

# STUDENT ORGANIC FARM CSA NEWSLETTER

November 11, 2004

## **In your share this week:**

- Broccoli OR Romanesco (remember that one? It looks like a green, computer-generated fractal-headed cauliflower, and you use it the same)
- Carrots – yellow ‘Kinbi’ or orange ‘Mokum’
- Beets – mixed bunches of ‘Bull’s Blood,’ ‘Golden,’ ‘Lutz Green Leaf,’ ‘Detroit Dark Red,’ and/or ‘Red Ace’ with beet greens
- Leeks
- Sweet onions
- Butterhead lettuce – the delectable ‘Ermosa’
- Optional Easter Egg Radishes (they’re funny-looking but tasty)
- Brussels sprouts
- Red Kale – either ‘Redbor’ (curly) or ‘Red Russian’ (flat-leaf)
- Curly parsley

## **Announcements**

1. **Thanksgiving week change of plans:** The week of Thanksgiving, CSA pick-up day will be changed from Thursday, the 25<sup>th</sup> to Tuesday, the 23<sup>rd</sup>. We want to make sure everyone gets their share in plenty of time to prepare the Thanksgiving meal, or to get the produce home before leaving town. As in the past, Thanksgiving shares will be full of optional extras – we want everyone to be able to make a local, organic holiday meal from your share! Pick-up time and place will be the same as usual (4:00-6:30 at the farm, or 4:10-5:00 at PSSB, or anytime Wednesday at PSSB). Think of mashed potatoes, pumpkin pie, braised leeks, sage-onion stuffing, steamed greens, baby salad mix....If you have any special requests (extra potatoes, onions, leeks, herbs, for example), just let us know before that week – call or email.
2. **Share renewals:** Current members have until **December 2, 2004** to renew membership with a guaranteed spot for the January-April session of CSA. You can, of course, still join after Dec. 2; your spot is just no longer guaranteed. If there are unclaimed shares available after Dec. 2, we will offer them to the folks on the waitlist. Starting this next session, we will try to give students priority for new CSA memberships; since this is the *Student Organic Farm*, we’re trying to involve more students on more levels. After

students, we'll prioritize faculty and staff of MSU, and after that, the non-MSU community. There are currently over 40 people on the waitlist, so if you plan to renew, please do it soon, so we can make sure your share is reserved. Remember, as a current member, you can join for as many sessions at once as you want – your financial support is what keeps the farm operating, so feel free to join for two, three or more sessions at once if you like.

**To renew membership, follow the three-step plan:**

1. Make sure all past balances are paid in full – check with Gena, our student secretary, by emailing [msufarm@msu.edu](mailto:msufarm@msu.edu) to check for outstanding balances.
  2. Send a check for Spring 2005 session (mid-Jan. through April) for either the full **\$350** or a deposit of **\$175, made out to MSU**, with “Spring 2005 CSA” in the memo line, to Michelle Ferrarese, MSU Dept. of Horticulture, A288 Plant and Soil Science Bldg, East Lansing MI 48824.
  3. Fill out a “SOF CSA Membership Agreement” and return it to me at the above address (together with payment if you haven't paid yet). This is a combination registration form (name, contact info, etc.) and statement of our mutual responsibilities to each other, so everyone's clear on what they're getting themselves into. ☺ You will receive an agreement via email and/or real mail soon (as soon as we finish making it), and from now on, all new members will fill one out as well.
3. **End-of-Season/Semester Potluck and Appreciation Night:** in early December, date TBA. Please join us for a student farm-style “awards” banquet to honor our farm community members who make the farm and CSA possible. Student farmers, CSA members, friends, friends of the farm, and family are invited. Start thinking of what you'll bring to the potluck, and stay tuned for the date and location.
4. **For the stragglers: Share balances were due Thursday, Oct. 21.** All members who did not pay their \$350 share price in full should have received a letter in the mail with your balance owed. If you did not receive a letter, or don't know how much you owe, please email [msufarm@msu.edu](mailto:msufarm@msu.edu) and ask for your balance. Checks should be made out to MSU, with “Fall 2004 CSA” on the memo line. Mail checks to Michelle Ferrarese, MSU Dept. of

Horticulture, A288 Plant and Soil Science Building, East Lansing MI 48824.

**If you split a share with someone and owe a balance, please send in only one check for the total balance; simplify our records. ☺ Thank you!**

5. **REMINDER: CSA PICK-UP AT THE FARM IS THURSDAY, FROM 4:00-6:30, NO EARLIER, NO LATER.** IF YOU SHOW UP EARLY, YOUR HELP WILL BE GREATLY APPRECIATED IN SETTING UP FOR DISTRIBUTION. IF YOU SHOW UP LATE, YOUR HELP WILL BE GREATLY APPRECIATED IN TAKING THINGS DOWN AND CLEANING UP. IF YOU CAN'T COME BETWEEN 4:00 AND 6:30, PLEASE CALL OR EMAIL EARLIER THAT WEEK TO ARRANGE TO PICK UP YOUR SHARE ON CAMPUS OR OUT OF OUR COOLER AT THE FARM FRIDAY OR MONDAY (this last option is a last resort – the Hort Farm is very accommodating to us on Thursdays, when you all are coming and going, but Fridays and every other day they tend to drive huge tractors at breakneck speeds where you might walk, and they appreciate if we limit our human traffic to Thursday afternoons, unless you're volunteering at the farm). Thanks!

