



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

May 10, 2006

In your share this week

- Baby salad mix
- Stir-fry mix
- Lettuce
- Pac choi
- Swiss chard
- Onions
- Celeriac

Wednesday, May 10

Party Time!

It's time for Cristin to leave us, so we must celebrate all of her hard work and dedication to the farm!! Please come on out to the farm this Wednesday with a dish to pass and with a hug for Cristin!!

We will make most of the festivities happen around 5:30, so delay your pick up time or come a little earlier! We want the farm to be a place to linger, commune, meet friends, meet farmers, and just enjoy! Take a walk through the fields, make a veggie poster to add to our collage, bring the kids, have a bite to eat, and enjoy!! See you all on Wednesday at **5:30!**

Welcome New CSA Members

New Member Orientation will be held at the **CSA at 5:30!** We will go over all the nitty-gritty of the CSA.

Reminders

SUMMER SESSION PAYMENT DUE!

If you have not yet paid in full, PLEASE DO! Payment is due by May 10.

PARKING

Please park in the lot, not between the CSA building and the barn.

Announcements

TITUS FARM CSA!

Still on the waitlist? Know someone who wants to be part of a CSA? There is a new CSA in the Okemos area!! Here is a word from Rebecca Titus, Co-owner/Manager of Titus Farms in Leslie, MI (www.titusfarms.com):

Titus Farms has provided vegetables to the mid-Michigan area for over 10 years. We attend 5 farmer's markets annually and provide our customers with over 40 varieties of fresh produce. Titus Farms uses sustainable methods to grow our produce. We employ methods like composting, cultivating and cover crops for soil health and maintenance.

The CSA will be a 19-week season, from June 19 to October 23. We will be offering Full Shares, Half Shares and Flower Shares.

Prices are as follows:

- Full Share, \$425; Half Share, \$250; Flower Share, \$100.
- Full and Half shares gives subscribers 19 weeks of produce, while a flower share provides a fresh bouquet every week for 10 weeks.

We are planning a pick-up day on Monday, with the location in the Okemos area. For more information we encourage everyone to visit our website at www.titusfarms.com. Also, feel free to call us at (517) 589-5543 with questions.

TRADE TABLE

Members seemed to like the “trade table” last week, so we’ll keep trying it. Basically, the trade table is set up for you to drop off some items in your share that you know you won’t use, and maybe take something extra of something you love and want more of. The only way that it works though, is for you to take your unwanted stir-fry mix off the distribution table and drop it at the trade table; then you can grab some extra...celeriac, for instance! (Just kidding...although, if you love celeriac, take extra!!)

CAN'T MAKE IT?

We want you to get your share each week! If you absolutely cannot make it to the farm on Wednesday, call us, we'll pack you a share and you can pick it up on Thursday or Friday during the day. We will keep it for you in the cooler, in the bin labeled “CSA.” Just call (517) 230-7987 and leave a message with your name. You can call us during pickup too—the earlier the better!

FEEDBACK

We do surveys at the end of each session, but please feel free to tell us your thoughts about how we are doing any time! We need to hear from you in order to make changes, so PLEASE talk to us!!

We are working on a rotating schedule of farmers at CSA. Corie and Mitra will be the “usual suspects” at CSA, but the other farmers will be there too. Please say hello!!

SURVEY DRAWING WINNER!!

I am happy to announce that Jennifer Pace, our wonderful member who helps format the newsletter every other week (along with Diane), won the raffle! Thanks to all of you who submitted surveys. We have taken so much from them, and we are still going through them since we got such a huge response. We value so much what you all have to say. CONGRATS, JENNIFER!!!

BAGS

Please remember to bring your own bags. We have some for emergencies, but please try to remember to reuse plastic/paper bags, or better yet, use cloth.

WORK PARTIES!

Get off to a great start with your service hours!! Come out to a work party. Bring your kids and **please wear long sleeves and wide brimmed hat or sunscreen!!** We all need to protect our skin from the sun; thanks for those of you who have reminded me to note that in the newsletter!

5/13/06: Planting party at the farm 10:00–1:00

6/2/06: Tomato, pepper, eggplant planting party!! 10:00–2:00 PLUS LUNCH!!

Skill Share, Summer Solstice Party: More info on these parties will be coming soon.

Welcome Summer Interns

We started out summer internships this week! We are please to have four new interns join the team. They will be working on the farm full time this summer. (All of them have been active volunteers, and Luke has been an employee, so they are all very familiar with the farm already, which makes our lives wonderful!).

We are thrilled to continue to have the internship program be a large part of the farm. It allows us to involve students in the farm in a way that allows them to get university credit and get paid. Plus it helps us to achieve our goal of having the farm play a role in outreach and education. These four rock too, so that makes it even better—and how great it is to get a gender balance back at the farm!

Mitra Sticklen: Mitra is a junior at MSU in IBS Environmental Policy and Anthropology. She grew up in the East Lansing/Okemos area. As a RISE student here at MSU, she found out about the farm and volunteered and she really loved the positive atmosphere of the farm and wanted to be a part of it. Her interests include cooking, biking, and reading. Recently, Mitra was elected to the ELFCO Board! She will definitely provide some young, passionate energy to that organization. Mitra also played a main role in helping to organize the Earth Day Café that was held on campus on Earth Day. In her future, she sees herself possibly pursuing another degree, likely a PhD in anthropology, and working in food systems.

