



# MSU STUDENT ORGANIC FARM FARM NEWSLETTER

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May 17, 2006

## ***In your share this week***

- Spinach
- Kale or Collards (one bunch of either, your choice...)
- Napa Cabbage
- Scallions
- Sage
- Chives
- Bunching Mustard
- Potatoes
- Squash

## ***Trade Table***

Swiss Chard (loose)

Radishes

Whatever else other members put on the table!

Don't forget about the trade table! Put up what you don't want, take what you can use!

## **Announcements**

### **FARM CONTACTS:**

**Farm Phone:** 517-230-7987 (Call if you can't pick up your share and we'll pack you one for you to pick up on Thursday)

Corie Pierce: [piercee@msu.edu](mailto:piercee@msu.edu), 517-355-5191 ext 1 then 411

Jeremy Moghtader: [moghtad1@msu.edu](mailto:moghtad1@msu.edu)

Jay Tomczak: [tomczak1@msu.edu](mailto:tomczak1@msu.edu)

Please call us or email us with any questions or concerns.

**PLEASE SEND ME NAMES AND EMAILS OF YOUR SHARE  
PARTNERS WHO DO NOT RECEIVE THE NEWSLETTER!**

I want to add their names...

Our CSA has grown! We are up to 59 members, up from 51 members. We are excited about slowly expanding and growing, but trying to make sure that we do it thoughtfully and carefully. With the farm stand that will be happening regularly this summer and fall (starting in August on campus) and with the Certificate Program students starting in January, we are cautious about adding on too many CSA memberships. However, we did feel comfortable moving up to closer to 60 for this summer share. So, welcome to the new members!

I wanted to explain a little bit about the beginning of the summer share. It is exciting, because by August (actually before then) we will have the most diverse and chalk full share of the year. Everything we can and will grow will be exploding from your share by the middle of this session and you will have such a beautiful variety and bountiful share. In the meantime, like for the next 3-4 weeks, we are patiently waiting for the summer crops to kick in. Those of you who have been members all winter are quite used to the mixture of greens and then the stored crops. Those of you who are new, are probably excited to be getting local, fresh veggies of any kind. Which ever you are, it still is a good thing for us to acknowledge that we are in the tightest time of the year right now, so we hope that you can be patient as we wait for the summer crops to grow!

One thing that we did not anticipate (can you ever?) was this long stretch of cold, rainy, wet weather. Unfortunately this has slowed our next round of spring crops so we are doing our best to keep the shares full each week. We will be creative with the trade table and with extras...

As a reminder, we aim to have 6-12 items in the share each week. 6 is on the low end, and we rarely only have 6. By the high of the summer, we will likely have more than 12 items, so it does balance out. In the next few weeks we will be on the lower end, 6-8 items, but that will change! And let's do the warm, sunny dance and help along our next round of crops!

## **SUMMER SESSION OPENING DAY PARTY**

Wow! What a fun event the party was last week! Thank you all for coming and hanging out. It was wonderful to see so many people there at the same time, mingling, talking, sharing food. Thanks to all of you who brought treats. We had quite a feast! Cristin seemed very appreciative of the party and will certainly be missed by all. It was a great way to kick off the summer session.

We will also be doing farm tours at pick up. I know we didn't get to do tours last week. It was just too fun up in the pick up area so we didn't want to disrupt the flow. But it is important for you to all see the farm, walk around the farm, see where your food is grown so we want to show you! Plus it is a great thing to do with your kids, for yourself, just to take a nice stroll around a beautiful place. So, keep your eyes peeled for farm tours.

## **PAYMENT DUE**

I am still missing some final payments for the summer session. If you haven't already talked to me (Corie) please do so I know what you plan is...I will be calling you this week if I don't hear from you.

## **UPCOMING EVENTS**

### **BIGGEST, HUGEST, MOST IMPORTANT PLANTING PARTY EVER!**

**Saturday, June 3<sup>rd</sup>: 10:00-2:00 (Oops, I wrote June 2<sup>nd</sup> last week, sorry!)**

Come on out and help us plant all of our summer crops! Solanums (tomatoes, peppers, tomatillos, eggplants), Cucurbits (cucumbers, melons, squashes) will ALL be going out on this Saturday and we need help!! If there ever was a time for you to get your service hours in, this is it!!! Come one, come all!! We need all the hands and help we can. Please bring a dish to pass for lunch. We will take lunch and share food with one another.

