

STUDENT ORGANIC FARM
CSA NEWSLETTER
March 10, 2005

In your share this week:

- Onions
 - Garlic
 - Loose leaf Spinach*
 - Potatoes (Blue, Red, and/or Yukon Gold)
 - Butternut squash
 - Parsley, curly or flat-leaf*
 - Mei qing choi OR Napa cabbage*
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- Optional Extras: Komatsuna OR Tatsoi (yes, there's still more of these; we thought you'd like a break though. If you just can't get enough, like me, feel free to pick up an optional extra)

*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. Happy Spring Break.

2. Happy Women's Day (Monday March 7)

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 again this week) – Hey if you're willing to be interviewed, email Emily at reardone@msu.edu

(We could use some more roving reporters out there to interview each other....)

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.

What's up at the farm?

Well, more on this later. I've got a cold, and the computer is bugging my eyes out. Can you volunteer to water, weed, or open/close greenhouses on sunny days? Please call the farm phone at 230-7987 if you can commit to a regular volunteer schedule.

New or Unusual Vegetables in Your Share this Week

Certainly not unusual, but it's been away for a while: Spinach! It's getting to be that time of year, when you'll see spinach in your share every other week or so. If you're a salad-head, spinach salad is the *best*. Actually, Napa cabbage (Chinese cabbage) shredded or sliced very finely makes a wonderful salad, as well. Mix spinach leaves with grated roots and/or squash (yes, fresh grated squash is delicious on salad), a finely sliced red onion, a handful of blueberries or raisins, and a light vinaigrette. Alternately, spinach is always delicious lightly steamed, in an omelette, in a lasagna, or just about any other way you can think of. This particular spinach has gone through several freeze-thaw cycles, so it's about as sweet as it comes – don't throw away the stems! They're the sweetest and best tasting part.

Recipe Ideas