



# MSU STUDENT ORGANIC FARM FARM NEWSLETTER

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February 1, 2005

## *In your share this week*

- Kale
- Komatsuna
- Turnips
- Baby salad mix
- Cabbage
- Carrots
- Onions
- Garlic
- Potatoes

## **Announcements**

### *Farm Update*

Things are going well at the Farm. We have begun to replant new baby salad mix into the green houses to be ready in a few months. We have also started a few Asian green and head lettuce transplants in the range house (the heated to 50° F. house where we do our transplant production) that will go into the tunnels in a few weeks to grow into nice heads for early spring. The students have been working on cleaning, organizing, building, and fixing things in order to be ready for all the great growing work ahead!

### *Reminders*

#### **Core Group Meeting**

The next Core Group Meeting is Tuesday, February 7, at 7:00 PM in the distribution room at the farm. Everyone is welcome to attend and share their ideas to make our farm a wonderful place! We will be going over things we hope to accomplish in the next year and finding ways to make work requirement opportunities easily accessible to all members. If you have any questions, feel free to e-mail us at [msusof.core@gmail.com](mailto:msusof.core@gmail.com) or call Liz at 420-2372.

#### **Edible Forest**

Jay Tomczak, SOF assistant manager, is designing an edible forest garden at the farm that will someday provide you with fresh fruit, nuts, berries, perennial vegetables, flowers, and herbs. This garden will mimic the structure and function of a natural forest ecosystem, providing a home for beneficial wildlife, native plants, and people. There will be about 200 trees and shrubs as well as a great diversity of herbaceous species. Some examples of species we will be planting are pawpaw, hazelnut, gooseberry, apple, Asian pear, chestnut, persimmon, blueberry, pear, peach, grapes, beach plumb, bush cherry, strawberry, asparagus, raspberry, groundnuts, and many more.

We will need some help to make this garden a reality. If any of you would be interested in donating \$10, that would go to the purchase of a tree or shrub. Contributions by March 1 would be appreciated for this year's plantings; checks can be dropped off at CSA distribution.

After the completion of the project you will receive a map of the garden with your name next to the plant you provided a home for. The map will allow you to visit your plant. You are also invited to help out with the creation of this garden. You are welcome to contribute for more than one plant and the garden will be here for everyone to enjoy for generations to come.

Information on these concepts can be found at <http://www.edibleforestgardens.com>. Please contact Jay with any questions at [tomczak1@msu.edu](mailto:tomczak1@msu.edu) or (616) 293-7208.

## **Recipes**

### ***Beet Wine!***

Jay reports that there are still some "bull's blood" beets at the farm that are of wine quality. For any oenophiles out there, here is Jay's recipe.

#### **Bull's Blood Wine:**

(All ingredients are per gallon)

4 lbs. bulls blood beets  
2 lbs. beet sugar (Editor's note: check your bag of granulated sugar; most are cane but some are marked beet.)  
1 lb. raisins  
1 orange or lemon (chopped)  
1 gal. water  
1 packet wine yeast

Wash, peel, and dice beets. Simmer in a pot for 30 min. or so. Pour the hot liquid/beets into your sterilized fermentation jug with all your ingredients. Let cool to room temperature; then add your yeast. Put a fermentation lock on the jug (latex balloon, glove, or condom will work). After a week or two when it is done fermenting, siphon it (filter if desired) into wine bottles and enjoy.

### ***Penne with Winter Greens***

1 T. olive oil  
1 large white onion, finely chopped  
2 T. orange zest, grated  
1 T. Triple Sec (can substitute orange juice))  
1 lb. dried penne  
¼ c. sour cream (low-fat is fine)  
Salt and freshly ground pepper  
2 lb. greens (Swiss Chard, kale, turnip or mustard), stemmed  
3 T. toasted walnuts or pecans, finely chopped  
Orange zest for garnish

Heat olive oil in a large sauté pan. Add onion and sauté over medium-low heat until translucent, about 10 minutes. In a large pot  $\frac{3}{4}$  full of boiling water, cook penne until al dente, 8–10 minutes. Stir orange zest and triple sec into onion mixture; sauté 1 min. Add sour cream and salt and pepper to taste and cook for 2 min. Add the greens, cover, and turn off the heat. Let the greens barely wilt, 3-5 min. Toss pasta with greens, sprinkle with pecans and orange zest. Serves 6.