

STUDENT ORGANIC FARM
CSA NEWSLETTER
February 24, 2005

In your share this week:

- Potatoes (red and/or blue)
- Onions
- Garlic
- Carrots (NutriRed and/or orange) and/or Parsnips
- Komatsuna*
- Stir-fry mix*
- Dried thyme or sage

*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. Thanks so much to everyone who offered to pitch in this Wednesday and Thursday. Thanks to the Wednesday crew (Lucy, Lisa, Jay, and Chris), we were able to finish harvest Wednesday, so all the Thursday crew has to do is set up and run CSA pick-up (and pick up after our mad-dash harvest on Wednesday...)

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 were due last 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. 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 (on hiatus this week)

Each week (except this one) 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

What's up at the farm?

"Value-adding" is up at the farm. It may not be obvious at first glance, but the ugly-looking carrots in your share this week are some of the highest value crops this farm has ever produced. I'm talking about Marxist value. They were handled (with love) about three times since harvest, more than any crop in its right mind would put up with. They were dug, cleaned, stored, checked again a week later, sorted, cleaned, trimmed, put back in the cooler, checked again a day later, sorted and cleaned again.... just FYI, in labor alone (not in looks) those roots are worth a week's share.... That's part of the weird nature of winter farming though; there are no guarantees (well, that's true for anything of course, but especially winter farming), and hence we have to make the best of what we've got, especially until we get a few more winter seasons under our collective belt. So we had all these carrots in the field (Remember this was going to be the "Year of the Carrot"?), and we really wanted you to have them. So we chipped them out of icy mud several times (don't worry, these haven't been sitting around since that week that Lucy Hartlove harvested them a while back; they came out last week at the hands of our fearless student farmers), stored them, sorted and found some rot, trimmed all the rot (can't waste any this time of year), stored them, etc. So there you have it – "it's funny what passes as a worthwhile carrot these days" – Jeremy Moghtader, "It's all relative," Well, enjoy them, and remember the love that went into them.

And on another note, SOFers (Jay, Mikey, Emily, Michelle, Jeremy, Marty, and John) will travel to La Crosse Wisconsin for the Upper Midwest Organic Farming Conference this weekend. John and the student farmers will present workshops on season extension and student farming, respectively, and we'll get back to you with what we learn. Cheers.

New or Unusual Vegetables in Your Share this Week

Stir Fry Mix: is not all that unusual; in fact it's a grown-up version of many of the species in your baby salad mix, minus the lettuce. Use it for a quick stirfry, or lightly steam and dress with rice vinegar, or go ahead and eat it as salad (fair warning: some of the pieces are pretty big for salad). You'll notice some flowering/budding stalks in the mix this week; don't be deterred; those stems are succulent, juicy, sweet, yummy. And so are the flower heads. Enjoy.

Same Old 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.