

**STUDENT ORGANIC FARM**  
**CSA NEWSLETTER**  
April 21, 2005

**In your share this week:**

- Baby Salad Mix\*
- Potatoes
- Parsnips
- Scallions\*
- Spinach\*
- Red Russian Kale, Tatsoi, and/or Vitamin Green\* (large, for steam/stirfry or for really hard-core salad eaters!)
- Onions
- Herbs: Parsley\* (flat or curly leaf)
- Optional extra: celery (the not-pretty ones we didn't give out last week!), Fresh Dill\*

\*items with a star were harvested from the hoopouses; the others were in cold storage or from the field (some leeks, root veggies, etc. still under mulch in the fields)

**Announcements: Start and end dates for Spring and Summer CSA sessions, Food labeling activism opportunity, other local CSA farms, Earth Dinner playing cards, cool link to potato web page and recipes, Bioneers conference coming up in the fall!**

1. *The End is Near!* Spring CSA is drawing to a close. The last day of Spring CSA will be **Thursday, April 28**. For those of you not renewing your membership, thanks for joining us, and please fill out your member feedback survey (coming soon), and perhaps we (or another CSA farm) will see you again soon. For those of you continuing on into summer with us, thanks! And please also fill out your member feedback surveys and return them as soon as possible (coming in the next week or so). Contrary to what you may have heard, we are NOT skipping a week between Spring and Summer session.... However, we ARE changing CSA pick-up day, from Thursday to Wednesday.

That means the Summer CSA session will run from **Wed. May 4 through Wed. Aug. 17, 2005**. Hopefully Wednesday (same time, same place) will still work for everyone this summer. If you're getting a new share partner this summer (or if you just want to come meet the new members), New Member Orientation will be Wednesday, May 4, from 5:30 p.m to 6:00, same as always, during CSA pick-up, at the farm.

2. \*"HOW'S MY DRIVING?" CALL FDA FOR CHANGE

A recent 'Take Action' notice on the Slow Food USA website ([www.slowfoodusa.org](http://www.slowfoodusa.org)) deals with consumers demanding proper labeling of our food that includes its source. If enough people call and mention this specific concern, the US Food and Drug Administration

will establish a new docket, (aka category of complaint) just for this issue. Contact FDA Dockets Management at:  
<a href="mailto:Fdadockets@oc.ofds.gov">Fdadockets@oc.ofds.gov</a>  
or 301.827.6860

Encourage your local food retailer to include local foods in their offerings, and label those items as such. Also, whenever possible purchase foods directly from family farmers at your local farmers market or CSA (Community Supported Agriculture project).

**3. Other CSA Farms in the Area:** As you know, the MSU SOF has a long waitlist for CSA membership. If you know someone interested in CSA around Lansing, there are three other farms in the area offering CSA this year. They are Giving Tree Farm in north Lansing, Wildflower Farm in Bath, and Owosso Organics in Owosso (closer to Flint, sort of in the area). Please pass their contact info on to friends looking for a CSA (or if you'd like to try out a different CSA for the "normal" Michigan growing season - their CSA season is usually 20-30 weeks long, as opposed to our 48-week season)

1. Giving Tree Farm, in north Lansing, close to Dewitt.

Farmer: Sue Houghton

Phone: 517-482-8885

Email: [susangivingtree@earthlink.net](mailto:susangivingtree@earthlink.net)

2. Wildflower Farm, in Bath

Farmer: Phil Throop

Phone: 517-641-4761

Email: [wildflower@michcom.net](mailto:wildflower@michcom.net)

3. Owosso Organics, in Owosso

Farmer: Pooh Stevenson

Phone: 989-725-3151

This is a link to Local Harvest ([www.localharvest.org](http://www.localharvest.org)), a wonderful resource on the web for locating CSA farms, farmers' markets, farm stands, pick-your-own operations, and more. They even handle membership for participating CSA farms. Follow the link below for more info.

<http://www.localharvest.org/search-csa.jsp?lat=42.735836&lon=-84.48376&scale=2&ty=6&r=mb>

They already have 1335 CSA drop-off points listed across the country, and since the above search page went live about a week ago, they've served more than 1000 CSA searches to the public.

