



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

3rd Harvest Week

April 16th – 22nd, 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:

Arugula
Beets
Broccoli (Lakeside)
Red or green cabbage
Carrots
Fava beans +
Green garlic
Kale or Chard
Lettuce (2) (LEF/Lakeside)
Onions
Strawberries (2-3 bsks.)

Small Share:

Arugula
Broccoli (Lakeside)
Red or green cabbage
Carrots
Fava beans
Green garlic
Lettuce (1) (LEF/Lakeside)
Onions
Strawberries (1-2 bsks.)

Extra Fruit Option:

(doesn't start 'til May)

When growing food, whether by gardening or farming, one always ends up developing a unique bond with the living earth. It's inevitable. After more than a decade of working, walking, tasting, and breathing the land, one gradually accumulates a "knowledge of place," an understanding of how to read the weather, how to time plantings, what to expect from soils, insects, diseases, animals, and most importantly from each other. We who care for and help grow the crops you receive every week work as a community of individuals who weave their expertise into the larger and interconnected fabric of the farm. I like to compare the farm to a dynamic living organism where each one plays a part, like cells in a body. The food we eat is really an extension of this living organism; by the time we bite into the carrots or strawberries harvested just this morning (see pictures), a community of millions of organisms have helped to get them onto our plates and into our mouths. Imagine that the act of growing and eating food connects us to all living creatures. Suddenly, Community Supported Agriculture takes on a whole new meaning! – Tom

"We began as a mineral. We emerged into plant life and into animal state, and then into being human, and always we have forgotten our former states, except in early spring, when we slightly recall being green again."

- Jelaluddin Rumi, Persian mystic poet, thirteenth century

New Teen Adventure Camp!

My interest has always been in opening the farm to the community – especially to the younger generation – to allow for opportunities where barriers to reconnecting with the natural environment can be dismantled. This year, we are excited to add a Teen Adventure Camp to our regular seasonal events. It will be a 5-day Camp here on the farm for teens/young adults (between 12 to 17 years of age; kids only, no parents!), from Tuesday July 10th, to Saturday July 14th. The Camp is limited to CSA members, and to no more than 10 children. It will be a working exploration, experiencing life on the farm and surrounding environments. There will be harvesting, planting, milking, baking, weeding, watering, driving or riding a tractor, washing, packing and selling vegetables, and discovering the magic of growing nourishing and delicious fruits and vegetables. Although this can be a strenuous experience, there will be plenty of free time to relax, play, and socialize. The camp will end with a dinner celebration prepared by the campers (parents welcome to join!) on Saturday afternoon. The cost is \$350 per teen, all included. Discounts are available. Please contact Tom directly at (831) 760-0436 if you are interested and would like more information. – Tom 🐸

A story to make you smile

A week or so ago I got an email from a brand new member; she said she didn't get any garlic or chard in her share. Many of you asked the garlic question, and have since learned that if you got something that looks like leeks, those're green garlic. I described the chard to her too, and asked whether she got any green leafy veggies with colored

Live Earth Farm 2007 Calendar

(see calendar on website for more info)

Fri. May 18	<u>Four Fridays Mataganza Garden Internship</u> (5/18, 5/25, 6/1, 6/8)
Sat. Jun 9	<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>

stems (which range from white and yellow to orange, pink and red). Her reply just had me smiling the rest of the day:

Err... We're laughing at ourselves right now. I just took a look at the pictures on your website. Yes, it appears we did receive the green garlic - it made a fabulous leek and chicken fricasee.

And even more bizarre and hilarious, the chard turned into some wonderful "rhubarb" tarts. Delicious with lots of brown sugar and a sprinkling of flour!

