

STUDENT ORGANIC FARM
CSA NEWSLETTER
February 17, 2005

In your share this week:

- Salad: Baby salad mix (world-famous)*
- Beet greens OR Swiss chard OR Tatsoi OR Komatsuna (your choice)*
- Onions
- Garlic
- Leeks
- Red cabbage
- Carrots (NutriRed and/or orange) and/or Parsnips
- Winter squash (Delicatas and Sweet Dumplings OR Butternut)
- Turnips*
- Optional extra Radishes*
- Dried oregano

*items with a star were harvested from the hoopouses; the others were in cold storage or from the field (some leeks, root veggies, etc. still under mulch in the fields)

Announcements

1. **VOLUNTEER HELP WANTED:** The last Thursday of February, most of the farm crew will be away at the Upper Midwest Organic Farming Conference in La Crosse, Wisconsin. CSA harvest and distribution still must go on! The farmers who are staying behind to “hold the fort” could use some help harvesting, washing veggies, and setting up for CSA pick-up. Can you volunteer for a few hours? The most important time is from 9a.m.-noon, and again from 2:30-7:00 p.m., but any help during the day will be appreciated. Please call the farm phone (230-7987) if you can commit to help out on **Wed. Feb. 23 OR Thursday, Feb. 24.**

ANOTHER VOLUNTEER OPPORTUNITY: During Spring Break, CSA will still go on. As you can imagine, we’ll be down to a bare bones crew that week. If you are available the **second week of March** to pitch in at the farm, particularly on Wednesday and/or Thursday for harvest and distribution, please call the farm phone. Thanks!

2. CSA Share Balances are due THIS Thursday, Feb. 17. You should have gotten a reminder in the mail with your balance due, if any. If you need to find out your balance, please email msufarm@msu.edu. If you are all paid up for the current session, you can renew for summer session any time, with either \$350 paid in full, or a deposit of \$175.

3. Tonight (Thurs. Feb. 17): a meeting of MSU Oil Addicts Anonymous – actually a talk on “America’s Oil Addiction” sponsored by Rainforest Action Network, co-sponsored by RISE, ECO, SEED, RealFoodGroup, Urban Options, and Ecological Food and Farming Stewardship (EFFS) – the student “club” that started the

Student Organic Farm. Club president Jay Tomczak will speak on the connections between oil and “modern” agriculture, and discuss sustainable options for the future of agriculture. Several other speakers as well. See www.ran.org for more info. **THURS. FEB. 17, 7:00 P.M. B104 WELLS HALL, MSU.**

4. MSU and Student Organic Farm Alumna Andrea Corpolongo offers a “Foraging Foray: Spring Salad Stroll” Saturday April 2nd 2005 at 12:30 pm

At the Bunker Hwy Canoe Livery in Eaton Rapids

- Learn to responsibly harvest and prepare common “weeds” to make a nourishing spring salad
- Discover the food and medicinal value of plants you thought were pests such as dandelion, chickweed, chicory, and plantain
- Receive a handout with valuable information about ten common spring edibles and recipes for salads, main dishes, teas and more
- Share some delicious Pine Tree Tea

The cost is 20\$ per person (5\$ for children 10 and under) and the program lasts approximately two hours, space is limited so please call soon

For More Information or to Reserve a Spot Call:

**Andrea Corpolongo, Experienced Forager, Botanist, and Chef
517 663 1224**

Interview of the Week

Each week we’ll interview a student farmer, a CSA member, a farm volunteer, or one of the many MSU staff and faculty who help keep the farm running. This week, Emily Reardon interviewed **Lucy Hartlove, our February Volunteer of the Month.** (Lucy earned this distinction by being the first to show up and the last to leave for last week’s muddy, icy carrot-extraction work party)

Hoorah to our **Volunteer Of The Month of February:**

Lucy Hartlove, Student of the Universe.

This week’s featured volunteer is Lucy Hartlove, a simple living woman of the earth. Lucy is originally from East Lansing, and has recently made her way back here, seeking a second degree in Horticulture. She’s always loved plants, but got interested in farming when she move to Petosky and met a farmer who worked near there. She then bought a house in the country and decided to carry on the tradition of the woman who lived there before her...growing and selling flowers at market! This soon blossomed into flowers and veggies. She says she never thought to spray. If anything, it got her really interested in companion planting.

