



# MSU STUDENT ORGANIC FARM FARM NEWSLETTER

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August 2, 2006

## What Is In The Share?

- Tomatoes
- Cucumbers
- Summer Squash and Zucchini
- Peppers (Sweet and Jalapenos)
- Eggplant
- Cabbage
- Carrots
- Komatsuna
- Basil
- Parsley
- Swiss Chard
- Kohlrabi

\*\*Please email or call us ([msufarm@msu.edu](mailto:msufarm@msu.edu) or 230-7987) to let us know if you won't be picking up your share!!

## Farm Update and Goings On

### **Garlic Harvest and Honey Extraction this coming Saturday!! August 5<sup>th</sup> from 9:00-2:00**

It will be a great day!! Honey, garlic and a potluck lunch. What more could you ask for? The bee team (the bee team is made up of volunteers who have regularly come out with Joe Riddle (the student in charge of the bees) to help maintain the bees. This Saturday the bee team will be doing the first honey extraction of our hives. It will be great fun to be a part of and watch. Joe and team will be selling the honey for \$4/lb (please bring your own jars if you would like some). We will also be selling more at pick up depending on how long supplies last.

The garlic harvest is great fun too. Our garlic crop this year is a good one, and we will be pulling them from the ground and setting them out to cure.

For the potluck lunch, we will supply tomatoes and onions and eggplant and zucchini to grill. Please bring other items to grill (hamburgers, hotdogs, veggie burgers, portobello mushrooms, etc), and other goodies to add to the picnic.

We will work from 9-12 then break for lunch, then work for another 2 hours.

## **A Unique Opportunity – Greenhouse Construction Update from John Biernbaum, our fearless leader– Some service hours for you construction types too!! Read below...**

By distribution time on Wednesday, the SOF should be the proud owner of a new greenhouse. Thanks in part to a grant funded project by CSA member David Conner and the financial support of several MSU programs, we have purchased a greenhouse to be used for the new organic farming certificate program courses that you have been reading about in previous newsletters. We will be building the greenhouse over the next 6 weeks or so and you are invited to participate.

The grant funded project is to document the economic impact of adding a greenhouse to nine farms in Michigan. These farmers also attend farmer's markets so the project will study the economic impact of extending the farmer's markets season. The reason the grant helped us is because we went in on the purchase of 10 greenhouses at once which helped lower the price significantly. I was also responsible for helping select the manufacturer. The SOF will be helping to advise the farmers on how to build the greenhouses and what to grow.

Funding for the greenhouse came from the C.S. Mott Sustainable Agriculture and Food Systems Program and the College of Agriculture and Natural Resources and we are very grateful for the support. While the current greenhouse space is used for research and the CSA, and does support teaching, this greenhouse will allow more freedom for students to learn and experiment.

Building the greenhouse will be an excellent opportunity to meet the CSA service requirement and to learn how to build a greenhouse. I will be directing construction together with Adam Montri. Adam has just been hired by MIFFS (Michigan Food and Farming Systems; CSA member Elaine Brown as Executive Director) to be the hoop house project coordinator for the project mentioned above. Adam will be helping farmers in Michigan with construction and growing tips so more people can experience the year-round fresh vegetables you enjoy.

In next week's newsletter we will outline a work schedule for the next few weeks. We have discussed working on Tuesday evenings and then either Wednesday or Thursday evenings depending on input from you and whether you would like to work in combination with picking up your share. We will also be working on Saturdays. We will be filming and taking lots of pictures as we go to help support our on-line course about passive solar greenhouses. Members could also help with the documentation.

Exciting times at the farm. We look forward to having CSA members involved and working cooperatively with the students and staff on this next exciting phase of the SOF.

John Biernbaum

## **Summer 2006 Session Wrap Up – Start Fall 2006 Session Details**

As outlined in last week's newsletter, we are approaching the end of the summer 2006 share. Hard to believe...wow. Please note the attached agreement and if you'd like, print it out and get ready to submit it along with a check for \$460. **PAYMENT IS DUE IN FULL BY AUGUST 23<sup>RD</sup>**. PLEASE BEGIN TO GET IN YOUR PAYMENTS NOW. You can bring a check to pick up made out to Michigan State University, or you can send it to:

Student Organic Farm, c/o Corie Pierce  
Michigan State University  
Plant and Soil Science Building  
East Lansing, MI 48824

If you are NOT returning, let us know so we can fill the empty slots.

Again, some important to dos and reminders:

- 1) Fill out the attached form and bring it along with your check to pick up.
- 2) One check per share – if you split a share, please do your best to work out within your share group your payment splitting. This is new, in the past we have accepted multiple checks which is an accounting nightmare for us. We are trying to streamline our accounting now (the horticulture department has cracked down on us).
- 3) Check for Fall 2006 session due on **August 23<sup>rd</sup>**. **LATEST**, please get checks in now.
- 4) Please let us know if you are not planning on continuing by August 2<sup>nd</sup> (next Wednesday) so we have a count going into the fall.

