



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

August 23, 2006

In your share this week

- Tomatoes
- Cucumbers
- Summer squash and zucchini
- Peppers (sweet and jalapenos)
- Eggplant
- Cabbage
- Beets
- Melons
- Carrots
- Dill
- Corn
- Basil
- Cilantro
- Red Russian kale

**Please call us (230-7987) to let us know if you won't be picking up your share or if you need your share packed. We will not check email the day of harvest, so please do not leave a message for a packet share via email.

PICK YOUR OWN!!

****FLOWERS:** We have **SO MANY FLOWERS!** Come on back and pick yourself a bouquet. We have sunflowers, snapdragons, rudebekia, zinnias, gomphrena, lavatera, statice, nigella and more. Come and pick any of the flowers in the permaculture plot or the sunflowers in the east field, which is the field directly behind the STUDENT ORGANIC FARM sign—the sunflowers that are the lone rangers in the cleaned field...

****CHERRY TOMATOES, TOMATILLOS, HUSK TOMATOES:** We have sungolds!! We have husk cherry tomatoes and we are almost ready for tomatillos. Please come on back and pick some. North and east of the workhouse is the HURON field (you'll see all the tomatoes) and the front of the easternmost row of tomatoes is marked for pick your own. You will see an orange cone by the row to pick. Please only pick the cherry and husk tomatoes.

Also, if you would like more kale or kohlrabi, please ask one of the farmers to point you in the right direction to pick more. We'd love to give some to you!

Notices

FALL 2006 PAYMENT DUE!

Fall payment is due today, Wednesday, August 23. If you have not submitted your check, or arranged something with Mitra, your spot will be given up. E-mails have been sent to find out if you are intending on continuing. After Wednesday, August 23, people from the waitlist will be contacted and are waiting for their spot. **PLEASE LET US KNOW SO WE DON'T GIVE UP YOUR SHARE! PAYMENT IS DUE IN FULL BY AUGUST 23.** You can bring a check to pick up made out to Michigan State University.

REMINDER: CHANGE TO THURSDAY PICKUP DAY STARTING AUGUST 31!

Same time, same place: 4–6:30 PM

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

Farm Update and Goings On

The **Skill Share** was a huge success! Thanks to **Mitra** for organizing and pulling off an amazing event. We had many members and farmers out there teaching us great skills, including open communication, jewelry making, safe skin care and lotions, pavilion structure design, soap making, yoga, bike repairs, bath bubbles, raw food preparation, yoga, permaculture, and more. We all learned a ton. At first we were nervous because it was raining and we thought it would deter people. But many showed up (numbers reached close to 60!!) and we enjoyed a beautiful potluck lunch. We even had a group of families hear about it through the Co-op and one family offered to organize a skill share for us monthly! We'll see if that happens, but we hope it will. We want the **farm to be a place where many people can enjoy and learn and feel comfortable and safe.** Thanks to all the hard work that went into the day before and during! We had a clean-up crew that left the workhouse cleaner than it was before the event! Thanks to Heather Dover for heading up the potluck committee! One thing we didn't do that we thought about after the fact was to have a feedback form to **solicit ideas and feedback on the event so when we do this again in the future we know what else we should do** or what we should do differently. If you were there and have any thoughts on how it could have been better, please talk to Mitra at pickup. She would love to hear from you!

On a more farm operations note, we are **wrapping up the summer internship.** Our interns, Luke, Holly, Mitra, and Anne, have done an amazing job at learning how to be farmers and running the CSA and diving right into the SOF farm life. We have been lucky to have such a great group, with diverse backgrounds and interests. As we move into the fall, we will have some of these interns stay on as part of the farm crew as well as some of our other school-year farmers returning. Even though the farm is producing at its peak right now, we are more or less on autopilot and it is just a matter of keeping up with our **harvest and getting ready to put the fields to bed for the winter.** We will have work parties coming up that will include cleaning our storage onions and garlic and will be fun because we will get a group together to sit around and sort and clean and share stories and food. We will have winter squash harvest and popcorn harvest and all the fun fall crops. Before we get too ahead of ourselves, we want to remind you of all the

summer crops that are still coming on and in full force!! Let us remind you of the extras offered at the farm....we'd love to see you out there!

FARM CALENDAR OF EVENTS

Onion and Garlic Cleaning and Sorting Party and Potluck – Date and Time TBA

Work Party – Harvest Winter Squash – 2 weekend per month in the fall

Hoop House Building – times and dates TBA

Harvest Festival – October 7

Just to be clear.... the harvest festival will NOT be a work day, but a day of fun and celebration open to all! We will have bands playing all day, food, hay rides, face painting, corn maze, cider pressing and lots of other activities. This will be an annual SOF event, this being the second year. We hope that you all can make it and bring your friends and family! We are just beginning to get a crew together to help plan the event. If you are interested, please e-mail me at pierce@msu.edu. A meeting will be scheduled next week to plan!

Spotlight on a Local, Sustainable Business

Green Eagle Farm

If you are a regular to the local farmer's markets, you have probably seen Steve and Chayla and their two beautiful girls selling their organic produce and flowers. In the words of our own Jay, Steve and Chayla have the closest permaculture farm than he's ever seen. About 20 miles south of here, their farm is tucked into a woodlot, with lots of perennial fruit trees and shrubs and flowers growing. They only use a push rototiller, no tractor or other mechanized machinery, so their fields are not all straight and narrow; there is a tear drop-shaped field and a few other nonsymmetrical shaped fields. It is a little slice of heaven and they are growing amazing produce. They sell at Meridian and Allen Street Markets, so check them out!

This Sunday, August 27, they are having an open field day at their farm, similar to the skill share we had, where they are doing a harvest festival and also workshops. It starts at 1:00 and if you would like directions, talk to our own Jay Tomczak (230-7987). It will be a great community event, and we would love to help support their farm. Many of the SOF student farmers will be going on Sunday.

RECIPES

RAW Corn, Tomato, Cucumber Salad

Chop up corn, tomatoes, and cucumbers and mix in a bowl. Cut the corn right off the cob. It is delicious JUST LIKE THIS or you can add a little salt and pepper or a balsamic vinaigrette dressing for a little more flavor.

Green Salsa – YUM, serve with Kale, Black Bean, and Feta Tacos

10 tomatillos

1 bunch of kale

Hot pepper (any kind)

6 tacos (soft corn tacos)

1 onion

1 can of black beans (or equivalent of cooked beans)

2 cloves of garlic

Salt and pepper to taste

Boil the tomatillos in water until slightly soft. In a blender add the drained tomatillos, onion (chopped), garlic (diced), and the amount of hot pepper you'd like. Add about 1–2 tablespoons of water. Blend and add more water to create the desired consistency. You can also pan fry the tomatillos in a little bit of olive oil instead of boiling them for a more roasted flavor. Sauté the kale until soft and add the onions and black beans. Mix together until warm and cooked. Warm the tortillas and serve the black bean, onion, and kale mixture on a corn tortilla and sprinkle with feta cheese and green salsa for a simple, easy, tasty, and healthy dinner!