They are the small miracles that strengthen my resolve to make the right choices and to work through the frustrations and difficulties of living on and sharing this magnificent LIVE EARTH. – Tom

*"We must not be afraid of dreaming the seemingly impossible if we want the seemingly impossible to become reality."*

- Vaclav Havel

## Field Notes

This week we are busy getting a water well up and running again; on Saturday, the water stopped flowing in one of our fields at the base of Hecker Pass (Hwy 152). One realizes how quickly priorities shift when water is missing! Meanwhile, apricots will be the stars of the "Extra Fruit" share this week: even though a bit cracked or spotty, they are at their peak in flavor. We can't promise apricots every year, since they are difficult to grow here on the coast, but this year's dry spring made for a good crop. Enjoy them – they will only last a couple of weeks. Ditto for the plums. Broccoli and lettuce will be back next week. The beets didn't like all the heat we got, so their leaves have some black aphids; consequently some shares will not receive a bunch, but a bag of them. 🍷

## 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:** 7/27, 8/31, 9/28, 10/26  
(see Week 10 newsletter for details)

## Member Quote of the Week

"I just wanted to thank you. Someone today asked about my lunch plums and it gave me that warm feeling to say 'I belong to an organic farm.' May your camels spit nothing but dates." – Liz Hamm

## Other stores in the e-newsletter...

- Sign the Live Earth Pledge, and
- Donating your share

## 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).

### Compound Herb Butters

from "Recipes from a Kitchen Garden"

"Keep on hand to dress up any plain grilled meat, chicken or fish, [what about summer squash?], as an emergency sauce for pasta, to swirl into soups and stews, or to serve on hot breads."

- 1 medium scallion, finely chopped
- ¼ C packed fresh basil, parsley or cilantro leaves [or a combination thereof], finely chopped
- 1 tbsp. fresh lemon juice
- ¼ tsp. salt
- ¼ tsp. freshly ground white pepper
- several drops hot pepper sauce
- ¼ tsp. dry mustard
- ½ C unsalted butter [one stick], softened

Use a food processor to combine or mash together by hand the scallion and herbs. Add the lemon juice, salt and pepper, hot sauce, mustard and butter and mix together very thoroughly. Transfer to waxed paper or plastic wrap and roll into a log about 1 inch wide and 7 inches long. Freeze until ready to slice and use. [Or, since frozen butter is hard to slice, you could refrigerate it until firm, slice it, then lay the pats on sheets of waxed paper, stack, and seal in a ziploc bag and freeze. That way, you could just take out a few pieces at a time.]

### Hot Potato Salad

from "Food for the Spirit"

makes 4 to 6 servings

- ¼ C + 2 tbsp. sunflower oil [or olive, I always like olive oil!]
- 2 cloves garlic, crushed
- 1 tbsp. lemon juice
- ½ tsp. coarse mustard
- 1 tbsp. balsamic vinegar
- ½ tsp. honey
- 2 tbsp. chopped fresh parsley
- 2 tbsp. chopped black or green olives
- 6 scallions, sliced
- 20 small new potatoes, boiled or steamed [if you don't get small potatoes in your share, you can always cut the bigger ones in quarters or eighths]

In a large bowl, combine oil, garlic, lemon juice, mustard vinegar, honey, parsley,

olives, and scallions. Whisk together. Add the potatoes while still warm. Toss well. Let stand for 30 minutes or more; serve at room temperature.

### Potatoes and Haricots Verts with Vinaigrette

from member Amoreena Lucero, who says, "If anyone is looking for an alternative to traditional potato salad, here's a recipe that uses the potatoes and green beans in our box. I use Trader Joes champagne vinegar and add capers. I'm asked for the recipe every time I make it!"

Makes 8 servings

She also says, "If you're making your vinaigrette with white-wine vinegar, use ½ teaspoon sugar (instead of 1/4 teaspoon) to balance the higher acidity."

- 3 tbsp. Champagne vinegar or white-wine vinegar
- ½ tsp. Dijon mustard
- ¼ tsp. black pepper
- ¼ tsp. sugar
- 2 tsp. salt
- 1/2 C olive oil
- 3 lbs. small (1½" to 2") yellow-fleshed potatoes such as Yukon Gold, scrubbed well
- ¾ C diced (1/4") red onion
- ¾ lbs. haricots verts or other thin green beans, trimmed and cut into 2-inch pieces
- 3 celery ribs, cut into 1/4-inch dice
- 1/3 C finely chopped fresh flat-leaf parsley

Whisk together vinegar, mustard, pepper, sugar, and 1 teaspoon salt in a small bowl. Add oil in a slow stream, whisking until emulsified.

Quarter potatoes, then cover with cold water by 1 inch in a 4- to 5-quart pot and bring to a boil with remaining teaspoon salt. Reduce heat and simmer, uncovered, until potatoes are tender, 8 to 10 minutes. Drain, then transfer hot potatoes to a large bowl and toss with onion and all but 1/4 cup vinaigrette. Cool to room temperature, about 1 hour.

While potatoes cool, cook green beans in a 3-quart saucepan of boiling salted water, uncovered, until crisp-tender, 3 to 4 minutes, then drain and transfer to a bowl of

ice water to stop cooking. Let stand 2 minutes. Drain and pat dry.

Just before serving, toss potato mixture with green beans, celery, parsley, and remaining 1/4 cup vinaigrette.

### Cooks' notes:

- Potatoes can be cooked and tossed with onion and vinaigrette 1 day ahead and chilled, covered. Bring to room temperature (this will take about 1 hour), then add remaining ingredients.
- Green beans can be cooked and celery can be diced 1 day ahead and chilled separately, wrapped well in dampened paper towels, in sealed plastic bags.

**Debbie's potato salad notes:** If you haven't noticed a trend yet, here's the tip: a lot of potato salad recipes are simply boiled or steamed potatoes tossed warm with a vinaigrette. Other veggies and herbs can be added or not, per what you might have in the box any particular week. The sky (and your imagination) is the limit here, when you think about it!

**Debbie's beet salad notes:** When you think about it, you'll notice a similar trend in beet salad recipes: roast, boil or steam your beets, toss them warm with a vinaigrette, let them marinate a little, maybe add a few other things (nuts? green onion? fruit?), or serve it up on a bed of greens or lettuces... what if you diced or sliced up some carrots, cooked and marinated them separately, then at serving time combined them with the beets for a colorful sight?

In either case, keep this concept in mind when you're browsing other recipes. You might see a vinaigrette that's a part of some other recipe, but hey – maybe that'd be good with beets or potatoes... at least, that's the way I'm always thinking!

### Plum and Apricot Pie

There's this great recipe in the database called "Irresistible fresh apricot pie" – I bet this would be great with half apricots, half plums! Hm, I think I'm just going to have to do this now that I think about it! - Debbie