



# Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

2nd Harvest Week

April 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:

Red beets (lg. bunch 5-6)  
Broccoli (Lakeside) +  
Red cabbage  
Carrots +  
Chard  
Cilantro  
Green garlic (2)  
Kale (dinosaur or red Russian)  
Lettuce (2)  
Green onions  
Rutabagas (topped, loose)  
Strawberries (2 bsks.)

### Small Share:

Red beets (lg. bunch 5-6)  
Broccoli (Lakeside)  
Red cabbage  
Carrots  
Chard  
Cilantro  
Green garlic (1)  
Kale (dinosaur or red Russian)  
Lettuce (1)  
Green onions  
Rutabagas (topped, loose)  
Strawberries (1 bsks.)

### Extra Fruit Option:

(doesn't start 'til May)

Last week I had to run an errand at the local supermarket. When I walked through the produce department I noticed that the aisles were stacked with green beans, tomatoes, peppers, cucumbers, zucchini... even eggplant. I felt somewhat out of place surrounded by a bounty of summer crops in early April; in our own fields we are only just now planting these same crops, and I don't expect to harvest any of them until at least late May or early June.

It is easy to lose track of the seasonal ebb and flow of the foods we eat with a trip to the supermarket, where everything seems to be in constant abundance regardless of what's in season locally. One of the fundamental benefits of being a CSA member is cooking and eating in rhythm with the seasons. It is almost like eating from your own garden; the selection of vegetables will change gradually as the season progresses, and so will the quantity.

You will also discover that crops can be eaten at different stages of maturity (you would never know this if you only got your food from the store). For example, the garlic and the onions you're getting now are young, with fresh green stalks and still immature bulbs; they are milder in flavor than mature, dry-stored garlic and onions, and also convenient to cook with. Your carrots right now, on the other hand, are fully mature, having been planted in November of last year and grown slowly throughout the winter. This slow winter growing gives them a very distinguished sweet earth rich flavor. Yet later in the season we will cycle into new plantings of carrots, so you'll get to experience them at all stages, from young and tender to mature and full flavored.

Although none of us have to hunt, gather or grow our own food in order to survive, respecting the seasonal lifecycles still brings us more into balance with nature. The fewer middlemen between us and the earth, the more we can see and appreciate our relationship to her. So here you have it: the only middlemen between the soil and your kitchen sink are us, your farmers! Now that we have electronic newsletters with the ability to include photos you can get a better "picture" of the many hands and minds who operate this farm. – Tom

*"It's all here... the seasons will show you how nothing is ever really gone but keeps turning out and over again and again and again. We set the seeds, speak to the sky, nurture the plants, drink the rain, give back to the soil, curse the cold, dance to the sun, sing with the wind, weep at the passing, dream with the moon."*

*- from a poem by Sherrie Mickel*

## Calendar Change!

The "Outstanding in the Field" dinner will be Saturday June 9<sup>th</sup>, not the 2<sup>nd</sup>.

## Crop notes

This week we hope everyone enjoys their strawberries! The onions are still young and can be used like spring onions. The broccoli in your shares is from Lakeside Organic Gardens. It is young, tender and beautiful (rather than fat mature stalks) and so will be bagged. The rutabagas this week have all been topped and should be

## Live Earth Farm 2007 Calendar

(see calendar on website for more info)

**Sat. Jun 9**     "Outstanding in the Field" Dinner  
(this was mis-listed last week as June 2<sup>nd</sup>)

Sat. Jun 23     Summer Solstice Celebration

July 10-14     Teen Adventure Camp

Aug 24-26     Children's Mini-Camp

Sat. Oct 3     Fall Harvest Celebration

loose in your box. We cleaned the field, so this will be the last of them for the season. Next week we hope to introduce you to the first tender fava beans of the season! Also next week we should have some young and beautiful Mei Quing Choi (similar to bok choy).

