



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

May 23, 2006

In your share this week

- **Cooking Greens:**

Kale or collard greens
Pac choi
Tatsoi

- **Fresh greens:**

Salad mix
Black-seeded Simpson head lettuce

- **Stored:**

Potatoes
Onions

- **Herbs:**

Choice of sage, scallions, oregano, or lemon grass!

Announcements

Service Hours!

Thanks to all of you for all the hard work you have done out at the farm and in other ways this spring. We have had a variety of help from you all! From seeding, to drench digging, to administrative work, to cook book writing, to mulching, to arbor building, to website design and updating, to writing farmer bios and much more, you all have contributed so much! In an effort to continue to help organize and streamline the service hours, we are being helped by guess who? Some of you! That's right—Laska Creagh and Jann Nestell are helping to coordinate the service hours part of the CSA agreement. This is wonderful help for us, and these two ladies are helping to whip this effort into shape! In next week's newsletter, there will be much more information about how we are going to manage this whole process, so stay tuned!

Upcoming Events

June 3! Biggest Planting Party of the Summer!

Come help us plant out all of our summer crops! Tomatoes, peppers, eggplants, tomatillos, squash, pumpkins, cucumbers, melons...just to start!

We will start at 10:00 AM by the work house (which is the farthest-in hoop house out back). We will also have a potluck lunch, so bring a lunch or something to share with the group. If you can, please park by the CSA area and walk on back.

June 10! Weeding and Planting Party!

Can't make it to the planting party? Well, now you can come help us weed what we planted! And...plant some more! Again, we will start at 10:00 AM by the work house out back.

SKILL SHARE! Coming up in August....

Tomorrow at CSA we will be asking YOU and gathering ideas for the skill share. What ideas do you have for the skill share? What SKILL could you share? Remember, this will be an informal event where we will teach each other some fun, useful, meaningful skills. If you do it, there are probably others who would like to learn it! Let us know at pickup if you have any ideas.

Recipes

Cooking Tip for Lemon Grass (Bruising)

“Bruising” is a common term found in recipes that call for using lemon grass. This process releases the flavor of the grass just as you would with garlic. Simply press down on the bulb end of the lemon grass with the side of a large knife (such as a chef's knife) or pound it lightly with a kitchen mallet.

Lemongrass Tea

From the California Culinary Academy's *Southeast Asian Cooking*. Lemongrass tea can be served hot or iced. Serves: 4

1/4 cup chopped fresh lemongrass tops or
2 tablespoons dried lemongrass
4 cups boiling water
Sugar to taste

Preheat teapot with boiling water; discard water. Add lemongrass and boiling water, steep 8 to 10 minutes; strain. Sweeten tea to taste; serve hot or allow tea to cool and serve in tall glasses with ice.

Grilled Lemongrass Chicken

Serves 8

6 large stalks lemongrass
4 teaspoons Asian fish sauce (nam pla)
4 teaspoons soy sauce
4 teaspoons sugar
4 teaspoons minced garlic
1 tablespoon fresh lemon juice
1/4 cup vegetable oil
4 whole boneless, skinless chicken breasts (about 4 pounds), split (if you don't eat chicken, try using 8 portabella caps instead—cook until tender)

1. Trim lemongrass to 5 inches from base; remove and discard outer leaves; cut remaining lemongrass into 1/2-inch lengths. In a food processor, process lemongrass to a hairlike texture. Place in a bowl; add remaining ingredients except chicken.
2. Remove tenderloins (small piece of meat attached to each breast) from chicken. Pound breasts to 1/8 inch thick; add, with tenderloins, to marinade, turning to coat. Marinate, refrigerated, 30 minutes to 8 hours.
3. Brush a grill or grill pan with oil; heat until medium hot. Grill chicken until cooked through and juices run clear when pierced, 3 to 4 minutes on each side. Serve.

Goes great with any cooking green as a side dish