



Live Earth Farm (Com)Post

A weekly newsletter for the Live Earth Farm CSA Community

7th Harvest Week

May 14th – 20th, 2007

Season 12

What's in the box this week: (content differences between Family and Small Shares are underlined and italicized; items with a "+" in Family Shares are more in quantity than in Small)

Family Share:

Red Ace beets

Broccoli or cauliflower (broc: LEF/ cau: Lakeside)
Chantenay carrots
Chard or kale
Japanese cucumbers (2) (Nagamine Nursery)
Garlic +
Lettuce (2-3)
Onions +
Fava beans +
Asian greens (Tatsoi or Mizuna)
Radishes
Spinach (bagged)
Strawberries (1 or 2 bsks)

Small Share:

Broccoli or cauliflower (broc:LEF/ cau:Lakeside)
Chantenay carrots
Chard or kale
Japanese cucumbers (1) (Nagamine Nursery)
Garlic
Lettuce (1)
Onions
Fava beans
Asian greens (Tatsoi or Mizuna)
Radishes
Strawberries (1 bskt)

Extra Fruit Option:

3 to 4 baskets of strawberries

It is Spring of 2015 and I am preparing a 2-acre piece of land that has been resting for three years. The land has been in pasture, grazing chickens, cows, pigs, and then planted to a cereal grain. With its fertility restored, the soil is now ready to be cultivated for growing annual vegetables again. I am slicing through the rich, dark, musky-smelling soil, and a flock of robins follows close behind feasting on earthworms and insects as the walking plow pulled by a team of mules gently turns the soil. I enjoy the view of my rapeseed crop, which is in full bloom. I grow rapeseed for oil in order to belong to the local veggie-oil cooperative, which now presses enough to meet the demand of each member to run their farm machinery. Last year we couldn't afford to use our delivery truck because the price of biodiesel was over \$12 a gallon, and our allotment of rapeseed oil was only sufficient to run the farm machinery. Thanks to an arrangement with our neighbor, we are still able to haul our produce to Santa Cruz using his electric van, which we were able to charge using our 100 kilowatt array of solar panels. This year I am hoping to increase our production of rapeseed oil to have enough to transport our produce with our converted diesel truck. In Santa Cruz, CSA members have formed a small Food Distribution Co-op of electric-powered, lightweight trucks to haul our produce over the hill. Each drop off location is a miniature food center, where members receive a set share of food items, all grown within 50-100 miles. The food is supplied by a large network of over 200 small-scale organic family farmers. It has really worked well for us to join this network, which started as result of consumers and local farmers teaming up in order to provide an adequate food supply to the Bay Area. More than 100,000 members form this network. As the mules turn to do another pass down the field, I am amazed how much things have changed in the last 8 years.

"...mankind and the planet are still best served by the social model constructed from the fabric of small independent farms, businesses, and communities interwoven into a social blanket of magnificent diversity and great natural strength." - Lynn Miller

Debbie, our tireless CSA coordinator, and her husband Ken, who currently spearheads "World Without Oil," an on-line alternate reality game [www.worldwithoutoil.org], got me thinking about how a shortage of fuel would affect the farm. At first thought it is pretty frightening to imagine such a scenario; it is one of survival. However instead of causing fear, the value of the exercise (of playing the game, if you will – Ken's tagline is "play it before you live it!"), is that it taps into what I consider our most important resource: our creative adaptability. My fictional description of how farming in 2015 might look may just be a nice dream right now, but it may reflect a new reality we need to embrace. Although organic farming does not depend on fertilizers and pesticides derived from oil, fossil fuels and its many derivatives still play a big role in the current operation of our farm. I am not someone who shies away from a challenge, especially one which ultimately aims to create a more sustainable farming environment, however replacing fossil fuels is one challenge that affects the very foundation our civilization is built upon. The energy we harness from fossil fuels has allowed us to enjoy an immensely rich life; so much so, that we are now reaching the limits of nature's

Live Earth Farm 2007 Calendar

(see calendar on website for more info)

Fri. May 18	<u>Four Fridays Mataganza Garden Internship</u> (5/18, 5/25, 6/1, 6/8)
Sat. Jun 9	<u>"Outstanding in the Field" Dinner</u>
Sat. Jun 23	<u>Summer Solstice Celebration</u>
July 10-14	<u>Teen Adventure Camp</u>
Aug 24-26	<u>Children's Mini-Camp</u>
Sat. Oct 20	<u>Fall Harvest Celebration</u>

tolerance and capacity. With signs of global warming, water shortages, dwindling marine resources, and food and oil shortages, we are at a point where we have to re-invent ourselves in order to live sanely and sustainably on this planet we call Home.

Home for me is a place where I can enjoy the company of family and friends, and it's high time we "homo sapiens" become more humble and stop acting like a bully trying to dominate nature. It is time to reconnect, listen and learn from our planet-mates who have been here much longer and have done everything we want to do without guzzling fossil fuels, polluting, and jeopardizing our future. Re-learning from nature and doing it her way is both an exciting and urgent moment in the short history of our species.