So where was Lucy before veggies??? Well, she did her undergraduate work at IU and got a bachelors degree in business. She took this interest in business and began her own. Go Lucy! What did she do? Lucy started sewing, mostly bedding, and selling it wholesale to interior designers. After 18 years in the business she’s toned it down to part-time, but it’s still her love.

Lucy also enjoys hiking and walking, especially through Michigan. She loves to knit, and has been doing so since she was 8! Wow!

So what does Lucy have to say to all our marvelous CSA members? She wants everyone to know that you can work in the fields at any age. It makes her feel one with the plants and gives her peace to be in the fresh air. She really loves the hand-weeding, especially when the weeds are the edible kind.

Thanks for all your great help, Lucy! We appreciate it!

What's up at the farm?

We're transitioning from winter to spring mode. The first trays of early spring transplants (to be planted in the hoopouses, not outdoors yet) are growing in the heated greenhouse; seed orders are in; we're working on a field plan for spring planting; and student farmers are working hard to get ahead in their classes so that when the spring planting crunch rolls around, they'll all have time to work (right, crew?). If you are NOT a student, or even if you're a student with a flexible spring schedule, we'll need extra hands on deck from early April through June. If you're interested in volunteering for planting parties, or making a regular spring volunteer commitment, please call the farm at 230-7987, or email Emily to get on our volunteer roster: reardone@msu.edu.

We're also getting into those deep-winter peasant foods: the cabbage, winter squash, onions, potatoes, rutabagas, etc. in a big way. I've been perusing the internet for nutrition info on those staples, wondering how pre-refrigeration farm folk fared nutritionally, and I found some good news (not news, really, but still good): the darker and more colorful your diet, the healthier. Ok, duh, you say. But squash, red cabbage, green (or red) leafy veggies like those in your shares this week are as full of good nutrition as the colorful summer produce, especially balanced out with the anti-platelet activity of the Allium, or onion, family members like onions, leeks, and garlic. There's a pretty straightforward summary of color-based nutrition at the Growing For Market website, if you have Adobe, check it out:

<http://www.growingformarket.com/EatYourColors.pdf>

Growing For Market is my favorite periodical – a practical journal of farm and market advice for and from small-scale growers. It's easy enough to get sucked into the hard copy, particularly advertisements for farms for sale or hiring managers, but imagine the web site.... While perusing the site, I of course had to check out their small scale "Farm Tours," an annotated list of links to websites of small farms across the country. So many stories to read there.... If you're a farming aficionado, please check out

<http://www.growingformarket.com/> (go to "Farm Tours.")

New or Unusual Vegetables in Your Share this Week

By now you've seen just about everything, it seems. We'll continue to mix it up for you, so you don't get the same thing too many times in a row, but you're probably getting the picture of winter seasonal eating in Michigan (at least, with hoopouses – think of pre-hoopouse Michigan winter cuisine...): root veggies, hearty green leafy veggies, alliums, salad, squash, and herbs. You'll keep receiving a good variety from these groups each week. This week you have a choice of cooking greens: either beet greens **or** Swiss chard (practically the same thing) **or** komatsuna **or** tatsoi, depending on how many of each we harvest (we're trying to rogue out

tatsoi and komatsuna plants that are threatening to bolt, or send up flowering shoots, so you get more leaf than stem – HOWEVER, we've discovered that komatsuna flower stalks are just about the most tender, juicy, delicious snack around. Maybe bolting's not such a bad idea....)

Recipe:

The only one you'll need for the rest of winter:

Roasted Roots

Use any roots or root-like (e.g. winter squash) vegetable you have on hand. Use whole, peeled garlic cloves.

Lemon juice or cider vinegar

Olive oil or melted butter

Salt/pepper

Your favorite herbs (mine are oregano, thyme, rosemary)

Optional dash of cayenne, shot of honey or maple syrup

Clean and cube the veggies into bite-sized pieces. Toss in a bowl with lemon juice, then olive oil. Then salt, pepper, herbs, optional stuff. Coat everything well. Spread one layer thick on a baking sheet, cook at 350-375 for 45-60 min, depending on a) size of cubes, b) how closely packed they are on the tray, and c) how soft you like them. I suggest just until the corners start to get dark brown and caramelly. Let cool a little, and enjoy.