



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

May 31, 2006

In your share this week

- Pac Choi
- Swiss Chard
- Kohlrabi
- Stir Fry Mix
- Spinach
- Radishes
- Head Lettuce
- Chives / Oregano / Chocolate Mint
- Onions
- Extra: Napa Cabbage
- Extra: Broccoli

Announcements

From Corie:

WHAT A HEAT WAVE! Hope you enjoyed a hot Memorial Day weekend...it was a mixed blessing here at the farm. The summer crops loved it...the tomatoes are growing fast and the rest of the summer crops (assuming we get them into the ground this week!) are excited. Unfortunately, the salad crops (lettuce, asian greens, cabbage, etc) did not like it as much. We had a lot of crops perfectly growing to be spaced out over the next few weeks but with the heat, they didn't really like it so we had a lot of premature bolting. So, we will be giving out a lot of greens this week, and see what we have left for next week. Enjoy greens!! And for sure come on out this weekend on Saturday and help us plant all of our summer crops!! We will need all the hands we can!!

Also, we are going to diversify the newsletter this summer. Our interns will be rotating managing the CSA – this means they will be choosing which crops go into the share each week, managing harvest, running pick up and also writing the newsletter! You will notice that we will have notes from the interns who are in charge of CSA for that week. We will identify it by noting at the top of a section who it is coming from.

Let's give it a shot!!

A message from Mitra:

Hello from the sunny Student Organic Farm! I'm here with the other interns every day from 7-5, working away in the hoopouses and in the field, and helping plan the CSA

details. The weeks often end up being 55 hours of work for each of us, but all the hard work and sweat pays off when I get to interact with you all during CSA. Distributing the organic veggies every Wednesday, we get to share the plants we've raised and worked for, and watch you feed yourselves and your children. Talk about a rewarding job! Getting to know you all and learning from your interesting stories and suggestions is proving to be more exciting and satisfying than I expected. I haven't had the chance to meet all of you, but feel free to spark a conversation with me during CSA or anytime at the farm. I'm also working with Liz Driscoll to put together our "farm family tree" with all your lovely photos, so if you haven't had your (or your family's) photo taken by one of us, please bring in a picture with your names on the back, and we'll display you proudly in the distribution room. Thanks so much for all that you do, and see you Wednesday!

Hello from Holly:

It is amazing to see all the transformations that have taken place at the farm over our extended weekend! Spending a couple of days away from the farm really allows you to notice how much the plants are growing. One project that we started working last week is beautifying the area around the SOF entrance sign. Last week we weeded and mulched the area and planted some spring bulbs. We need to do some more flower planting so that people who don't know how warm and inviting the farm is get that impression when they come in. Any of you CSA members who know about flowers talk to me at distribution, we can share ideas! Last Wednesday was my first time at distribution and I had a lot of fun talking with everybody sharing stories and recipes, I look forward to seeing all of you tomorrow!

UPCOMING EVENTS

June 3: BIG PLANTING PARTY!! Bring a hat, sunblock, waterbottle and dish to pass and help us plant! We'll be having a potluck lunch and planting all day, hope to see you at 10AM but feel free to stop by whenever you can make it:o)

June 10: ANOTHER PLANTING PARTY! If you can't make it to June 3, plan on helping us finish up the summer planting in the fields. See ya'll there!

RECIPES

Swiss Chard and Lentil Soup:

5-15 leaves Swiss Chard, stems removed and chopped, leaves ripped up

1 onion, peeled and chopped

1 clove garlic, chopped

4 c. water or broth (more or less for thinner/thicker soup) and a squirt of lemon juice

1-1.5 c. lentils (I like brown for this recipe)

your choice of spices

slices of lemon or lime

Rinse the lentils and set them in a heavy pot of water/broth. Bring to boil then reduce to simmer. While it simmers, heat a bit of oil in a separate pan and cook up the chopped chard stems and onions. When the onions are almost translucent, add the garlic and spices. Add the leafy parts of the chard and let it wilt, then add this oniony-chard mix to the lentil pot. Cover and simmer for another half hour or until tender. Serve hot or chilled with slices of lemon on the side.

Sun Tea

Fill jar with water

Add lots of Chocolate Mint

lemon balm leaves or lemon tyme

a few sage leaves

This Tea is really easy to make and you can use all things found in a typical herb garden. Let it sit in the sun for a day and it will be ready to drink. Add honey to the jar if you like a sweeter tea, then kick back and enjoy your tea with a good book or a good friend for a lovely summer afternoon.

Rhubarb and Chocolate Mint sauce

3 stalks Rhubarb

2 sprigs chocolate mint

add sugar until it is sweet enough for you liking

Cut rhubarb into ½ inch cubes, put in sauce pan and cover with water. Cook slowly, when it starts to boil, add sugar or honey along with chopped up chocolate mint. Keep on medium heat until rhubarb turns into sauce. Excellent over rice and greens.