



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

September 7, 2006

In your share this week

- Corn
- Tomatoes
- Peppers (sweet and hot)
- Sweet Onions
- Watermelons
- Green Beans
- Broccoli
- Beets
- Kale
- Napa Cabbage
- Cilantro

** Please email or call us (msufarm@msu.edu or 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 packed share via email.

SERVICE HOURS: A note from our service hours coordinators, Laska and Jann

The MSU SOF staff would like to make certain that everyone understands how helpful your service hours have been to the success of the farm's operation! They are so impressed with the variety of skills that you all have shared for the benefit of all. To name a few of the many skills that folks have shared to date:

- Harvesting honey
- Construction of the new chicken coop (hotel!)
- Consulting with management team on effective grant writing
- Harvesting garlic
- Work day turnout extraordinaire
- Web skills
- Bike repair
- Bookkeeping
- And much, much more

Because this is the first session that the work hours have been required and that hours have been recorded, any of us that have NOT fulfilled our hours will be given a 'grace' period to fulfill these hours next session in addition to the required hours of next session. The policy on this is as follows:

CSA members will have one session grace period to make up their service hour commitment from the previous session. If these hours and the current session hours

are not fulfilled by the end of the grace period, the member will not be allowed to renew their membership and their name will be moved to the end of the wait list.

Below are those share holders that have fulfilled their 8 hours for this summer session. Thank you to all of you:

Salzman/Asbury, Goodwin/Derosier/Chenvelil/Holden, Bartz/Warner,
Haider/Pace/Tyszkiewicz, Bingen/Marsh, Kinzley, Conner, Osbourne/Frank/Champion,
Creagh/Nestell, Swenson/Wilks/Syal, de Lorenzo, Salisbury, Detjen, Sattazahn/Harald,
Levy/Joblonski/Cooper, Weir/Roberts, Driscoll, Welsch, Dulai, Moy/Garcia/Settles,
Lederle, Wilks/Syal

The following are those folks that still owe some make up hours (or have not logged their hours correctly). Please consider this—"What have you done for your CSA lately?" Please let us know if these list requires any corrections.

Andrus, Hull, Balawender, Izumi/Koch/Arvai/Campbell, Bartholic,
Kenney/Frazier/Habron/Glynn, Crackel, Kravchenko, Dover/Hoover/Plant, Lameroux,
Ellison/Batt/Gilliland, McCauley, Fenton/Leone, McCoy-Kyser/Welch,
Gorelov/Kirillova, McElhinney, Hadlock, Meidlinger, Hall/Rothstein, Mutch/Chung,
Neils/Bamford, Pegler-Gordon/Fermaglich/Gold, Zehr/Schwartz, Polio/Heins,
Alaimo/Velie, Salas/Russ, Smalley/Lorraine/Pangborn, Szymecko/Wallace, Winkler-
Prins/Gadbury-Sly, Tait, Voice, Woods/Wharton, Wolf, Welch

FARM CALENDAR OF EVENTS

Have you been out to the farm lately? With the intense heat and the busyness of summer, it is easy to forget or not have time to come on back to the farm when you come to pick up your share. We want to urge you all to come on back. Another reason why we are going to build a shade / teaching structure out back is so that we can do our CSA distribution ON the farm, which we know you all will love. In the meantime, we have a lot going on back there and we want you to enjoy the farm just as much as you enjoy the food.

In case you don't have reason enough already, here are a few more reasons to come back.

Harvest Festival: October 7th. SIGN UP TO HELP OUT! See the BOARD at CSA to sign up for a job. We need lots of help! Please check out the board and pick something to do for the festival.

The harvest festival will be on October 7th from 1-5pm. There will be live bands, hay rides, face painting, pie contest, cookies, cider pressing, farm tours, and other fun. This is the first festival of this kind and we hope that it will be a big success. We need all our your help and participation! Stay tuned for the posters and schedule of events! Sign up this week at CSA for how YOU and your family can help out.

Hoophouse Building: Tuesday Evenings – ongoing, 5:00-8:00pm.

Onion Cleaning Party: Saturday, September 9th, 10:00-1:00. Meet at 10:00 in the CSA room. This is a great chance to help if you need to sit to work!

Hoophouse Building: Saturday, September 16th, 10:00-3:00.