Well, we're new at this. Adventures in vegetables! I'm having lots of fun discovering creative ways to use them (even more creative than I suspected!) :-)

Let me know if you'd like the "rhubarb" tart recipe! ;-)

So, for any of you who see many new and strange veggies in your shares: a) you are not alone, and b) (as our adventurous member above discovers) recipes for many things are more flexible and forgiving than you might think! (And just for fun, I've included her recipe in the recipe section below.) – Debbie 🍷

Goat Milk Shares

by Lynn Selness, *Summer Meadows Farm*

[Full story in electronic newsletter] We've begun another season with Live Earth Farm and are already delivering milk to all the families signed up with us. Ten does have kidded so far, with 15 more still to birth, so we will add more families on as the milk comes. How it works is you buy a share in one of our does; we milk her for you for the season and offer you her milk: 1 gallon per week per share, or its equivalent in yogurt, kefir, or cheese (ricotta or chevre). It is raw goat milk, and the cheeses are all made by hand (mine!). You can create your combination. You can buy half shares, or more than one also. Each share is \$20 per week. You order directly from us and pay us at Summer Meadows Farm, 405 Webb Road, Watsonville, CA 95076. Our phone is (831) 786-8966. We send the milk to you via Live Earth's amazing delivery. You'll pick up your milk in a cooler at your drop-site. 🍷

Four Fridays Mataganza Garden Internship

by Brian Barth, *resident Permaculturalist at Live Earth Farm*

[Full story in electronic newsletter] The Mataganza Garden project here at the farm is still in a 'developing' stage and needs lots of people, hands, and energy to continue to move it forward. Starting in mid-May I'll host a month-long program for people wanting to get hands-on experience in ecological gardening techniques, appropriate horticulture, natural building, Permaculture Design, and other topics. It will happen on four consecutive Fridays, from 10-6 each day: May 18th, May 25th, June 1st and June 8th. There will be a \$100 fee as a contribution towards the materials needed for our work in the garden. Each day will include hands-on instruction relevant to the projects at hand (to be determined by the needs of the garden) and will serve to tie theory and practice together. Please call or email me at (831) 566-3336 or edenfruits2002@yahoo.com for more info or to sign up. Happy Spring! 🍷

Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact me at 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).

Beth's "Rhubarb" Tart recipe and a few veggie tips (see e-newsletter for more recipes; not much room here today!). – Debbie

Alt use for green garlic puree

Member Stacy McCann says, "I tried [last week's] baked salmon in green garlic puree, but used chicken instead and it was absolutely wonderful. I pour all the sauce out over green beans and mashed potatoes on the plate and the garlic and lemon made everything extra special."

Arugula

The bag of smallish green leaves would be the arugula. It is a delicious, peppery green, which some people like to cook with, but I prefer it raw as a salad green or as 'bedding' for cooked meats or fish. Prep and storage: wash in a basin of water, pick out and discard any yellow leaves or the occasional weed. Spin-dry, then air dry on a cotton towel. Place in a plastic bag, squeeze out excess air, seal and refrigerate. Here's how I recommend eating it

(part of my 'fruit-cheese-greens' philosophy): make a dressing with some fruity vinegar, a dab of Dijon mustard, pinch of salt, and either olive oil or a nice nut oil. Throw a bunch of arugula in a bowl, slice in fresh strawberries, crumble in some chevre or feta, maybe some toasted nuts, toss with dressing and serve!

Young Fava Beans

The bag with what looks like giant green beans would be the young favas (you'll see in the coming weeks that they get MUCH bigger!) Prep and storage: These you can just stick in the fridge in the bag they came in. To eat: top and tail the pods, washing as needed, and cut into bite-size segments. Steam about 5 minutes, then eat any number of ways: simply tossed with a little butter, salt and tarragon (or other herb), or sauté up in olive oil with some chopped green garlic and a little herbs de Provence. Or lightly oil, sprinkle with salt and grill pods whole. In the next week or two I'll talk about how to use the favas when they get bigger.

Beth's Chard Stem "Rhubarb" Tarts

(see 'story to make you smile' above)

Beth says, "Surprisingly, these really were good! I used just the stems of the chard, chopped up, and one pre-prepared pie crust which I split into 6 and baked in a muffin pan. I made a latticed top for each tart, and shortened the cooking time."

4 C chopped rhubarb

1 1/3 C sugar

6 tbsp. flour

1 tbsp. butter

Pastry for a 9 inch double crust pie

Preheat oven to 450 degrees F. Combine sugar and flour. Sprinkle 1/4 of it over pastry in pie plate. Heap rhubarb over this mixture. [I'd sprinkle on a little lemon juice – Debbie] Sprinkle with remaining sugar and flour. Dot with small pieces of butter. Cover with top crust. Place pie on lowest rack in oven. Bake for 15 minutes. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for 40 to 45 minutes. Serve warm or cold.