There is NO break between sessions this year so plan on picking up veggies straight through until December.

## **Spotlight on a Local, Sustainable Businesses**

### **Golden Harvest – Best Breakfast Joint Around**

Did you know that Lansing is a Pirate town? Lansing is FULL of pirates, but luckily they are GOOD pirates. One of the premier places to commune with the pirates of Lansing is at the best breakfast joint in town. Golden Harvest, just a few blocks north of Old Town off of Turner Street, on the corner, you will find this hole in the wall breakfast joint. Zane is working the grill like crazy, and Clare and Rome and a bunch of other friendly faces serve you with a smile. It is your typical breakfast diner, but with a twist. They buy local. Greens and other goodies from Giving Tree Farm, eggs and sausage from Appleschram, and other local farms are present in their home cooked delights. Your coffee will never go

½ empty, your stomach will never be dissatisfied. It is a community of great folks, getting together, sharing great food, and watch out for the pirates. If you like sausage, try the breakfast burrito. Everything there is amazing, you can't go wrong. You've gotta go. Seriously.

## **Harvest Festival – October 7<sup>th</sup>, 2007**

This harvest festival will be amazing! Our first ever, to kick off this yearly event, should be awesome. We have some great bands already lined up, including Breathe Owl Breathe of Earthwork Music, A Story Told, Head to Toe (our own Holly Markham's group), and a few other local bands.

If you are interested in helping out, we will have planning meeting coming up – date and time TBD. We will need volunteers to help organize food, music, set up and break down, face painting, apple cider pressing, and other activities. This will be a great way to get involved with the community and to get your fall service hours in!

We are narrowing down dates to get a planning team together. Please contact me if you would like to help organize this event. Corie at [piercee@msu.edu](mailto:piercee@msu.edu).

## **Skill Share Update – August 19<sup>th</sup> beginning at 10:00am**

### **Calling all cooks (non-cooks too!)...**

Even if you don't have a skill to share, come join us to learn a new skill, share your company, and a dish-to-pass at the Skill Share Day lunch. We need food and beverages—bring your favorite or try out that new recipe. If you plan to contribute something for the potluck lunch, please contact Heather Dover, [doverhea@msu.edu](mailto:doverhea@msu.edu), day: 432-3638, eve: 882-1841.

Mark your calendars! The skill share will be Saturday, August 19 starting at 10:00am. RAIN OR SHINE! We have a fabulous lineup of fun and educational workshops, many of which are great for kids too! There will be a preliminary plan of the workshops at CSA Wednesday, please check it out and let us know if you'd like to help out in any way (anybody still need service hours?) MOST IMPORTANTLY, we want this event to reach its full potential, so please tell all your friends, family and neighbors to come too! This is open to the public, so talk it up :o) Also, Mitra will be contacting you this week if you signed up to lead a workshop. A huge thanks for those who signed up and much appreciation to those who plan to come and help spread the word!

Also, there will be kid friendly workshops during each hour, as stated above, but we also wanted to see if anyone wanted to volunteer to do childcare for the kids who don't want to participate in the workshops, and for some of the younger members. Please contact Mitra if you are interested in doing this at the Skill Share!

It's not too late to sign up to lead a workshop. Here is the tentative schedule:

Come One, Come All to the MSU Student Organic Farm's First Ever

# SKILL SHARE

*Saturday, August 19*

We all possess such unique and valuable skills  
So on this day we come together to celebrate and SHARE!

Come any time and stay as long as you like

**OPEN TO ALL! BRING YOUR FRIENDS AND FAMILY! KIDS ARE WELCOME!**

**\*\*\*TENTATIVE SCHEDULE – WILL CHANGE!!\*\*\***

	<u>CSA Room</u>	<u>Cherry Trees</u>	<u>Orchard</u>
<b>10-10:50</b>	Fun with hot peppers! Jelly and dried pepper strings	Pure, safe, beneficial skin care demonstration and discussion	Conscious, open communication based on needs and feelings * *
<b>11-11:50</b>	How to prepare delicious <i>raw, vegan</i> dishes	Fun ways to add physical activity to your busy life * *	Yoga: spiritual and physical exercises with focus on breath, stretches, balance and strength <small>*If you have a yoga mate, please bring it. If not, it's fine without!</small>
<b>12-12:50</b>	<b><i>Potluck Lunch: Please bring a dish to pass</i></b>		
<b>1-1:50</b>	Soap making	Knitting spool jewelry: making bracelets, scrunchies, anything you can imagine! * *	Permaculture: learn basics of integrated principles and designs. Plus guided tour of our plot!