Pick Your Own: Come pick your own flowers, husk tomatoes, and cherry tomatoes. We have a lot to share, just not all the labor to pick it for you.

SOF Farm Stand on Campus

From now until the weather is not okay, we will have a student run farm stand on campus every Tuesday from 11-5pm on FARM LANE in front of the Auditorium. Come on out and support the farm!

Service Opportunities

If you would like to get an early start on your service hours this session, WE NEED YOU NOW. Please call us to arrange a time to come help us sort onions and garlic or sign up for helping with the HARVEST FESTIVAL. Call the farm at 230-7987 and we can arrange a time!

SOF to Have Table at Local Event at the Capital

Here's an article that provides the details.

Farmers' market brings local food to the Capitol lawn

EAST LANSING, MICH - To celebrate the 2nd annual "Buy Fresh, Buy Local - Select Michigan Day" on September 14, 2006, local farmers are bringing Michigan agriculture right to Lansing's Capitol hill.

At a special farmers' market on the lawn on the Capitol, farmers and farmers' market representatives from the Lansing area and beyond will sell a variety of Michigan-grown and produced products. This event, sponsored by Michigan Food & Farming Systems (MIFFS) and the Michigan Department of Agriculture (MDA), is intended to raise awareness about local food and Michigan's second largest economic engine: agriculture.

"Michigan's growing food and agriculture industry generates \$60.1 billion every year for our economy," said Mitch Irwin, director of the MDA. "Selecting Michigan food keeps those dollars circulating in our communities, adding value to our family farms, and improving our quality of life."

The resolution to designate this statewide day passed through the House of Representatives on March 31, 2006 to encourage consumers to choose local food in their communities. Now, legislators, consumers and farmers are all invited to the Capitol Farmers' Market to experience the benefits of local food firsthand.

Products to be sold are all locally grown, processed and manufactured in Michigan communities and will include fruits, veggies, flowers, honey, eggs and even wool. And that's not even close to the full gamut of what Michigan, the second-most diverse state in the nation in agricultural goods, can produce.

Locally grown Michigan products are all around, if consumers know where to look. Farmers' markets are a great place to start, and with the number of Michigan Farmers' Markets at more than 150 and growing, it's getting easier.

"Farmers' markets put a face on local agriculture," said Elaine Brown, executive director of MIFFS. "Successful partnerships between farmers and communities are nurtured there, resulting in more profitable, environmentally friendly food systems."

Consumers and producers have the opportunity to meet, shake hands and appreciate where food comes from, where it goes, and all of the benefits it brings to Michigan communities. And those benefits are more than just better-tasting food.

Selling more Michigan fruits and vegetables fresh to local markets could increase net farm income up to 16 percent and generate as many as 1,889 new jobs, according to a new study, called Eat Fresh and Grow Jobs, by the Michigan Land Use Institute and the C.S. Mott Group for Sustainable Food Systems.

Local food tastes better, supports local farmers, keeps money circulating close to home and creates jobs. Get involved! Visit a farmers' market or ask for local food at your grocery or favorite restaurant.

The Michigan Farmers' Market Association Web site (www.farmersmarkets.msu.edu) has a complete listing of farmers' markets statewide. You can also look at MDA's Farm Market, U-Pick and Ag Tourism directory for more than 255 venues (www.michigan.gov/mda).

A list of community events for the Select Michigan day, along with news releases, background and other information, is available at (www.mifffs.org).

Founded in 1998, MIFFS is a statewide membership organization (501c3) whose purpose is to promote diverse efforts that foster and sustain food and farming systems that improve economic, ecological and social well-being. MIFFS has been effective at establishing successful partnerships among producers, markets and institutions that have created more profitable, environmentally friendly food systems in Michigan.

The organization's vision is based on the premise that agricultural productivity, environmental stewardship and profitability reinforce each other for the benefit of Michigan's rural and urban communities. To learn more, please visit www.mifffs.org <<http://www.mifffs.org>> or call (517) 432-0712.