6. You are invited to join us at a nation-wide conference all about CSA farming, **“Growing Together: A Conference for Community Supported Agriculture”** happening here in Michigan, **Nov. 12-14**. The conference is aimed at CSA farmers, active members, small farm and community health advocates, and educators and extension personnel. The faculty, staff, and graduate student leaders of the SOF will present a workshop on the development of the SOF at MSU. If you're interested in learning more about CSA, meeting some visionary and inspiring leaders in the CSA movement, sharing your ideas and experience, and eating good food, please join us in Tustin, MI (near Cadillac) at the Kettunen Center. Some of our farm family, including Laura Delind, professor of Anthropology here at MSU, and Susan Houghton, farmer at Giving Tree Farm in Lansing, have organized and helped make this conference happen—thank you so much, Laura and Sue!

I believe there was a late fee, but they've decided to wave it – you've still got time to register. For more information, call 1-877-526-1441, and/or email [csafarm@jackpine.com](mailto:csafarm@jackpine.com). See the web page at <http://tcf.itgo.com>.

### **What's up at the farm?**

Well, a lot is up, and it's the same lot as recently: transitioning from field to hoophouse, from summer to winter mindset and operation, and looking forward to the only break this farm takes: mid-Dec. through mid-Jan, at which point we start back up with spring shares. I'm going to leave it at that for this week, but as always, you are welcome and invited to come volunteer, visit, walk around the farm. Just dress warmly these days. More later....

### **Recipe ideas:**

**Roasted Roots (again – can't get too much of this in the winter!):** the ubiquitous winter peasant farmer food—super simple, super satisfying, super yummy

A bunch of root veggies – your choice; whatever's available: potatoes, radishes, carrots, onions, sweet potatoes, beets, turnips, rutabagas, garlic, parsnips, celeriac, ginger, did I miss anything? Whatever you like....Try apples or pears, too...

Lemon juice or cider vinegar

Olive oil

Salt and Pepper

Optional dried herbs: rosemary, thyme, sage, oregano, etc. --your choice

Preheat oven to 375. Clean and cut all roots into bite-sized chunks (maybe smaller for ginger; just peel garlic cloves, don't cut them). Don't bother peeling unless you enjoy peeling (who are you?). Toss all root chunks in a big bowl with enough lemon juice or cider vinegar to coat everything. Then add the olive oil, salt, and pepper, and keep tossing til everyone is thoroughly doused. Spread one single layer deep on a big cookie sheet or in lasagna dishes (whatever you've got that can go in the oven with a single layer of roots on it). Cook for about 45 min, or until most roots are browned and starting to crisp on the edges (time depends on size of chunks) – this will give a yummy sweet flavor and chewy texture, or you can cook less time, just until they're soft inside and golden outside. Your choice. Stir and turn once or twice during cooking. Serve hot, immediately.

If you're feeling fancy, serve with a hot Bechamel sauce. If not, enjoy!

These can also be refrigerated, re-dressed with a little more oil and vinegar and fresh rosemary, and served as a cold root salad the next day.

Raw twist: The same exact recipe (except perhaps potatoes) can be enjoyed *without cooking*. Just cut chunks very small, and marinate with dressing longer – or shred or grate everything before tossing with dressing. Add pecans, almonds, and/or sesame seeds to top it off. This variation will be more pungent, especially if your root mix is heavy on turnips, radishes, onions, garlic, or rutabagas—so add a little more salt, acid (lemon/vinegar) and/or sweetener (honey, maple, sugar, date sugar) if you like.

Note on pungent veggies: If you find your tolerance level for pungent root veggies being pushed to the limit this winter, try rotating Roasted Roots into your normal repertoire of winter dishes – Roasted Radishes on their own, for example, are a surprisingly yummy new way to enjoy radishes. Try each root veggie alone, mixed with one or two things, and once in a while, throw everyone in together, as described above. Use leftovers in soups, chowders, shepherd's pie, risotto, or as a cold salad the following day.

### **Tabbouli – Mediterranean parsley salad**

Parsley

Bulgur wheat (about a 1:1 parsley:cooked bulgur ratio)

Onions/Leeks/Garlic

Lemon juice

Olive oil

Salt/pepper

optional tomato – do you have a green one that you can set in a sunny window to ripen?

Cook the bulgur according to instructions, chop parsley finely or put through a food processor, add as much garlic, onions, and/or leeks as you like, and chopped tomato, toss everything with a good dose of lemon juice and olive oil, add salt and pepper if you like, and enjoy!

That's it—a short one this week. Vaya con dios, y diosa tambien, Michelle