In farming, the dominant philosophy for the last 50 years has been to continuously get bigger, to the point that now only 1% of the population is involved in growing food. I believe this is our starting point. In order to turn things around we need to not only increase the number of farmers and gardeners who grow food, but to build new linkages which form diverse and cooperative relationships, mimicking the interconnectedness we find in nature. With the price of fuels increasing and fossil fuels becoming more scarce, I am hopeful that the conditions for such a trend are ripe to take shape. I can imagine how, in the future, we will convert millions of acres of farmland now dedicated to monoculture and corporate extractive farming practices into a rich carpet of smaller-scale farms producing an abundant, diverse, seasonal bounty of food. It would bring young people who want to start farming back to the land. It would strengthen our communities, whose skills and resources would in turn contribute to living sustainably in one place. I am optimistic that the act of growing food can serve as a catalyst for us to read and learn from nature's sacred book, and reconnect us with all the living creatures with which we share this Home. – Tom

News from the Field

Last week the USDA quarantined 8 Bay Area counties infested with the light brown apple moth. Nurseries and farms located within a mile of a spot where the moth has been found must have each shipment inspected and certified before it can move. Nurseries and farms located farther from moth sites must undergo a one-time visual inspection. The moth was introduced from Australia and supposedly loves to munch on a large range of fruits, vegetables, and ornamental plants. I sure hope we will not be affected by this. Imagine if every CSA share had to be inspected before we could deliver them to you. And I thought rising fuel prices were challenging!!!

What's new and upcoming? The fennel looks great so we should see those in a week; Radicchio, more mustard greens, and possibly the first Summer Squash are also imminent. And the blackberries (Extra Fruit option only) are getting ripe! 🍷

Mini Camp – “Strawberry Bounty” – OitF Dinner

Please see online newsletter for details. Wanted to leave room for a few recipes here! :-)- Debbie 🍷

Notes from Debbie's Kitchen

Have a recipe you'd like to share? Contact me at deb@writerguy.com or 408.288.9469.

Check out my **recipe database** for a comprehensive list of recipes 'by key ingredient' (pictures too!). Go to our website and click on "recipes" (on the left).

Tatsoi

Tom says you'll either be getting mizuna or tatsoi, so since I talked about the mizuna last week, thought I'd fill you in on tatsoi this week! Tatsoi is another Asian green, like mei quing choi and mizuna. Tatsoi and mizuna, when small, are great in salad mixes. Tatsoi have round, slightly wrinkly dark green leaves on a white stem. It grows in a bunch connected at the root much like spinach. Since the leaves are many different sizes, they will be cut off at stem level and bagged. Try using it as you might other greens like chard or spinach. The smaller leaves can be used raw in your salads. Here's a recipe I found online from a CSA-style farm back east:

Tatsoi in Mustard Dressing

from Covered Bridge Produce in Pennsylvania

The mustard dressing compliments the tangy taste of the tatsoi, while the dark leaves and white stalks contrast each other.

12 oz. washed and chopped tatsoi
2 medium scallions
2 tbsp. lemon juice
1 tbsp. Dijon mustard
1/4 tsp. salt

3 tbsp. olive oil

In a small bowl whisk together lemon juice, mustard, salt and oil. In a wide skillet or wok combine tatsoi and dressing and saute until leaves are tender but stalks are still crunchy. Add scallion greens and toss. Arrange tatsoi on serving platter and drizzle with any remaining dressing from the pan.

Cream of Radish Green Soup

Submitted by member Mickey McGushin, modified slightly (makes 4-5 servings). Since the recipe calls for 2 bunches of radishes, I'd just halve the quantities and make a smaller batch. I've left original quantities intact here. - Debbie

2 bu. radishes
2 tbsp. unsalted butter
1 lg. leek, white part only, sliced and well washed [we don't have leeks, so I'd substitute some fresh onion]
4 C vegetable broth or water
1/2 lb. potatoes (about 1 1/2 C), peeled and roughly diced
Salt and freshly ground white pepper
1/2 C creme fraiche or sour cream (optional)

Remove the radish tops. Pick through the radish leaves and discard any yellow or

otherwise discolored ones. Trim off and discard stems. Slice the radishes. Place the butter, radishes and leek [or onion] in a soup pot over medium heat and cook until the vegetables are soft, but not browned (about 7 minutes). Add the broth, potatoes, and salt and pepper as desired, cover, increase the heat to high, and bring to a boil. Reduce heat to an easy simmer and cook until potatoes are nearly done. Remove lid and add the radish greens, continue to simmer, uncovered, until potatoes and greens are tender. Transfer soup to a blender and puree until smooth. Return soup to pot and gently reheat. Garnish soup servings with a dollop of creme fraiche or sour cream if desired.

Fava idea

Prep favas now for later use: shell them and boil 2 minutes. Drain. When cool enough to handle, have a jar handy; squirt the favas directly from their peel into the jar. Mix in a little olive oil and sea salt, close lid, and refrigerate. Break 'em out later for a quick snack, or add them to any dishes or salads as you would normally!

more recipes in online newsletter!