



## MSU STUDENT ORGANIC FARM NEWSLETTER

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April 26, 2007

### IN YOUR SHARE THIS WEEK

The list went out early this week, so you may have some different items in your share.

- Spinach
- Gunnison onions
- Scallions
- English Breakfast radishes
- Parsnips
- GREENS of course, not sure which kind yet
- HERB—probably a selection or choice of chive, rosemary, parsley
- Optional: Butternut squash

We will have some extra greens as well!!!

### FARM UPDATE

This is an abbreviated newsletter as we are heading to a conference this week; therefore, the OFCP students will be running the show! Jeremy, John, Corie, Laurie, and Adam are going to the Kellogg Food and Society Conference in Traverse City and so the students will have their chance to shine—proving that they have learned so much in the last 3½ months. So, take it easy on them this week, as this will be their first opportunity to run the farm!

As a farm, we provided a lot of food for this conference. We were very honored to be asked to grow a large amount of food for the prestigious group of people who will be attending the conference. We grew 55 pounds of mixed baby salad mix and we also are selling them some kale, mustard, spinach, arugula, and Butternut squash. We are thrilled to have the Student Organic Farm be a featured farm on the menu at the conference and get some national recognition for the work that we are doing. The conference is also very excited to be able to buy from farms in Michigan and not have to ship in greens from California.

### ANNOUNCEMENTS AND EVENTS

**Last Spring Share Date: May 3. First day of year round, summer share is May 10<sup>th</sup>. THERE IS NO BREAK BETWEEN SESSIONS!! Keep coming out to the farm to pick up your share!**

## CHILDREN'S GARDEN

First kick off work party: April 28 from 9:00 AM to 2:00 PM, out back at the farm! We will be laying out gardens, mulching paths, and brainstorming the direction of this garden.

Come one and all to help! To make this garden happen, we have to put in some good work, but obviously we want kids out there and part of the very beginning. We will have some kids' activities so bring your kids too!

## EVENTS

Daragh Gibson, an MSU student graduating this May, asked us to post this announcement. She was the site leader for a brand new Alternative Spring Break trip to Costa Rica this past March. She and another group members, Amber Arbour, are having a fundraiser to raise money for the organic farm they worked on in Costa Rica. The project was a sustainable organic farm located in the middle of the impoverished communities of Santa Rosa and Cartagena, sponsored by the Asociación Andar. Their mission statement is as follows: "To better the quality of life of the poor families of the rural and urban areas, with special attention to the women, offering them services in credit, training, and commercialization".

The farm serves to empower and educate the women of the two communities by teaching them about organic farming through hands on experience. The women are then able to return to their homes and grow the crops in their backyards to better sustain their families. Also, many medicinal herbs are grown and used as complementary medicine, which is very important, since healthcare resources in the area is lacking.

Fundraiser for Eco-Finca in Costa Rica  
Tuesday, May 15, 7:00 to 9:00 PM  
Gone Wired Café, 2021 East Michigan Ave. in Lansing.

This fundraiser will open with violinist David "Dixon" Hammond, and follow with an informational PowerPoint presentation about Costa Rica and the opportunities that Asociación Andar has to offer. We will end with a slideshow of pictures, a silent auction, and then open up the room for questions and the sale of photographs taken and edited by MSU photo-journalism major Jason Chiou. Finger foods will be served and donations are greatly appreciated! All proceeds go directly to the farm to purchase equipment and whatever else the farm is lacking in resources.

## VEGGIE OF THE WEEK: ARUGULA

Summer is coming soon, and with it this peppery pick-me-up!

**Arugula**, also known as **rocket**, **garden rocket**, **rocket salad**, **rugola**, **rucola** and **roquette**, is a type of leaf vegetable that looks like a longer leaved and open lettuce. Rocket is a herbaceous annual or perennial; a member of the mustard family

(*Brassicaceae* = *Cruciferae*). It is rich in vitamin C and iron. The term *arugula* (variations of Italian dialects around *arigola*) is the term often used by the Italian diaspora in Australia and North America; both words *arugula* and *rocket* ultimately come from the Latin word stem *roc* and *eruca* which means harsh, in reference to its bitter flavor, especially when collected from the wild.

Rocket has been grown as a vegetable in the Mediterranean area since Roman times, and was considered an aphrodisiac. Before the 1990s it was usually collected in the wild and was not cultivated on a large scale and not scientifically researched until the 1990s. Today, it is cultivated in various places, especially in Veneto, and available throughout the world.

Arugula is generally used in salads but also cooked as a vegetable with pasta or meats and in coastal Slovenia (especially Koper), it is added in the squeaky cheese burek. In Italy, it is often used in pizzas, added just before the baking period ends or immediately afterwards, so that it can wilt in the heat. It is sometimes used as an ingredient in pesto, either in addition to basil or as a (non-traditional) substitute.

SOURCE: Wikipedia.org.

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## RECIPES

### Best Summer Sandwich

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1 baguette, cut into sandwich-sized portions and sliced in half lengthwise, or slices of crusty, country bread  
Ripe tomatoes, sliced  
Fresh arugula  
Goat cheese  
Butter  
Vinaigrette dressing, optional

Spread goat cheese on one half of the baguette piece. Spread butter on the other baguette piece, cover with slices of tomato, then with arugula leaves. If desired, you can sprinkle the arugula with a little vinaigrette. Top with the cheese-spread bread and enjoy.

### Olive Mill Pasta

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This recipe cooks pasta like risotto and results in a creamy texture minus the cream.

½ c. extra virgin olive oil  
3 T butter  
2 medium onions, minced  
¼ lb small potatoes, peeled and sliced ¼ inch thick  
5-1/2 cups, approximately, vegetable or light chicken stock  
14 ounces artisanal pasta (penne or spirals)  
Salt and freshly ground black pepper  
2 medium tomatoes, peeled, seeded, and diced, or 2/3 c. diced sun-dried tomatoes, not oil-cured, covered with boiling water and drained, or 1 can diced tomatoes.  
1 garlic clove, peeled and crushed

8 branches fresh basil or arugula (or a mixture), leaves removed and slivered, stems lightly crushed

1 bunch scallions, trimmed, slant-cut in 1-inch pieces

3 ounces grated Parmigiano-Reggiano cheese, about 1 cup.

1. Heat  $\frac{1}{4}$  c. oil in a 10-inch sauté pan. Add butter. When it melts, add onions and potatoes. Cook, stirring gently, over medium heat until they begin to turn golden.
2. In a small saucepan, bring stock to a slow simmer (or microwave).
3. Add pasta to sauté pan, and stir gently. Lightly season with salt and pepper, and add tomatoes, garlic, and basil or arugula STEMS. Add  $1\frac{1}{2}$  c. stock. Cook, stirring gently, until nearly all stock has evaporated. Add scallions and another cup of stock, and cook, stirring, adding additional stock from time to time, so there is always some liquid in the pan, until pasta is al dente, about 18 minutes. Remove garlic and herb stems.
4. Fold in cheese and all but 1 T of remaining oil. Add slivered herbs. Season with additional salt and pepper, if needed. Transfer to warm soup plates, taking care that the ingredients are well distributed. Drizzle remaining oil over each plate and serve.

Yield: 4 generous servings. From *The Splendid Table*.

### **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