Anne Misener: Anne just graduated this May from MSU in Urban Planning. Congrats, Anne!! She grew up in Detroit and then lived all around southern MI. Most recently she has lived in Lansing for the past 10 years. She lives with her partner Woody and her 7-year-old daughter named Mia, who is just finishing first grade at Red Cedar Elementary. Anne has known about the farm for a while now and has been volunteering for a few years, and is really excited to be an intern. With her work in urban planning, Anne has done a lot with urban gardens and urban agriculture and she has a strong interest in local, sustainable food systems and food security. She spends most of her time with her family volunteering on the PTA, running, and cooking. She wants to continue to work in small-scale local

agriculture, and eventually do more economic development and food system planning. She possibly will go back to school in a program like CARRS.

Holly Markham: Holly is a junior at MSU in Environmental Studies. She is most recently from Kalamazoo but she grew up in California before moving to MI in fifth grade. She started volunteering out at the farm last fall and really liked the environment, and the idea of producing food for herself and for her community. As she learned more about sustainable food systems in class, she really wanted to put it into practice herself, so she applied for the internship for this summer. Her other interests include bicycling, gardening, art, painting, trips, meeting people. It is hard to say what she will do in the future, but she is looking at the experience at the farm to really help shape some of her future plans. After graduation she has always thought about the Peace Corps. Other than that, she is really keeping all of her options open.

Luke Tomczak: Luke is a junior in geography at MSU. He grew up in Lowell, MI, and was a sports star in high school. (Corie is going to challenge him to a game of hoops once her finger is better.) Besides basketball, he was on the baseball, football and golf teams. If his shoulder would get better, he would show off more of his athletic skills. Luke is highly interested in all aspects of sustainable development. He looks at working at the farm and this internship as a way to help expose him to sustainable agriculture. He also wants to look at alternative energy programs and businesses and continue to learn about all that is going on in the world of sustainability. Perhaps one day he will be a sustainability analyst leading the way in alternative energy sources.

Please help us to welcome all of the interns! We have a pretty impressive group.

CALLING ALL POTS AND PANS!!

We have a makeshift kitchen at the farm and we love to cook up some lunches. We are a little strapped for kitchen utensils and we were wondering if any of you have any to share...leftover pots, pans, bowls, plates that you would like to donate to the farm!

Items we would love include:

- Pots (large enough to cook greens, beans, mashed potatoes, etc.)
- Pans (to stir fry, sauté)
- Cutting boards
- Bowls to eat out of
- Any forks, knives, or spoons
- Grater
- Spatula
- Serving or mixing bowls

THANKS!

Recipes

Ahhhh!! Susan Smalley saved me this week!! I have some great recipes that I wanted to share, but since I just moved into my new place, the books are still packed and I can't get to them yet, and Susan, out of the blue, sent me some amazing recipes. THANK YOU!!

Caldo Verde

(Makes 6-8 servings, you can replace the kale with Swiss chard, collards, or any green.)

1 large yellow onion, peeled and minced fine
1 large garlic clove, peeled and minced
4 tablespoons olive oil
6 large potatoes, peeled and sliced thin
2 quarts cold water
6 ounces chourico, chorizo, pepperoni, or other dry, garlicky sausage, sliced thin
2-½ teaspoons salt (about)
¼ teaspoon fresh ground black pepper
1 pound kale, washed, trimmed of coarse stems and veins, then sliced filament thin (The easiest way to create thin strips of kale is to stack 6 to 8 leaves, roll crosswise into a firm, tight roll, then slice with a very sharp knife.)

Sauté the onion and garlic in 3 tablespoons of the oil in a large, heavy saucepan over moderate heat for 2 to 3 minutes, until they begin to color and turn glassy. Do not brown or they will turn bitter. Add the potatoes and sauté, stirring constantly, 2 to 3 minutes until they begin to color. Add the water, cover, and boil gently over moderate heat for 20 to 25 minutes, until the potatoes are soft. Meanwhile, fry the sausage in a medium-size, heavy skillet over low heat for 10 to 12 minutes, until most of the fat has cooked out. Drain well and set aside.

When the potatoes are soft, remove the pan from the stove. Use a potato masher to mash the potatoes in the pan with the soup mixture. Add the sausage, salt and pepper. Return to moderate heat, cover, and simmer 5 minutes. Add the kale and simmer uncovered 5 minutes, until tender and the color of jade. Mix in the remaining tablespoon of olive oil and add more salt and pepper to taste. Ladle into large soup plates and serve.

Adapted from *The Food of Portugal*, by Jean Anderson

Tangy Swiss chard with Slivered Carrots

(Makes 8 servings)

¼ cup olive oil
2 large carrots (¾ pound), halved lengthwise and thinly sliced on the diagonal
4 pounds Swiss chard, stems chopped, leaves cut into 1-inch strips
2 tablespoons rice vinegar
Salt
Pepper

Heat the olive oil in a very large skillet. Add the carrots and cook over moderately high heat until crisp-tender, about 3 minutes. Add the chard stems and cook for 1 minute, then stir in the chard leaves and toss until wilted, about 3 minutes. Stir in the rice vinegar, season with salt and pepper, and serve.