



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

June 7, 2006

In your share this week

- Salad mix
- Collards
- Winterbor kale
- Galactic lettuce
- Four seasons lettuce
- Radishes

Stored Crops:

- Potatoes

Herbs:

- Parsley
- Mint

Trade Table Extras:

- Turnips
- Onions

Comments from Corie: Greens, greens, greens!

It's the week of the greens... not that you haven't been getting a lot of greens regularly, but this week, you are getting two heads of lettuce and two cooking greens AND baby salad mix. Time to eat up those greens! As I have been explaining, this heat has caused a lot of our future weeks' shares to head up or mature much faster than we anticipated, so, instead of losing them, we have been and continue to give them to you NOW. What does this mean? This week (and the last few weeks) you have received slightly larger shares but next week's will be smaller. We are also at the tail end of our winter stored crops, which are nearly done. So we wait patiently for our summer crops to mature, we enjoy the early crops (greens, radishes, beets very soon), and we will have a slightly smaller share. We will give you more herbs to be creative with and then make up for smaller shares in the bounty of the summer months to come! Tomatoes, cucumbers, zucchini, peas, beans, corn—they are all coming. Thanks for being understanding of how this weather thing plays into our timing and our planning. It is hard to anticipate exactly the right-sized share for every week; we are doing our best. In the meantime, have a salad every day and use those kale and collards!

Certification Project Update

I wanted to give you all a quick update on the status of the Organic Farming Certificate Program that we are developing. Currently, Melissa Timm-Cook, Jeremy, John, Laurie, and I are working on the development of the curriculum for the certificate program. What is the Certificate Program? Well, it is the exciting yearlong program in organic farming that is slated to start in January 2007! We will have roughly 10 students in the program, taking classes in everything from organic vegetable, fruit, flower, berry and herb production, to compost, to marketing, and more. They will also be in charge of running the farm, along with Jeremy, Jay, and me. This program is cutting edge; it is really exciting that it is happening here at MSU, and it is really exciting that the Student Organic Farm is keeping in line with its mission to continue to develop outreach and educational opportunities for the Lansing, Michigan, and national communities in organic farming. We will tell you more about it as we go, but I wanted to give you a brief update on where we are with things. So far we have a lot of interest; nearly 60 people have inquired about the program, so I am confident that we will be putting together a strong, diverse, highly motivated first class of “apprentices”! The courses that will be offered in the program are listed below for you to look over:

Required Courses:

AT	071	Technical Mathematics	2
AT	045	Agricultural Communications	2
AT	293	Professional Internship in Agricultural Technology	3
HRT	109	Plant Science	2
HRT	242	Passive Solar Greenhouses for Protected Cultivation	1
HRT	243	Organic Transplant Production	1
HRT/CSS	251	Organic Farming Principles and Practices	3
HRT	252	Organic Certification and Farm Plans	1
HRT	253	Compost Production and Use	1
HRT	256	Organic Produce Direct Marketing	1
HRT	257	Organic Produce Wholesale Marketing	1
HRT	258	Study A Farm	3
HRT	259	SOF Practicum	10
HRT	341	Vegetable Production and Management	3

Suggested Electives:

ANS	110	Introductory Animal Agriculture	4
AT	291	Spanish – Oral Communications	2
CSS	101	Introduction to Crop Science	3
CSS	110	Computer Applications in Agronomy.....	2
CSS	156	Weed Management	3
CSS	201	Forage Crops	3
CSS	210	Fundamentals of Soil Science	3
CSS	212	Advanced Crop Production	2
HRT	221	Greenhouse Structures and Operation.....	3
HRT	244	Culinary and Medicinal Herbs	1
HRT	245	Specialty Cut Flowers	1
HRT	290	Independent Study	1-2

HRT	291	Selected Topics	1-3
HRT	332	Tree Fruit Production and Management	2
HRT	335	Berry Production and Management	1
PLP	105	Fundamentals of Applied Plant Pathology	2
TOTAL CREDITS REQUIRED FOR GRADUATION			44

Again, we will update you as we go, and you can also read more about the program at CSA pick-up on the CSA board.

WORK PARTY EXTRAVAGANZA!!

Thanks to all of you who came out and volunteered last Saturday! We had a GREAT turnout as dozens of members and their families came to help us plant our tomatoes, eggplants, peppers, celery, celeriac, and basil in the fields, as well as the grains, beans and herbs in our permaculture plot. We had a lovely potluck lunch (thanks to those of you who contributed your tasty treats to our work party!) and kicked out tons of work in the beautiful summer weather.

