



MSU STUDENT ORGANIC FARM NEWSLETTER

January 31, 2007

IN YOUR SHARE THIS WEEK

This is what we are aiming to harvest this week, weather permitting!!

- Salad mix
- Winterbor kale
- Komatsuna (another asian green, try using it in a stir fry)
- Napa cabbage (or Chinese cabbage)
- Space spinach
- Hakurai turnips
- Butternut squash
- Onions
- Garlic
- Carrots

3rd Annual SOF Farmer Appreciation Potluck Tonight!!

**January 31, 2007, at the MSU Plant and Soil Science Building
Conservatory from 6:00-8:00 PM**

Come help us celebrate the farmers and hardworking individuals of the Student Organic Farm! Bring a dish to pass and your own plate and utensils.

All CSA members, farm staff, and student farmers are invited!

FARM UPDATE

Do YOU know how healthy your CSA share is?

As you all know, the winter share consists of a variety of fresh greens from our hoophouses and crops we store in the coolers. Since we are more limited in what we give out in the winter months the share takes on a similar look each week. So I wanted to share some nutritional facts and information about the winter share, in particular, so you can be even more excited about this bounty of nutrition you get each week.

Let's start with the CRUCIFEROUS or BRASSICA FAMILY. This is the family that makes up the majority of the greens we give out in the wintertime. Included in this family are broccoli, cabbage, collard greens, kale, cauliflower, napa cabbage mustard, Asian

greens (including pak choi, komatsuna, miibuna, mizuna, tatsoi, etc.) turnips, and radishes. These veggies are power-packed with good stuff. Countless studies show that they help to inhibit the growth of tumors of many kinds of cancer and that they help to lower levels of LDL (low-density lipoproteins – the “bad” cholesterol) in the blood. The juice of cabbage has also been used to treat *candida* yeast infections. Also, the entire plant is edible! We tend to eat the bulb or the flower or the head of cabbage, but in all of these varieties, you can eat every part of the veggie. So, if you find yourself getting a little bored with these powerful greens, know that the health benefits alone make it worth preparing them, DAILY! At the farm, we talk all the time about the ways we prepare these greens, whether it is in a simple side dish steamed with a little garlic and salt, or mixed into a stir fry, or in a soup. It is so easy to go through these greens in just a few meals and every bite is worth it!

Let’s move on to the orange veggies we give out this time of year, carrots and winter squash. The butternut squash is part of the CUCURBIT FAMILY (cucumbers, melons, squash, etc.) and carrots are part of the APIACEAE FAMILY (parsley, celery, dill, fennel, parsnip). But these two orange veggies have some nutritional commonalities. They both are good sources of vitamin A and beta-carotene. Vitamin A is essential for improving vision, growth and development and helps to promote healthy skin, hair, mucous membranes, immune functions, and reproduction. Beta-carotene, a carotenoid, helps to prevent cancer as it will prevent free radicals from performing oxidation (which would contribute to tumor growth). The orange color is common for carotenoids, as well as in yellow, red, and dark green vegetables (seen many of those in your share??).

So, by eating the weekly cooking greens we give out (your weekly salad or stir fry mix is chock full of the BRASSICA FAMILY) and the carrots and squash, you are not only supporting local, organic, sustainable food production, but you are giving yourself healthy daily doses of the most nutritious vegetables you can find in this area. Veggies that sit in trucks for days or over a week or two inevitably lose some of that nutritional value that is so critical to our long-term health.

So here is to eating well and here is to supporting local, fresh, organic food production!

UPCOMING EVENTS:

Wednesday, January 31 – 6-8 PM – FARMER APPRECIATION POTLUCK at the PSS Conservatory. Come honor the student farmers who grow your amazing food!

Saturday, March 3 – ALL DAY, Michigan Organic Ag Conference at the Kellogg Center. Come learn all about issues in organic production happening right here in Michigan. This conference is geared towards both producers and consumers who are interested in organic. For more information go to www.moffa.org and click on the Michigan Organic Conference link.

Tuesday, March 6, 4:30 – 8:30ish, Kellogg Center, SLOW FOOD Red Cedar first ever event! Come to this SLOW FOOD extravaganza to celebrate and participate in a local, slow meal prepared by Michigan chefs and food provided by a host of Michigan growers and producers. There will be a full-course dinner as well as speakers and a “farmer’s market” exhibit area. Want to learn more about SLOW FOOD RED CEDAR? Contact Barb Mutch at mutchb@msu.edu.

RECIPES

Please remember that you can always substitute any of our cooking greens for one another in any recipe. It is rare that when a recipe calls for KALE, you must use KALE. You can use Swiss chard, Asian greens, collards, etc.

Caldo Verde (Portuguese Kale-Potato-Sausage Soup)

1 large yellow onion, peeled and minced fine
1 large garlic clove, peeled and minced
4 tablespoons olive oil
6 large potatoes
2 quarts cold water
1 pound chorizo or similar sausage
2 1/2 teaspoons salt
1/4 teaspoon pepper
1 lb. kale, chopped

1. Sauté the onion and garlic in three tablespoons of oil. Add potatoes and sauté for five minutes. Add water, cover, and boil gently for 20 minutes until potatoes are falling apart.
2. Meanwhile, chop and fry the sausage in a skillet and drain, then add the kale, remaining tablespoon of olive oil, salt and pepper, and simmer for five minutes. Stir sausage and kale into pot of boiled potatoes. Cook for about 20 more minutes and serve with dark bread.

Bean and Kale Soup

1/2 lb. dried Great Northern beans
Water as needed
Olive oil as needed
1 onion, chopped
2 small carrots, diced
1 celery stalk, diced
4 cup shredded kale (1 small bunch)
1 boiling potato, diced
2 cup chopped Swiss chard bunch (1 small bunch)
1 large tomato, diced
2 garlic cloves, minced
2 teaspoon minced fresh rosemary leaves
1 tablespoon minced parsley
1 teaspoon fresh thyme leaves
Salt to taste
Freshly ground black pepper to taste
1 cup freshly grated Parmesan cheese

1. Place beans in large saucepan with enough cold water to cover. Let stand at room temperature overnight. (Alternatively, you can bring the beans to a boil, cover, and let stand for 1 hour.)
2. Drain beans and return to saucepan. Add enough water to cover and bring to a boil over high heat. Reduce heat and simmer until tender, 1 hour 30 minutes, reserving

MSU Student Organic Farm Contact Information

Farm Phone: 230-7987

Farm Managers: Jeremy Moghtader, Corie Pierce, Jay Tomczak

Student Farmers: Trevor Johnson, Mikey Formisano, Holly Markham, Luke Tomczak,
Andy Fles