

August 19, 2004

Collards
and

This week's share:

- Lettuce- green leaf or butterhead
- Baby salad mix
- Green beans—the last for a few weeks, til the next planting kicks in—try freezing them
- Tomatoes
- Peppers – sweet and/or hot
- Cucumbers and/or Zucchini and/or Summer squash (they're just starting to trickle in, so stay tuned for more...)
- Eggplant
- Sweet onions
- Kale – either green curly (“Winterbor”), red curly (“Redbor”), or dino (a.k.a. Lacinato, the dark green savoyed-leaf kale)
- Spinach OR Arugula
- Cabbage – round or coneheads (you'll see)
- Baby carrots: U-pick (U-thin) for farm (not PSSB) shares only this week
- Herbs: Basil, parsley, or dill for PSSB shares; your choice of any two herbs in the field for farm shares (U-pick)
- Flowers: U-pick at the farm (even if you pick up your share at PSSB, you can come out any day and pick a bunch of flowers!)
- Collard greens: Optional extra at the farm. NOTE:

kale are ALWAYS available for U-pickers – if you can't pick them on Thursday afternoon, contact us for an alternate day to come pick – there are greens in abundance!

Specials for U-Pickers: Extra collard greens and kale, baby carrots (thinnings from the field—check with a student farmer before picking carrots), fresh flowers (*lots of sunflowers!) for bunching, and weeds! If you come out to pick herbs, carrots, flowers, or greens, you may just be recruited to weed around them as you pick.... Consider yourself warned, and ask us for gloves and/or hoes if you'd like! ☺

Announcements:

1. This is the last day to re-join for fall with a guaranteed spot! We'll offer 50 shares total for fall, same as this summer. Current members (you) have had a couple of weeks to claim your share for fall, and today is the last day. After today (the 19th), we will offer any remaining shares to the folks on the waitlist.

What you need to do: Bring either the full \$350 (same as for summer session) or a \$150 deposit, balance to be paid later this fall. Either one will reserve your share. **Make checks out to MSU (please no cash), and write “Fall CSA” on the memo line. Either bring to CSA pick-up, or drop off in the mailbox of Michelle Ferrarese, Dept. of Horticulture, A280 Plant and Soil Science Building, MSU** (That’s the mailroom on the second floor of the building, which is on the corner of Wilson and Bogue, in the southeast corner of campus). If you are splitting a share, please write only one check for you and your share partner, and if you have a new share partner, please include their contact info with your payment. If your address, email, or phone number has changed since the beginning of summer session, also include that new info with your check.

Fall session will run Sept. 4-Dec. 18, for sixteen weeks, just like summer, and share sizes will be comparable, though we’ll start getting into the heavier fall crops like winter squash, pumpkins, onions, rutabaga, etc. Since spring came so late this year, I suspect that the bulk of our summer crops will actually come in during the fall session, so I hope you’ll stay with us to reap

the bounty of the planting we’ve done thanks to your support this summer!

2. Volunteers wanted:

There are still lots of volunteer opportunities at the farm, primarily weeding (farm is still weedy--Come on out!), but also Thursday morning harvest, daily tomato and zucchini harvest, hoophouse and tool maintenance, sign painting, and rock-picking. Email, call, or come by the farm to pitch in.

3. POTLUCK, Anyone?

I’d like to have a Summer CSA potluck – it may happen the first or second week of September, well after the summer session ends, but hopefully you’ll all be able to come together for a celebration, even if you don’t rejoin for fall. Who will help organize and/or host a CSA potluck? See Michelle in person or via email about it this week.

4. It’s almost time to preserve!

The tomatoes, cucumbers, basil, etc. are just starting. If you are a canner, freezer, or dehydrator and would like an extra big batch of anything preserve-able, just let us know, and we’ll try to meet

your needs. In the future, we may offer “preserving shares” made up of those things only, in bulk, specifically for that purpose, but for now, we’ll just try to make sure all of our members (who want to and have time) can get at least one batch of tomatoes, cukes, chiles, or basil, or whatever else you preserve. “Eat what you can; can what you can’t.” Remember, if we have extra produce, it doesn’t go to waste; we donate to the Greater Lansing Food Bank soup kitchen at Christ Lutheran Church nearly every week.

5. New Student Farmers

Wanted: Fall semester is coming up, and with it classes, and with classes, fewer student farmers on the farm. The plants still need tending, though, and the CSA still needs staffing, so we’ll be interviewing prospective new employees over the next month. If you or anyone you know is interested in working at the farm as a paid position (you can ALWAYS volunteer!), please contact John Biernbaum (biernbau@msu.edu) as soon as possible.

6. Farewell and

Congratulations to Michael Rodriguez, our resident herb and flower farmer – Michael recently graduated with a degree in

Natural Resources and is moving on to a career in wooden boat building. We’ll miss you, Mook!

New veggies?

What is **conehead cabbage**? It’s a variety called “Early Jersey Wakefield,” an heirloom variety that, according to the Fedco Seed catalog, “originated in England in the early 1800’s, was perfected by a German truck gardener in northern New Jersey, and released by Peter Henderson in 1868....[its] compact heads are distinctively pointy, if not intellectual. (Mark Twain said that a cauliflower is a cabbage with a college education, so I guess Wakefield did not matriculate.)” That’s a quote from the seed catalog. Round-headed cabbages are also delicious, and perhaps intellectual as well.

