



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

May 3, 2006

In your share this week

- Spinach
- Stir Fry Mix
- Head Lettuce
- Radishes
- Chives
- Potatoes
- Onions
- Popcorn
- Hot Red Chile Peppers
- Parsnips
- Optional: Celeriac
- Optional: Butternut Squash

Announcements

AMAZING WORK PARTY!!!

Thanks to everyone at the work party on Sunday! We had over 30 people out at the farm!! It was incredible!! Kids and parents and students and just an amazing mix of people. We mulched and planted and weeded Jay's plot. We seeded and started to put up the arbor. We got so much done. The farm is looking great and we could never have done it without all of you!! Thank you thank you thank you thank you!!!

PARKING AT PICK UP!!

PLEASE TAKE NOTE! Most of you know this, but just to remind everyone...we no longer are allowed to park in between the two buildings where CSA pick up is! Tractors and other large, heavy equipment need to be able to drive through that area so we cannot park in the way.

PLEASE PARK IN THE LOT WHEN YOU FIRST PULL IN AND WALK AROUND TO THE CSA ROOM DOOR.

Thank you so much for paying attention to this! It is really important that we help make this happen.

SPRING PARTY: May 10th at Pick Up – 5:30 pm

THANK YOU to Cristin Popelier Party!
Please bring a food item to share!

Cristin has been volunteering for the SOF for over 1 year. Cristin has single-handedly, as a volunteer, run the Wednesday pick up, and all the billing for the CSA for this past year. On top of this, she is finishing her master's degree and works another job. How she has balanced so much, nobody knows...but the SOF CSA has been quite lucky to have her give her time and energy to helping things run smoothly! The time she has given to the farm has been invaluable.

Wednesday the 10th we will honor her and her time with the CSA. We will have a gathering during the regular pick up time at 5:30 to have a “toast” and share some Cristin appreciation. Please come on out to pick up around 5:30 in order to help us to honor Cristin! If 5:30 does not work for you, come when you can and you'll see her then. If you would like to bring a dish to share, that would be great. We will supply utensils so any type of dish will be eaten happily!

Also, we will be just generally celebrating SPRING and kicking off the summer session. New members will be there and, in an effort to continue to build CSA community, it would be fantastic to have as much member participation and sharing of good food and good conversation.

Many of the student farmers will be there to mingle and meet you all. And maybe...just maybe we will have some games! Bring your kids and come on out!

Cookbooks

I received a great suggestion from a few of you to include some actual names of cookbooks that incorporate many vegetarian recipes. I think that is a great idea. So, in addition to some recipes I will include some titles of cookbooks!

“From Asparagus to Zucchini”

“Millennium”

“The Voluptuous Vegan”

“The Moosewood Series”

Please consider buying these books at one of the local bookstores and not Amazon. I have not checked out if they are available, but I will look into it!

Some of these books are more gourmet (Millennium), more involved recipes and some are quite basic, simple, but good recipes. Personally, I like to vary my diet. Sometimes I eat a nice simple balanced meal of steamed green, roasted roots, a grain (quinoa, wild rice, brown rice) and a salad. I will supplement with a meat basically cooked, or fish, or even a fried egg. Other times I want to do it up a little. Make something a little more involved but really tasty. The Millennium cookbook is my favorite for the more involved, gourmet dishes. They take longer and involve more ingredients, but they are worth it.

Clearly you all know dark, leafy greens well. I wanted to supply some nutritional basics about them again.

Here are some nutritional facts on dark leafy greens:

Dark green leafy vegetables are good sources of many vitamins and minerals your body needs to stay healthy, like vitamin A, vitamin C, calcium, and potassium. They are also great sources of fiber. The darker the leaves, the more nutrients the vegetable usually has.

Examples of dark green leafy vegetables and the best way to eat them:

Arugula has a peppery taste and is rich in vitamins A, C, and calcium. Arugula can be eaten raw in salads or added to stir-fry, soups, and pasta sauces.

Chicory has a slightly bitter flavor and is rich in vitamins K, C, and calcium. Chicory is best eaten with other greens in salad or when added to soups and pasta sauces.