<p><b>2-2:50</b></p>	<p>Making skin balm: healthy and natural for aromatherapy and skin care</p>	<p>Massage workshop: Learn the basics of giving and receiving great massage! ** *Please bring a pillow and blanket!</p>	<p>Bike repair workshop (in front of workhouse)</p>
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\*\* GREAT FOR THE KIDS!

Plus: Felting, Pavillion Structure overview, and a few more

MSU's Student Organic Farm is within the Horticulture farms south of campus.

Take College Road south of Jolly, turn into the green gates by the Horticulture sign.

Questions? Email Mitra at [stickle5@msu.edu](mailto:stickle5@msu.edu) or call the farm phone 517-230-7987

## **Chicken Update!!**

**We have new chicks of our own!! Keep your eyes peeled for a “birth announcement”. :)**

**Free range, hormone free chickens for sale at CSA. \$2.00 / lb.**

The Springport FFA Chapter is one of Michigan's just over 100 agriscience programs in the state. The program is focused around teaching students by utilizing 3 components: classroom/laboratory, leadership (FFA), and a supervised agricultural experience program (SAE). To expand upon the programs ability to offer an on-site (on school grounds) location for students to have an SAE, we developed a Pasture Cooperative last year. The Pasture Cooperative can involve 10-14 students who each invest \$500 to become a member (students are encouraged to take out a loan with the Farm Service Agency). In February the Pasture Coop members beginning planning what they will produce on the pasture. With the help of a grant from the Michigan FFA Foundation Glassbrook Endowment and the National Education Association Foundation, the school purchased all supplies (fence, watering system, fencer, etc.) to build the pasture as well as pastured poultry pens last year. This year, the coop members are raising 2000 broiler chickens split up amongst 5 batches throughout the spring, summer, and fall. They also have 10 ewes, and pasture 10 head of dairy cows from a local farmer (they are paid \$1 a

day per head for the cattle to graze on the pasture). All of the chickens are direct-marketed by the students, therefore, they are involved in all aspects of production from decision-making, investment, labor, to sales and marketing. Students are mainly sophomores and juniors and a couple of seniors.

## Recipes

### Stuffed Peppers

#### Serves 4

8 Italia peppers or 4 large bell peppers (tops cut off, seeds removed)	2 diced onions
olive oil	1 eggplant (diced)
½ jalapeno (if you like spice)	¾ lb of ground beef (optional)
2 gloves garlic - minced	2 ears of corn (if you have them)
goat cheese (optional)	salt and pepper
t. cumin	

Sautee onion and garlic in olive oil briefly, add the ground beef and lightly brown. Add the diced eggplant and cook for about 5 minutes. Add the corn, cut off of the cob, and continue to sautee. (Add any other veggies diced up if you'd like, squash, tomatoes, broccoli, kohlrabi, anything). Add the cumin, a little at a time, taste as you go. Add salt and pepper and taste as you go. If you want spice, add the finely chopped jalapeno, slowly, taste as you go. Place a small amount of goat cheese in the bottom of each pepper. Add the veggies mixture, stopping half way to add a little more goat cheese. Fill the pepper up completely. Place the stuffed peppers in a baking dish and bake at 350 degrees for about 10 minutes or until the pepper is soft (take a fork and poke it). Yum!

### Pesto

Most know how to make pesto, but we have been asked enough lately for a recipe so we thought we'd throw it in.

5 large sprigs of basil (preferably leaves only)	2 cloves garlic
½ cup pine nuts	olive oil (about 2-4 T.)
½ cup parmesean cheese (optional)	salt

In a food processor, blender, or mortar and pistol, grind, blend mash, basil with all of the ingredients. Work the mixture until the large chunks are smoothed out. Serve over penne pasta or bow tie pasta, or as a spread on a sandwich. You can add chopped up tomatoes in your pasta too. You can make larger batches, and change around the proportions of all of the ingredients according to what taste you like.

## Eggplant, Corn, Chard Stirfry

Serves 4

2 T. olive oil	2 eggplant 2
large onions	1 large bunch of chopped up Swiss Chard
4 ears of corn (cut corn off cob)	2 cloves garlic
2 cans of lima beans (drained)	salt to taste

Sautee the garlic and onions briefly in olive oil. Add the eggplant (cut into bite sized chunks). Sautee until the eggplant begins to soften. Add the corn, and the Swiss Chard, and the lima beans. Stir over medium heat until chard is wilted and the lima beans have warmed. Add salt throughout, tasting as you go until desired salt. Serve on warmed corn tortillas or as a side dish.