### **SKILL SHARE August 12<sup>th</sup>! MARK YOUR CALENDARS!**

You've heard me talk about it, now it is really going to happen! We are going to have a skill day out at the farm where we will have stations set up for folks to attend different workshops on different skills. You will be able to go around to each station to learn some wonderful skills. We will have lunch in the middle as a break and have roughly 5 sessions of skills. I will have skill sign up sheets for those of you to sign up to lead one of the workshops. PLEASE LET ME KNOW IF YOU HAVE A SKILL TO SHARE! I am aiming to have 50 minute sessions....so tell me what you would like to do for this day!

#### **Ideas I have heard include:**

yoga, bike repair, pruning, permaculture, tie dye, yogurt / cheese making, fermentation, massage, guitar, (other instruments), raw food preparation, soap making, flower arrangements....this is just a start!

At pick up I will have sign up sheets for you to sign up to share a skill!

## **RECIPES:**

### **Butternut Squash Risotto with Sage (courtesy of Liz Driscoll)**

From Italian Classics, Cooks Illustrated  
(Serves 4 as a main course or 6 as a first)

1 medium butternut squash (2½ to 3 pounds), peeled, seeded and cut into ½-inch cubes  
6 tablespoons unsalted butter, 2 tablespoons melted  
Salt and ground black pepper  
3½ cups homemade chicken stock or canned low sodium chicken broth  
1 medium onion, diced fine  
2 cups Arborio rice (sometimes it is labeled Italian rice or risotto)

1 cup dry white wine  
1 cup finely grated Parmesan cheese  
1 tablespoon minced fresh (don't use dried) sage  
Pinch of freshly grated nutmeg

1. Adjust an oven rack to the lower-middle position and heat the oven to 475 degrees. In a large bowl, combine the squash, melted butter,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper, and toss with a rubber spatula to uniformly coat the squash cubes. Spread the squash evenly on a rimmed baking sheet and place it in the oven. After 15 minutes, remove the baking sheet from the oven and shake to redistribute the squash. Return it to the oven and roast until the squash is lightly browned and the tip of a paring knife easily penetrates the flesh, about 15 minutes longer. Remove the squash from the oven and keep warm until needed.
2. Bring the stock and 3 cups water to a simmer in a medium saucepan over medium-high heat. Reduce the heat to the lowest possible setting to keep the broth warm.
3. Melt the remaining 4 tablespoons butter in a 4-quart saucepan over medium heat. Once the foaming subsides, add the onion and  $\frac{1}{2}$  teaspoon salt and cook, stirring occasionally, until the onion is very soft and translucent, about 9 minutes. Add the rice and cook, stirring frequently until the kernel edges are transparent, about 4 minutes. Add the wine and cook, stirring frequently, until the wine is completely absorbed by the rice, about 2 minutes. Add 3 cups warm stock and, stirring infrequently (about every 3 minutes), simmer until the liquid is absorbed and the bottom of the pan is dry, 10 to 12 minutes.
4. Add more stock,  $\frac{1}{2}$  cup at a time, as needed to keep the pan bottom from drying out (every 3 to 4 minutes); cook, stirring frequently, until the grains of rice are cooked through but still somewhat firm in the center, 10 to 12 minutes. Stir in the parmesan cheese, sage, and nutmeg until evenly incorporated. Gently fold in the cooked squash. Season with salt and pepper to taste and serve immediately in warmed shallow bowls.

## **Kale and Blue Cheese Roll Ups**

1 package of softened cream cheese  
6 ounces of blue cheese  
3-4 tablespoons of minced garlic  
1 pound of kale or collard leaves, blanched and then finely chopped  
Fresh ground pepper  
1 loaf of bread, baguette, or any kind of bread, really  
Olive oil

Beat cheeses and garlic until smooth, mix in kale. Season with pepper. Slice up bread and flatten (with rolling pin or other rolling object). Spread a layer of kale / cheese mixture onto bread slices and roll up (or not if the bread won't roll). Brush with olive oil and place on cookie sheet and bake until lightly browned. If you have the bread open faced, lightly bake the bread with a little bit of olive oil first, then put the cheese layer. Serve immediately.