



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

June 21, 2005

In your share this week

- Peas (for real this time!)
- Swiss chard
- Collards
- Salad mix OR arugula (please choose one or the other)
- Radishes
- Scallions
- Joi choi OR komatsuna (from the field!!)
- Spinach (from the field)
- Winterbor kale
- Parsley
- Kohlrabi
- Lettuce
- **Extras:**
 - Beets
 - Broccoli

The Share is Growing...

Thanks to this warmth and rain we are starting to burst with veggies but are still a few weeks away from having tomatoes, squash, and peppers. We are slowly starting to add some new items into the mix! We have peas, beets, scallions, and some other new crops. It is quite exciting to see the fields coming alive and waking up, and we will have flowers soon! So please make some time to come on back to the farm when you come to pick up. Take a walk, look around, pick some strawberries...there are beautiful things growing out there!!

From the Field...

We are having a little challenge. Summer is a time when many of you go away, as you should—it is summer, right? But if you could drop me an e-mail to let me know that you are not going to be picking up your share, that would help us to not waste the veggies. Lately we have had a larger number of people not come for their share and at the end of the day we have a large amount of food left over, too much for us all to consume in time, but not enough to get a food bank to pick up or to sell to the Co-Op. If you would be so kind as to e-mail me when you WON'T be picking up, this will help us very much! (Corie at piercee@msu.edu)

Spotlight on Local Business

Magdalena's Tea House... Ahhh, what a special place!

Have you been to Magdalena's Tea House? Oh my gosh, go. right now! I am telling you, you won't regret it! There is no other place like it in the Lansing area. Magdalena's Tea House, located at 2006 E. Michigan Ave. (at the corner of Clemens) in Lansing is truly a community gathering space. It is creative, it is healthy, it is lively, it is cozy. The Tea House serves food—local, organic, and healthy—and puts on musical acts and other forms of entertainment (documentaries, poetry reading, etc). It is a place where people of all ages can come together to share food, conversation, and entertainment. They have a fun variety of yummy food: salads, home-baked (at Magdalena's) cookies and muffins, homemade quiche and calzones, specialty sandwiches like “The Ninja” and “The Indigo,” and more. They use creative, local ingredients and also serve raw treats—soups, smoothies, and even raw cookies. But most importantly, this is a place where local folks are promoting other local folks: the musicians, the farmers, and the community at large. Miko Fossum, Nancy Brandon, Chris Dorman, and a host of others (staff AND volunteers) are working hard to make the Tea House a mainstay community spot in the east side of Lansing. I recommend you go there for lunch, or an afternoon tea and treat, or better yet, for dinner and some live music! The prices are very reasonable (\$4–8 for sandwiches and main dishes) and the music is always good. Check out their website at www.magdalenasteahouse.com for a listing of upcoming concerts and other shows. Also, they gave us some “free tea or coffee coupons” to hand out to you all at pick up, so keep your eyes peeled for those on Wednesday!

CHILDREN'S GARDEN!!

One of our interns, Anne Meisener, is going to be doing her independent project this summer on children's gardens. She will be prepping and planning a planting day for this Saturday, June 24, starting at 10:00 AM for all the CSA kids! The idea is that our CSA kids should have a place to learn and grow and make their own, so Anne is making that happen. She will be guiding the kids to do some planting of three sisters and flowers and some other plants. So come on out this Saturday to join her, and the kids will each get their own little plot to work in! Depending on how many people show up, we will divide the plots accordingly.

Service Hours and Work Parties!

Thanks to all of you who have done your work hours and helped out at all the spring work parties. We have done so much this spring already and we are really ahead of schedule, which makes us all very happy! This allows us to focus on some bigger projects, like revamping and building our wash pack area, building a composting toilet, revamping our work house, and building some raised beds for strawberries (yum!). We will “advertise” more work parties soon; in the meantime, we don't have any planned. However, I encourage you all to call us whenever you want to come on out to the farm to get in some hours (230-7987) and make that happen. Also, if any of you construction-oriented people want to help out with some of the construction jobs, please let us know!! (piercee@msu.edu) or tell us at pick up. We could use some help with those projects!

RECIPES

Swiss Chard Wraps...

(Okay, okay...there are a few ingredients here that are not quite in season, but we are SO close and this is a good recipe!)

Whole Swiss chard leaves
Tomato slices
Fresh basil
Mozzarella slices
Olive Oil
Salt

Blanch the Swiss chard (quickly boil it in water just enough to soften it up). Take the chard leaves out of the water and lay them out on a pan, put a slice of tomato, mozzarella, sprig of basil, drizzle of olive oil, and a pinch of salt on each leaf, wrap up the tomato pile with the chard leaf and then bake the bundles at 350 degrees until the cheese melts (about 5–7 minutes).

YUMMMMMMMY!!

Arugula Goat Cheese and Pear Salad

Olive oil
Balsamic vinegar
Maple syrup
Mayonnaise (optional)
Fresh or dried herbs
Arugula
Walnuts
Goat cheese
Dried cranberries
Pear slices

Dressing:

Mix 3 parts olive oil, 1 part balsamic vinegar. Add salt, pepper, and maple syrup to sweeten (go by what you like). You can add a little dollop of mayonnaise to add some creaminess to the dressing, and fresh herbs, like basil, oregano, or sage. Whisk all together.

Mix arugula, walnuts, goat cheese, dried cranberries, and pear slices together, toss with dressing. Enjoy!

Poem!

Cultivating

Kale, carrots, and contemplation
Crawly critters, compost and kindness
Corn, courage, and conviction
Cabbages and creativity
Caring

By Lois Granskog – friend of SOF in Norway!