



MSU STUDENT ORGANIC FARM NEWSLETTER

March 15, 2007

IN YOUR SHARE THIS WEEK

SPRING HAS SPRUNG. Well, I shouldn't be so hasty, right? Are we really going to get snow in May??? For now we are enjoying the nice weather and the plants are springing up in the hoopouses. Your share this week is chock full of greens—after a warmer week, they GREW fast so enjoy the salad, stir fry, and the other cooking greens!

- Turtle spring garlic
- Copra onions
- Carrots
- Rutabaga
- Baby salad mix
- Stir fry mix
- Dino kale
- Pac choi
- Butternut squash
- Cilantro

FARM UPDATE

New CP students

Well, we have changed “rotations” and we have three new Certificate Program students on the CSA rotation starting this week. They will be at CSA tomorrow ready and excited to meet you all. They also will be contributing to the newsletter starting next week. I will do brief introductions in this week's newsletter and then let them expand more on themselves and their experiences at the farm starting next week.

DAN BAIR: Dan is from Brooklyn, Michigan, and he received his bachelor's degree at the University of Michigan. Most recently he has been helping to run a youth urban garden in Chicago. He also has spent some of his post-college years in Portland, Oregon.

ANNA KASCHNER: Anna grew up in Potterville, Michigan, on a 17-acre farm with Angora goats and Black Angus cattle. She has done a variety of jobs and is an active bikers, climber, and yogini. She is very excited about this academic and practical farm training experience.

LINDA ANDERSON: Linda has lived in the Lansing area for over 28 years. She has been involved with the Greater Lansing Food Bank, Lansing's Allen Street Farmer's Market and ELFCO—the East Lansing Food Coop. Her dream is to have a true “food bank farm”

where food is grown specifically for the area's food bank (like Food Bank Farm in western Massachusetts). She loves reading, yoga, and cooking.

Summer Share Announcement and Payment Coming Up!!

The summer session runs from **May 14** to **August 23**. Payment in full will be due one month before then—**by April 14**. We would prefer a single check from your share group and all paid in full. If this is a problem for your group, we are happy to discuss payment options.

Please let us know if you are planning to discontinue ASAP. We are planning to make room for more summer shares and need to know how many to plan for ASAP. Thanks so much!

Directions for renewing:

1. Write a check (1 per share) to Michigan State University for \$460.
2. Send it to Corie Pierce, MSU, A288 Plant and Soil Science Building, East Lansing, MI 48824.
3. Plan on continuing your membership right through the summer!

Children's Garden

YES!! We will have a children's garden at the Student Organic Farm!! Plans are under way to put in a permanent "children only" garden where kids can grow veggies, play "pretend" farmer with the kid-sized farm stand, explore the sunflower garden, frolic in the rainbow garden, play in the sand box, and much, much more. We will be having a planning meeting for those interested in becoming involved. Please e-mail me, Corie, at pierce@msu.edu if you are interested in helping out in any way. The meeting will be coming up in a few weeks, so stay tuned!!!

Chicken Update

Good news for our egg-eating members and the hens! We have now switched the chickens over to an organic feed produced here in Rosebush, Michigan. The feed is a layer ration that is grown and manufactured by Graham Organics and is certified organic by OCIA International. We are proud to say that now not only do we have the happiest chickens on the planet, but they also are the best fed birds around!

Help Wanted:

Volunteer Newsletter Editor

Love to edit? Care about the farm? Think the newsletter is helpful? Great!! We are looking for YOU!! We need someone to volunteer to help edit the weekly newsletter. Your duties would be to edit and then send out the newsletter EVERY OTHER WEEK. We currently have two editors, so it is an every other week responsibility. We usually get the draft sent to you a day or two ahead of time. Please contact Corie if you are interested in helping out! E-mail me at pierce@msu.edu.

UPCOMING EVENTS

Stay tuned for upcoming work parties and opportunities to get involved at the farm. We are anticipating a LARGE planting party at the end of May or beginning of June. We will also have another day SOONER so stay tuned...