CONTACT:

Emily Buckham
Communications Specialist
Michigan Food & Farming Systems - MIFFS
Bringing Farmers and Communities Together
416 Agriculture Hall
East Lansing, MI 48824
Ph: (517) 432-0712
Fx: (517) 353-7961
Email: mifffs@msu.edu
www.mifffs.org (<http://www.mifffs.org>)

RECIPES

Pizzeria Scalloped Tomatoes

[Taken from the A-Z book]

2 T olive oil	2-3 T chopped, fresh oregano leaves
2 cups cubed bread	salt and pepper
4 large tomatoes, diced	1/3 cup grated Parmesan cheese
2 t minced garlic	½ cup tomato sauce (any will do)

Heat oven to 350. Heat oil in medium pan and add bread cubes and cook until lightly browned. Add tomatoes and garlic and stir until the tomatoes begin to juice. Stir in oregano and season with salt and

pepper. Spread mixture into a baking dish and sprinkle with cheese and drizzle the tomato sauce and then with cheese again and bake for 25 minutes. 4-6 servings.

Kale

[My kids enjoy this dish. They pretend that the kale is seaweed and the corn and carrots are gold pieces.]

¾ pound kale (about 6 cups, chopped)

2 cups water

3 carrots, peeled and quartered lengthwise

3 ears of corn, kernels cut from cobs (or 1 cup frozen corn kernels)

Wash kale and strip leaves from stalk. Discard stalks and chop leaves into bite-sized pieces. Set aside. Bring water to boil in large skillet with a tight-fitting lid. Cut quartered carrots into ½-inch pieces. Place carrots and corn kernels in boiling water, reduce heat, cover skillet and simmer 5 minutes. Add kale to carrots and corn. Cover and cook for 4 minutes. Water should be bubbling, but not boiling over. Sprinkle salt to taste, stir to combine, and put on serving dish with slotted spoon. Serve hot. (You can drink the “pot likker” or use it for soup.)

Balsamic Beets and Beet Greens

¼ cup toasted walnuts

2 bunches beets with greens (about 6 med. beets)

2 Tablespoons fresh lemon juice

1 Tablespoon balsamic vinegar

2 Tablespoons extra virgin olive oil

sea salt or reg. salt to taste

1 vidalia or red onion, sliced into thin half-moons

Preheat oven to 375°F. Spread walnuts in baking dish and toast in oven for 5-7 minutes. Coarsely chop and set aside. Cut off the beets, separate leaves from stems at base of leaf. Discard stems. Wash greens and cut into strips about ½ inch wide. Set aside. Scrub beets and place unpeeled in a steamer and cook until tender, approx. 30 min. for small to med. beets. Peel beets by running them under cold water while slipping off skins. Cut beets into quarters and cut each quarter into ¼-inch thick slices. Place in med.-size bowl and toss with lemon juice, vinegar, 1 Tablespoon olive oil and salt. Set aside. In a large skillet, heat 1 Tablespoon olive oil over med. heat. Add onions and sauté for 3 minutes. Add sliced greens and cook, covered, 5-7 minutes, until wilted. Just before serving, add beets to greens and heat through (1-2 minutes). Place greens and beets on platter and garnish with toasted walnuts.

Pasta with Eggplant and Arugula

1 lb. pasta (spaghetti, fusilli, rotelle, or penne)

2 Tablespoons extra virgin olive oil

2 med. eggplants, cut into $\frac{3}{4}$ -inch cubes

1 Tablespoon minced garlic (or garlic scapes)

1 red pepper, cored and cut into strips

2 28-ounce cans whole tomatoes with juice (about 8 cups)

1 yellow squash, quartered lengthwise and cut into $\frac{1}{4}$ -inch pieces

$\frac{1}{4}$ cup minced fresh parsley

$\frac{1}{4}$ cup chopped fresh basil

2 cups washed and roughly chopped arugula leaves

salt & pepper to taste

$\frac{1}{3}$ cup parmesan cheese

Bring large pot of water to boil for pasta. In a large skillet, heat olive oil over med. heat. Stir in eggplant and cook over med. heat, covered, for 10 minutes, stirring often to prevent burning. Add garlic and red pepper and sauté for 2 minutes. Break apart whole tomatoes and stir in with yellow squash. Cover and cook for 15 minutes, until eggplant and squash are tender. Season with salt. While squash is cooking, cook pasta in salted water. Add parsley, basil, and arugula to eggplant. The arugula will wilt slightly. Taste and season with salt, pepper, and Parmesan. Stir in hot pasta and serve immediately.