EGGS and New Chicks! (a quick note from Mitra)

As many of you may have noticed during distribution, we've decided to split the eggs into half dozens so more members can try our tasty free-range chicken eggs! We have a wide variety of chickens, which makes for a wide variety of eggs. (If you check out the new chicken poster, thanks to Lauren, you can figure out which egg goes to which hen). I like to experiment with the different eggs to see which one tastes best fried, in an omelet, in cookies, and on and on! They each have a unique flavor, but all are delicious and good for you. Plus you know that the chickens who laid the eggs were happy and not in tiny cages :o) All donations for the eggs (suggested \$2 for a half dozen) go back into the chicken fund to buy food, supplies, and even NEW CHICKS!!

That's right, the new chicks have arrived! We have two beautiful Silkies, one black and one white, and they are SO adorable! There is also a Crevecore, who we've named Cruella deVille for her crazy hairdo. We'd love for you to come check out the chickens any time, and we usually gather eggs around noon if you or your kids would like to help out with that! Also, thanks to the kids who helped gather eggs during the work party Saturday—awesome job!

And on a sadder note, two of our chickens have been attacked by birds of prey (we're thinking a hawk probably) but we're working on relocating our chickens to a place where they'll be safer and have a shade cloth over their area. If any of you have experience with this problem and know another solution, please feel free to let us know!

Stay tuned for more chicken updates, and enjoy your eggs!

Keeping Track of your Share Hours—From Laska and Jann, CORE CSA Members

Welcome to the summer session! If you're new, we're thrilled to have you and if you're "old," we're happy you're still here; you know how great it is! Let us introduce ourselves, Jann Nestell and Laska Creagh (Creagh/Nestell Share). We are coordinating the effort for the SOF to keep track of volunteer hours.

As we all know, being a member of the SOF involves giving 8 hours per session of volunteer work. This can be accomplished in many different ways. Watch for next week's article on the numerous ways to assist our farm and the student workers.

We'd like to begin to let you all know how to keep track of your hours and help the farm run smoothly. We're advocating for the KISS method, that is, Keep It Simple Smartie! We really want it to be as easy as possible. You may have noticed that the share log—a 3-ring binder notebook—is at the pickup site near where you check off that you're picking up your food. **Please make certain that you log your volunteer hours in this book**, as you acquire them. Every two weeks or so, we will be gathering that information and keeping track of it. Should you be in need of a gentle reminder, you'll get an e-mail or call from one of us!

For simplicity and accuracy, we'd suggest that each share group be labeled by last names (as some groups have many members): Jones/Smith/Barney, etc. In addition, we recommend a "point person" for each group. The job of the point person is to be the primary contact and responsible party to assure the hours are logged on a regular basis. This person will also be the one we contact should there be a need.

Our contact information is: Jann Nestell @ jnestell@cablespeed.com, or 655-2919 and Laska Creagh @ laskacreagh@cablespeed.com or 655-1729.

Thanks, and happy summer vegetables and flowers!

More Pots and Pans and Plates!

Thanks so much to those of you who donated some pans and plates to the farm! We would love some more if you have any spare dishes sitting around your house. Those of you who were at the potluck last Saturday witnessed our scant amount of plates and pans.

Upcoming Events!

This Saturday, June 10, we'll be having another work party! We'll start at 10:00 AM again, and please bring a water bottle and some sunscreen. We'll let you know when you get there what jobs need to be done. This is another great opportunity to take care of your volunteer service hours!

RECIPES (this week from FoodTv.com)

Yummy Potatoes

2 pounds potatoes
1 tablespoon butter
2 green onions, sliced
1 tablespoon chopped parsley leaves
1 teaspoon snipped chives
1/2 teaspoon salt
1/8 teaspoon pepper

Scrub potatoes and peel a ring around centers with a vegetable peeler. Cut into small pieces. Boil 20 minutes. Drain and transfer to bowl. Melt the butter in a skillet over medium heat, add the green onions, parsley, chives, salt, and pepper and cook 3 minutes. Add to potatoes.

Easy Collard Greens

2 pounds fresh collard greens
3 tablespoons pure olive oil
1 medium-size onion, minced
2 cloves garlic, minced

Wash the collards thoroughly and bunch them together. Take each bunch, roll it tightly, and cut crosswise into thin strips. Wash the strips and drain them thoroughly. Heat the oil in a large, heavy skillet over medium heat, then cook the onion and garlic, stirring them until they are lightly browned. Add the kale strips and cook, stirring, for 5 minutes so that the greens are soft, but retain their bright green color. Serve hot.

Yummy Salad

1 lemon, juiced
3 tablespoons extra-virgin olive oil, eyeball it
Salad mix or head lettuce, chopped
1/2 red onion, thinly sliced
1 red pear, thinly sliced
2 tablespoons fresh thyme, 5 to 6 sprigs, chopped
1/4 cup finely chopped mint leaves, a generous handful
Salt and pepper

Place the lemon juice in the bottom of a bowl and whisk in extra-virgin olive oil. Add lettuce, onions, pear, thyme and mint to the bowl and toss. Season the salad with salt and pepper, toss again, taste to adjust seasonings and serve.