Collard Greens have a spinach-like flavor and are rich in vitamin A and calcium. They are best if you boil them briefly and then add to a soup or stir-fry. You can also eat collard greens as a side dish. Just add your favorite seasoning and enjoy!

Dandelion Greens have a bitter, tangy flavor and are rich in vitamin A and calcium. They are best when steamed or eaten raw in salad.

Kale has a slightly bitter, cabbage-like flavor and is rich in vitamin A, C, calcium, folic acid, and potassium. Kale is tasty when added to soups, stir-fries, and sauces.

Mustard Greens have a hot, spicy flavor and are rich in vitamin A, C and calcium. They are delicious eaten raw in salads or in stir-fries and soups.

Spinach has a sweet flavor and is rich in vitamin A, C, iron and calcium. Spinach tastes great eaten raw in salads or steamed.

Swiss Chard tastes similar to spinach and is rich in vitamins C, K, and calcium. It is best stir-fried or eaten raw in salads.

More recipes coming next week...

SURVEYS

BRING YOUR SURVEY TOMORROW TO PICK UP! We will do the drawing at the END of pick up tomorrow!! Thank you to everyone who has returned them. The information has been invaluable.

I continue to be pleased and thankful to read all of the survey suggestions and appreciations. I am so happy that we are hearing overwhelmingly that you all are pleased with the CSA in general. I am also pleased to hear the suggestions that are coming up. Most of the suggestions are consistent too, so hopefully if we are able to make some of the changes that you have suggested, we will be making many of you happy.

Some more suggestions that we have heard include:

- More optional extras, give you all more of a choice about what to take home each week
- Continued focus on variety in the share each week....this is an ongoing goal! Please continue to tell us what YOU want and we will do our best to incorporate it into the growing plan!
- Community! We will have more and more work parties and a bunch of other social events this summer. We look forward to those! Hope you do to.
- More “get to know you” at pick up, more interaction with the farmers.

***** UPCOMING EVENTS *****

May 2, 2006: CORE Group Meeting TONIGHT! 7:00 at the Farm

Have you thought about joining up on the CORE group? Finding out what the CORE group is? Then come on out and see what it is all about! A great way to get involved and do your service hours and learn more about the ins and outs of the farm...

May 13, 2006: WORK PARTY 10:00-2:00

Help with many of the farm projects...Jay’s permaculture plot, planting, weeding, you name it, we’ll do it! Bring your children...

Keep your eyes posted at pick up for MORE events!

Here is an IDEA...What do you think?

SKILL SHARE!

The farm is filled with talented folks who have a lot to share. I am thinking about organizing a SKILL SHARE. What is a skill share? A Skill Share is a day where we will have small workshops conducted by people like you, sharing the skills that you have to the CSA and greater MSU and Lansing communities.

We will have a day out at the farm devoted to learning and developing personal skills. For example, if you have a skill to share, you will sign up to run a workshop (45 minutes?). You will also have the opportunity to go to as many workshops as you'd like so you can learn something from one of your fellow community members. We will put together all the skills that we all have and share them with one another. So, you would attend a handful of workshops, maybe run a workshop, eat some lunch with all the attendees, and take another few workshops. All in all, I envision a day of sharing, learning and community building. I also would love to bring people out to the farm who don't usually get out there- other MSU students, and local community members.

The farm will host the location and food for lunch.
Some SKILL examples:

Yoga
Basic bike repair
Permaculture
Dividing and planting perennials
Pruning basics
Guitar or another instrument
Basic construction
Seeding, transplanting, weeding- basics of gardening
Fermentation
Bread Making
Cooking demonstration
Soap Making
Herbal Remedies

Canning
Massage
Herb drying
Meditation
Basket weaving

These are just some examples. I would love to hear from you if you have something to share or something that you would like to learn.

WHAT DO YOU THINK?

Email me and let me know your thoughts, if you would like to help organize this, if you have a skill to share! Corie at piercee@msu.edu and tell me your thoughts...