

April 22, 2004

**This week's share:**

- Leeks\*
- Beets (Red Ace)\*
- Baby turnips (Hakurei) with greens\*
- Lettuce (Freckles—a freckled romaine, or red leaf)
- Spinach\*
- Herbs: your choice of oregano, thyme, rosemary, chives, or cilantro\*

\*=items from the hoopouses (i.e. "WOW! That grew in Michigan in the winter???)")

**Announcements:**

**1. Happy Earth Day!** Stop by the lawn behind the old Horticulture building on campus and help design the Earth Day Mandala – 10:00 a.m. to 6:00 p.m.

**2. Next week (4/29) is the last week of spring session.** We've enjoyed this spring session – hope you have too. For those of you rejoining us, you're invited to the new member orientation meeting,

Thursday, May 13, 5:30-6:15, to meet the new members, help us answer

questions, or ask questions yourself.

**3. All previous (Fall 2003) members – please fill out and return the Fall 2003 Member Survey sent on email a few weeks ago. Thank you to those who have returned surveys. Extra bonus items for those who return surveys!**

**4. Volunteer Days:** Most Thursdays and Friday are good volunteer days: SEEDS need to get planted, WEEDS need pulling, SOIL should be prepared for planting, PLASTIC and hoopouses can be repaired, and of course we're harvesting for your CSA shares. Every THURSDAY morning is CSA harvest, and the more hands the better. Every FRIDAY afternoon is seeding, weeding, soil prep, maintenance, etc. Drop me an email or just show up, with old clothes (dress in layers this time of year), rain gear if necessary,

and your favorite weeding tool (or use ours—there’s plenty!).

### 5. Visits and outreach:

If you teach or are in a class or organization that would like to visit the farm, either for fun or as part of the coursework, please contact Emily Reardon, our Education and Outreach Coordinator, at [reardone@msu.edu](mailto:reardone@msu.edu). We host walking tours, volunteers, interviewers, courses that use the farm as part of their curriculum, prospective or current farmers, and more.

### Recipes and More

**Beets:** Beets are one of my favorite veggies, not just because you can eat the roots, stems, and leaves, but also because they turn everything red once they’re cut! We’re also growing golden and Chioggia (remember those from last week? The bulls-eye beets?) beets, and they’re good if you *don’t* want red cutting boards, red utensils, hands, dishes, and poop.... But the red ones are so beautiful. One of my favorite discussions on beets is the beginning of Tom Robbins’ *Jitterbug Perfume*. The rest of it you can take or leave, but that opening couple of paragraphs are good, beety. I For more info on beets, those delicious, earthy,

bloody roots, click on the link below:

<http://aggie-horticulture.tamu.edu/plantanswers/publications/vegetabletravelers/beets.html>

### **Balsamic-Glazed Beets**

3

(4-oz.) beets

1 Tbs

olive oil

2 tsp

Salt

1/4 cup

balsamic vinegar

2 Tbs

firmly packed brown sugar

1

Preheat oven to 400°F.

2

Peel the beets, coat with oil and sprinkle with salt. Wrap each individually in aluminum foil and bake 1 hour.

3

Meanwhile, heat the vinegar in a small saucepan. Add sugar and stir to dissolve, simmer 15 minutes; set aside.

4

Unwrap beets and allow to cool slightly. Slice beets into 1/4-inch thick slices. Place in a roasting pan in a single layer. Pour vinegar on top and return to the oven for 5 minutes.

**Servings: 1**  
**Preparation time: 15 minutes**  
**Cooking time: 1 minutes**

Copied from  
<http://www.livingcookbook.com/recipes/vegetables/balsamicglazedbeets.htm>

**BEET CHILI by Meg (MWall53895@aol.com)**

Beets give this chili an enticing reddish hue. If the leafy greens are in good shape, they can be chopped and added to the chili for an interesting flavor and texture.

1 Tbs. canola oil  
1 medium onion, diced  
1 large stalk celery, chopped  
2 cloves garlic, minced  
3 cups water  
2 cups diced beets  
1 cup white potato, diced  
15-oz. can stewed tomatoes  
2 to 3 tsp. chili powder  
2 tsp. dried oregano  
1 tsp. dried basil  
1/2 tsp. salt  
1/2 tsp. ground black pepper  
15-oz. can kidney or other red beans, drained  
2 Tbs. tomato paste  
1 cup chopped beet greens (optional)

Heat oil in large saucepan. Add onion, celery, and garlic, saute until tender but not brown. Stir in water, beets, potatoes, tomatoes, chili powder, oregano, basil, pepper, and salt; bring to a simmer. Cook uncovered over medium-low heat, stirring occasionally, until beets and potatoes are tender, about 30 minutes. Stir in beans, tomato paste and beet greens. Cook 10 to 15 minutes more over low heat; let stand for 5 to 10 minutes before serving. Can be topped with sour cream if desired. Serve with warm dark or Italian bread.

**Copied from:**  
[http://members.aol.com/ht\\_a/Beetlady/index2.html](http://members.aol.com/ht_a/Beetlady/index2.html)

Check out the above link – I came across it randomly, and it's really funny! And there's a very complicated Borscht recipe there if you are so inclined. –MF

For **baby turnip**, baby beet, and other baby vegetable recipes, check out the below link: (I had fun with google today)

[http://www.foodnetwork.com/food/showcl/episode/0,1976,FOOD\\_9952\\_17381,00.html](http://www.foodnetwork.com/food/showcl/episode/0,1976,FOOD_9952_17381,00.html)

**Spinach:**

## Spinach Curry

### Ingredients

1 lb. fresh spinach, chopped  
2 Tbs. oil  
1/2 tsp. mustard seed  
6 cloves garlic, minced  
1/4 cup tomato paste  
1/2 tsp. turmeric  
1 Tsp. corrinader powder  
1/2 tsp. cumin poder  
3 Tbs. water  
salt to taste

**General Info:**

Serves:4

**Instructions:**

1. Heat oil in a frying pan over medium heat until it's hot.
2. Add mustard seeds, and let cook until they pop; add garlic and tomato paste; stir and saute 2 minutes

3. Add spinach and all remaining seasonings; stir well and reduce heat to medium low.
4. Cover and cook for 5-8 minutes

***Serving Suggestions & Notes:***

Serve with grilled chicken and Basmati rice for a quick meal.

Copied from:

<http://www.geocities.com/NapaValley/2267/spinach.html#curryspin>

**Leeks: Check out the newsletter a few weeks back (last month?) for leek ideas.**

OK, that's it from me today. Cheers, M.