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

*(This is a repeat from last week, in case there was anyone who missed it! – Debbie)*

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! 🌱

## Field Notes from Farmer Tom

This morning Juan is out on our big Kubota tractor, just starting to form the beds in one field in preparation for planting out our peppers and eggplant. It takes three days just to get the field to this stage: first, Juan has to disk under the cover crop, then compost is added, followed by a deep tillage, then a shallow tillage, then a final pass to level the field. Still more must be done before planting: the beds need to be watered, then we wait for the weeds to flush out and till the beds to remove them. Then and *only* then do we plant the young peppers and eggplants, which we started from seed in the greenhouse. 🌱

## 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).

*Received a couple recipes from friends and members which I'll share with you here. Also, a few more miscellaneous tips (people seemed to like this). – Debbie*

### More on Beets (beet greens)

This week's beets are from a new planting. Tom says the variety is “Red Ace” – nice, round beets with lovely dark green tops. It's the tops I want to talk to you about this week. Many people don't realize that beet greens are edible (and wonderful!). What's important to know is that you need to separate the beet greens from the roots when storing them. If you leave the tops attached, what happens is they continue to draw nutrients and moisture from the root, eventually causing it to become soft and rubbery (this holds true for all root veggies, including carrots). So when you get your beets home, cut the leaves off the roots. Store the roots in a bag in the fridge. Drop the leaves into a sink full of water and swish 'em around to get off any dirt, then pinch or cut the leaves from the stems (stems are perfectly edible too – so keep or remove them to your liking), spin them in a salad spinner, then lay out on paper towels (or thin cotton dish towels or flour-sack towels), roll up with the towel and store in a plastic bag in the fridge. Be sure to gently squeeze out as much air as you can, as the greens will keep longer. The toweling wicks the water away from the greens (wet greens rot quicker), yet still maintain a bit of humidity, which keeps them fresher. The greens can be used the same way you would use chard.

### Beet and Rutabaga storage

Both beets and rutabagas should keep well for up to several weeks stored in a plastic bag in your fridge. Don't panic if you can't use 'em up this week!

### Freezing greens

A couple people asked me about this. Yes greens can be frozen for later use. This applies to beet greens, chard, kale, spinach, and collard greens. In all cases but the spinach, I'd recommend freezing the greens only, not the stems. The veggies need to be rather uniform to blanch evenly (If you're hard core and want to freeze the stems too, just do them separately and blanch them a little longer). So: blanch leaves in boiling salted water for 2 minutes, then immediately cool (immerse in ice water or run under cold tap water until completely cooled). Drain away as much water as you can (a gentle squeeze works), chop, then freeze in an airtight container leaving maybe ¼ to ½” headroom. When you go to cook with them later, allow them to partially thaw, so you can break them apart before cooking (otherwise the veggies on the outside will overcook before the innermost ones are done). Use thawed greens in soups, stews, stir-fries, or just cook through and topped with a little vinegar or lemon juice, and maybe some olive oil and a little salt.

### Beetroot with Lemon Dressing

adapted from Irish Food & Cooking by Biddy White Lennon and Georgina Campbell

1 lb. evenly sized raw beets (without tops)

Grated rind and juice of 1/2 lemon  
1/3 C olive oil  
Sea salt and ground pepper  
Chopped fresh chives to garnish (optional)

Cook beets in a large pan of salted boiling water for about 30 minutes, or until tender. Drain and allow to cool. Peel (skins slip off easily) and slice into wedges into a bowl. Add the lemon rind and juice, and the oil; season to taste with salt and pepper. Mix gently in the dressing and serve, adding a sprinkling of chopped chives if you like.

### Baked Salmon in green garlic purée created by member Lisa Bautista!

“I took a (smaller) stalk of green garlic and cut it into 1” pieces, half a preserved lemon\* (I didn't rinse it off because I wanted the salt) and about 1/2 tsp. ground black pepper. I blended it all with enough olive oil to make a paste. I placed a salmon fillet on a piece of foil, slathered it with the green garlic goo, wrapped it up and baked until done. Yummy!

\*If share members don't have preserved lemons, they could use the juice and pulp from a lemon with about 1/2 tsp. of salt as a substitution.”

### In the e-newsletter:

Not enough room here, but I have more recipes for you in the e-newsletter, including Randy Robinson's cilantro pesto (Randy is owner of Vino Locale, a wonderful wine bar and charcuterie/restaurant in Palo Alto; Randy is also one of the leaders of Slow Food Silicon Valley).