RECIPES

Ginger Rutabaga or Parsnip Muffins

No one will guess that the mystery ingredient in your muffins is rutabaga or parsnips. The grated raw vegetable adds fiber and moistness and is delicious paired with crystallized ginger and honey. This recipe works equally well with large-flake rolled oats or the quick-cooking (not instant) type.

Preparation Time: 15 minutes
Cooking Time: 20 minutes
Makes 12 muffins

1-1/2 cups (375 mL)	all-purpose flour
1/2 cup (125 mL)	rolled oats
1 tbsp (15 mL)	baking powder
1/2 tsp (2 mL)	salt
2 tbsp (25 mL)	finely chopped crystallized ginger
1/2 cup (125 mL)	raisins
1	egg
1 cup (250 mL)	grated peeled Ontario Rutabaga or Parsnip (1 medium)
3/4 cup (175 mL)	milk
1/2 cup (125 mL)	Ontario Honey
1/4 cup (50 mL)	vegetable oil

Grease or spray muffin cups with nonstick vegetable cooking spray.

In large bowl, combine flour, rolled oats, baking powder and salt. Stir in ginger and raisins; set aside.

In medium bowl, lightly beat egg; stir in grated rutabaga **or** parsnip, milk, honey and oil until blended. Stir liquid ingredients into dry ingredients, stirring just until moistened. Spoon into muffins cups. Bake in 400°F (200°C) oven for 15 to 20 minutes or until firm to the touch. Cool in pan 5 minutes; remove muffins and cool on rack. Store in airtight containers.

Nutritional Information:

1 Serving :

Protein:	3.5 grams
Fat:	5.0 grams
Carbohydrates:	34.0 grams
Calories:	195

Easy Squash Risotto

Traditionally this creamy Italian rice dish requires liquid to be added gradually and stirred constantly, which is rather labor intensive for today's busy cooks. Try this easier version that is only stirred when squash is added. Serve as first course, main dish or side dish with grilled meats or fish.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Makes 4 main-dish or 6 side-dish servings

2 tbsp (25 mL)	olive oil
1	Ontario Onion, chopped
2	cloves garlic, minced
1 1/2 cups (375 mL)	Italian short-grain rice (e.g. Arborio)
4 cups (1L)	chicken broth
1 tbsp(15 mL)	white wine vinegar, cider vinegar or rice vinegar
1 tsp (5 mL)	dried sage
1/2 tsp (2 mL)	each salt and dried thyme
1/4 tsp (1 mL)	Pepper
4 cups (1L)	large bit-size pieces peeled Ontario Butternut or Buttercup Squash
1/2 cup (125 mL)	light or half-and-half cream
1/4 cup (50 mL)	minced fresh parsley (optional)

In large saucepan, heat oil over medium heat; cook onion and garlic, stirring for 2 to 3 minutes. Add rice; cook, stirring, for 2 to 3 minutes.

Stir in chicken broth, vinegar, sage, salt, thyme and pepper; bring to boil. Cover and reduce heat to medium-low; cook for 5 minutes. Stir in squash; simmer for 15 to 18 minutes or until squash and rice are tender but still slightly firm.

Stir in cream (rice should be moist and creamy). Serve immediately topped with cheese and parsley. (If rice gets dry upon standing, add a little more chicken broth.)

Nutritional Information:

1 Serving (when recipe makes 4 main-dish servings):

Protein:	15.0 grams
Fat:	16.5 grams
Carbohydrates:	85.5 grams
Calories:	551

(From Foodland Ontario, http://www.foodland.gov.on.ca/conrecipe/seasonal_recipes_vegetables.htm.)

MSU Student Organic Farm Contact Information

Farm Phone: 230-7987

Farm Managers: Jeremy Moghtader, Corie Pierce

Assistant Farm Manager: Jay Tomczak

SOF Student Farmers: Tim Heuer, Andy Fles, Trevor Johnson, Luke

Tomczak, Amanda Taylor, Aryn Labrake, Sam Cooper

OFCP Students: Rosemary Sheets, Maggie Wright, Tom Stump, Dan Bair,
James Garthe, Teri Vanhall, Linda Anderson, Kathy Koch, Anna Kaschner