Sweet Onions – Either Ailsa Craig (yellow) or Superstar (white) – these are large, sweet onions, not intended for extended storage, so keep them in the fridge rather than at room temp, or wherever you keep storage onions. Guess what: onions are good for your arteries! If you like onions, I encourage you to enjoy them raw, as the onion-induced anti-platelet activity (anti-artery-clogging) is decreased with exposure to high temperatures.

Alternately, sauté them slowly over low-med heat with both olive oil and butter for an artery-clogging, delicious, caramelized treat. We'll start seeing sweet onions regularly from now on, and in the fall/winter we'll move into the longer-lasting, more potent storage onions.

Peppers: there's a handful of both sweet and hot in the fields now; so we'll trickle them out to you as fast as they trickle in.... check the board at pick-up for varieties available.

Zucchini/Summer Squash is also still a trickle, but there are several varieties of summer squash: green zucchini, yellow crookneck (both with and without green butts – you'll see), and pattypan squash, various colors. I recommend sautéing them lightly, just til browned, with the sweet onions, and perhaps fresh oregano, dill, salt, pepper, and a dash of lemon. Most of the summer fruits (yes, squashes, eggplants, peppers, etc. are fruits – they have seeds inside) are excellent grilled, too.

Eggplant – have you gotten eggplant yet this year? Can't remember.... Anyway, my favorite thing about eggplant is that it tastes good – old varieties used to be so bitter, you had to

slice, salt, and rinse or pat dry before using (salt "sweats out" the bitterness). Now, you can enjoy eggplant without salting, even raw if you like. Try this: slice them any direction you like, thinly. Coat both sides with olive oil, lay on a baking sheet, sprinkle liberally with salt, and bake at 350 for about an hour, or til the outside is brown and starting to caramelize, but they're still soft inside (not eggplant chips). Not to mention eggplant parmesan....

Collard greens – optional at the farm – do you remember the article about collards and kale a couple weeks ago? This is about the most nutritious green veggie around, but very localized in its use – southern US, and communities of southern extraction, primarily know and use collards, it seems. My grandmother is from Arkansas, where everyone eats, or used to before McDonalds took over, collard greens. Her favorite preparation method is to cut them up, midribs removed, throw them in a big pot with a hambone and water, salt, and pepper, and boil the life out of them for a few hours. Tasty? Probably. Nutritious? Certainly better than iceberg lettuce... but try them also a little less cooked – sautéed, or steamed, with some

acid like cider vinegar or lemon juice to help make the mineral goodness more bio-available to you. Try them in any recipe that calls for cabbage – it'll be intense, but yummy.

For PSSB shares: You'll get collard greens next week in your boxes. 😊

Recipes:

Thanks to Cricket Lott for this one!

Marinated Kale Salad

(From Elaina's Pure Joy Kitchen Recipe Book)

A tender and delicious mix of kale and avocado with a kickin' marinade. If you've wondered about raw kale, go for it, it's better than you can imagine! It's a big hit with kids and is loaded with calcium.

Salad:

- 1 bunch fresh dinosaur or red Russian kale, stems removed and ripped into bite sized pieces
- 1/4 large red onion, very thinly sliced
- 1 medium green or yellow zucchini, julienned or 5 shitake mushrooms, thinly sliced.
- 2 medium avocados, chunked (add after you massage the salad)

Marinade:

- 3/4 cup olive
<http://www.purejoylivingfoods.com/products/super_foods.shtml#olive_oil> or flax oil
- 1/2 cup lemon juice
- 1 tsp. Celtic Sea Salt
<<http://www.purejoylivingfoods.com/pro>

[ducts/celtic_sea_salt.shtml](#)>

- 1/8 tsp. Cayenne pepper (add after massaging the salad)
- 1 clove garlic, crushed (optional)

Pour the first 3 ingredients of the marinade right onto the torn kale leaves. Use your hands to massage and squeeze the kale. This will work the salt and lemon in and help to make the kale tender. Continue to knead the salad until it begins to soften.

Add the avocado and cayenne pepper and garlic if you like. Mix well and serve.

This salad gets better as it sits. It will last for 3 or 4 days in the refrigerator.

Marinated Fresh Tomato-Onion "salad"

As many fresh tomatoes as you have

One large, sweet onion

One handful of fresh basil

Sea salt and fresh black pepper

Slice tomatoes in rounds as thin or thick as you like. Slice the onion in rounds a little thinner than the tomato. Arrange on a plate, and sprinkle on salt so all cut surfaces get a little salt.

Chiffonade the basil (remember this one? Stack leaves on top of each other, roll into a "cigar," then slice thinly off the end, like cinnamon rolls), and drizzle over the plate. Grind black pepper over whole thing, add more salt if you want, drizzle a little olive

oil if you want, and enjoy at room temp – NEVER REFRIGERATE A TOMATO; KISS OF DEATH, RUINS FLAVOR.... In short, use tomatoes as soon as you get them, or make salsa or sauce or something that refrigeration won't kill. Store tomatoes (whole, unbruised, unbroken) at room temp until needed.

That's it – remember, next week is our Last Week for summer session. If you're rejoining us for fall, that one starts Sept. 4, and if you're not re-joining, I hope you had a great summer of food, and maybe we'll see you again in the spring or next summer.