



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

October 19, 2006

In your share this week

- SPINACH! (We know it has been hard to find lately—we are doing our best to grow a lot, but germination has been poor, so we will see how much we actually get.)
- Kale
- Mibuna (cooking green)
- Beets
- Carrots
- Daikon radish
- Acorn squash
- Leeks
- Garlic
- Rosemary

FARM PHONE: 230-7987

FARM MANAGERS: Jeremy Moghtader, Corie Pierce, Jay Tomczak

STUDENT FARMERS: Trevor Johnson, Mikey Formisano, Holly Markham, Luke Tomczak, Andy Fles

Greetings from the farm

Here is a little story about a farm; it may be a farm that you are familiar with.... Well, here it goes.

Once there was a farm. This was unlike any other farm. (Well, really ALL farms are unlike any other farm, right?) This farm was a farm that tried and did do many things. This farm was dreamt up by many people and was born thanks to many people. In addition to starting a CSA, the original farmers (who, by the way, weren't really farmers, but undergraduate and graduate students, some who had worked on a farm before, others who hadn't) decided they would grow food all winter long and supply fresh food to their CSA all year long. As far as any of them knew, there were only a handful of farms around the country that did that.

But these students not only wanted to grow and share what they grew to their community, they wanted to learn more about what it took to successfully farm and to continue to make their farm a model for people to come to and learn, and for them to learn. Many of them wanted to go off and farm on their own with their families at some point, and they wanted a place to learn how to do it. They also wanted to share with children and other

students and other community members what they were doing and encourage more people to get involved with local, fresh, organic food.

Now, many people said it couldn't be done. Many told them it had been tried before and it just always fails. Others told them it was a good idea but they should just try it on their own, not at the university. But these young farmers were determined. They put their heart and soul into the farm. They put in their blood and sweat and their emotion and brainpower too. They chipped away at building support and producing the highest quality produce. They worked hard to build a name and credibility within their community. They paved the way for more students to get involved, and for more of the community to learn about CSA, and for more people to ask about CSA. They built a waiting list and so they told the people who wanted to join about other amazing farms in their area and existing CSAs started growing and new CSA farms popped up. Their original mission stayed true but it continued to expand as they started to touch more people.

As time went on, students and graduate students and volunteers who ran and worked on the farm left to go work at other farms and to develop their own farms. So, their word was spreading beyond their immediate community. People who had never been on a farm before were suddenly getting turned on to growing food. The demand for what they were doing continued to grow and classes and more participation was inevitable. The farm had changed in a lot of ways, new fields were plowed, more hoopouses were built, new farmers came, new CSA members joined, but the same dream persisted. Thank you all who support CSAs, local farms, farmer's markets, and the local food system in general. (By the way, does this sound like a farm any of you know?)

Surveys!

Some of you may have noticed that we didn't get around to doing surveys this summer. With the certificate program development and other events, we just ran out of time. But we need to hear from you! So, we will be doing a mid-session survey. In order to keep as much away from the end of the semester and the holidays, we will do the survey soon. A few of our members, Karen Hairston and Mary McLellan, will be revamping our survey system – woohoo! They are going to use a REAL survey system in order for us to truly analyze the feedback you all give us. Watch out folks!! We are entering the 21st century!! So, stay tuned for more about the survey. As a reminder, we want to hear HONESTLY from you what you like and what you feel needs improvement with the farm – both in how we run and manage the farm AND what produce we grow. This is a really critical and important time to give us your thoughts because we will be seed ordering and crop planning for next year in the next few months...so, NOW IS THE TIME TO TELL US WHAT YOU WANT!

Spring CSA payment

FIRST NOTICE: Spring 2007 (January through April) CSA Share Fee DUE November 30. Makes checks payable to Michigan State University for \$460. Please, only **ONE** check per share.

Farm calendar of events:

Work Party: Saturday, October 28th

Come out at 11:00 AM–3:00 PM (bring a snack if you'd like) and we have some fun work to do. Depending on the weather, we will either do some outdoor jobs or indoor jobs. Don't worry! We won't make you hang out in cold, wet weather!!

Call the farm to join in the crew any Monday 8-5, Tuesday 8-12, Thursday 8-5, Friday 8-5 at 230-7987.

Bioneers Conference – Traverse City October 20-22nd

Check out the conference line-up at www.beaming.bioneers.org and scroll down to Traverse City or visit directly www.glbconference.org. We encourage anyone interested in sustainable communities and attending a conference with people from Michigan (and elsewhere) who are interested in seeing sustainable practices grow to attend. If you would like to share a ride, please visit www.glbconference.org and go to the rideshare link. Or you can see if anyone from the farm can share a ride. We want to see as many Lansing area folks up there as possible! There is also a Bioneers in Detroit, where John Biernbaum will be giving a talk.

Thanksgiving Pick-Up Tuesday, November 21!

Well, we aren't going to make you pick up your veggies on Thanksgiving, and we thought we'd give you more than a day before Thanksgiving to prepare your dinner. So, we are going to be doing pick-up on TUESDAY. In the SOF tradition, the Thanksgiving share will be quite large and hopefully play a big role in your family's dinner. More details about this coming up in future newsletters, but we just wanted to let you know now!

Recipes

Asian-Style Healing Power Puree of Greens Soup

2–3 T. peanut oil
2/3 cup finely chopped leeks or onions
1 1/2 t. minced garlic
2 t. minced ginger
3 cups unsalted stock (chicken or veggie)
1 1/2 cups cubed, peeled potato or 1/4 cup long grain rice
3–4 cups of Asian green (Mibuna works great!)
2 ounces sesame peanut Thai-style baked tofu or any extra firm tofu cut in 1/4 inch cubes
1 T. soy sauce or nomu shoyu
1 T. dry vermouth

Heat oil in pot over medium-low flame. Add onions/leeks, garlic, and ginger stirring occasionally until translucent (5–10 minutes). Add stock and potatoes or rice. Simmer for 10–15 minutes until potatoes or rice are soft. Add greens and simmer another 5 minutes.

Puree with an immersion blender or in a food processor. Stir in remaining ingredients (tofu). Serve piping hot. (Serves 3–4 people).

Winter Salad with Creamy Tahini Dressing

2 cups of grated beets and carrots
2 cups grated daikon, cabbage, celeriac, or any other root or brassica veggies
1½ cups finely chopped kale
1 medium onion or leek finely chopped (if you use a leek, only use the white and pale green part)
1 cup sprouts (optional)
½ cup chopped fennel (optional)

Toss all ingredients with the Creamy Tahini Dressing (See below)

Creamy Tahini Dressing

3 T. sesame seeds
½ cup tahini
¼ cup lemon juice
¼ sesame oil
¼ cup olive oil
¼ cup soy sauce or shoyu
Dash of hot sauce or small amount of a hot pepper
1 t. dried dill

Toast sesame seeds in a dry skillet several minutes, tossing often. Cool and mix with remaining ingredients and ¼ cup of water. Makes 1½ cups.

Cheesy Spinach – Kid Friendly Recipe!

Mix:

3 eggs
1½ t. lemon juice
1 cup brown rice, cooked
1½ t. parsley (dried or fresh)
2 T. grated Parmesan cheese (optional)

Mix separately:

1 large bunch of spinach, chopped and steamed
1 cup cottage cheese
1 cup grated cheddar cheese
4 eggs
Salt and pepper to taste
A pinch of cayenne

Spread the ingredients from the first mixture on the bottom of a lightly greased casserole dish. Spread the spinach mixture over the top. Bake at 350 degrees for 45–60 minutes. Makes 10–12 servings.