4. Here's a game we found in Ode magazine, about food and family, and fun: The printable EARTH DINNER™ cards are designed to spark stories and memories of the foods and people we love, and perhaps to inspire new thinking about the foods we choose everyday. Each card is designed so that everyone in the group can participate. Incorporate the cards into the whole

evening. Above all, try to make sure each person has an opportunity to both share and listen to each other's stories. If you don't get through all of the cards, save them for your next celebration, or use them weekly at your dinner table! There are no wrong answers. Everyone wins this game! Follow this link for Earth Dinner playing cards to download, print out, and play and learn <http://www.earthdinner.org/>

5. For all you ever wanted to know about potatoes, the different varieties, and preparation ideas, follow this link to Wood Prairie, organic seed potato supplier in Maine: (from Wood Prairie newsletter)

<http://gorumet.c.topica.com/maadpyYabf5lda8fTLreaeQAZs/>

TO READ MORE ABOUT KITCHEN POTATOES, CLICK HERE

<http://gorumet.c.topica.com/maadpyYabf5lea8fTLreaeQAZs/>

6. Our favorite conference: BIONEERS! It's a group of forward-thinking folks who care about food, water, soil, community, and fun.... We gather in Traverse City each October to celebrate Michigan, the Great Lakes, and to teleconference with "Big Bioneers" in California, the original conference, of which the TC conference is just one smaller, satellite conference. Rumor has it there's also going to be a satellite Detroit Bioneers this year... more on that later. For now, please see the Bioneers web sites, below.

An 11 minute "Meet the Bioneers" video can be streamed from the headwater's website. If you have the ability to consume lots of bytes at rapid speed, check it out and show it to your friends. It really helps when trying to answer the question, "So what is Bioneers exactly?"

<http://www.bioneers.org/programs/satellite/resources.php>

We are looking forward to seeing you October 14-16!

~your friendly conference organizing team

access our really groovy colorful fact-filled website: <http://www.glbconference.org/>

And the tidbit.. Bioneers has announced the plenary speakers for this year's conference!! View them at: <http://www.glbconference.org/bioneer-plenaries.html>

### **What's up at the farm?**

Planting! So many dedicated farmers and volunteers have been out at the farm this week to help with the spring onion planting push, it's hard to name them all.... THANK YOU so much for your hard work. Special thanks to Rhonda Crackel for bringing her class "Science on Your Plate" to the farm for a tour and to volunteer – they might not have known they were going to get roped into planting onions, but they did a great job. Equal thanks to the group of homeschool kids and parents who came out and dug parsnips on Monday and Tuesday. The peas are starting to come up; they're about 1" tall as of this afternoon. This week we're putting in spinach, radishes, lettuce, kale, and the rest of the onions. Next in line are leeks, chard, broccoli, cabbage, cauliflower, pac choi, kohlrabi, and more lettuce. If you've got the itch to come dig in the dirt, there's a tray of transplants with your name on it! Just call the farm phone

(230-7987) before you come out. And just so you know, for those of you full up on stirfry, you'll get a few week's respite from pac choi, with or without flowers. (Those member feedback surveys are a great way to let us know what veggies really get you going, and which you can do without, and how much of each you'd really like --- look in your email soon for surveys for this current, spring session, and please return them filled out!)

### **New or Unusual Vegetables in Your Share this Week**

Q & A

Q. What is the best way to store potatoes in my kitchen and can I eat them if they have begun to sprout? - HD, Cupertino, CA

A. First, potatoes need it completely dark. Light will turn the skins green and bitter. This can be trimmed off, but trim heavily.

Potatoes like it cool but they are not too fussy. 40 degrees is best. The refrigerator is too cool and will cause the potato to respire heavily and turn some of its starches into sugars. The potato will taste sweeter, but this is the only drawback. This sweetening can be reversed to some extent by bringing the potatoes out of the fridge a couple of days before using them and remembering to keep them in a dark spot.

Storage warmer than 40 degrees is acceptable but organic potatoes, which are not treated with a sprout inhibiting chemical, will want to sprout. How much they want to sprout depends on the time of year and the variety. The more months it has been since fall harvest, the more eager they will be to sprout. The drawback of sprouting is that the potatoes lose moisture and are not as firm. The sprouts can be simply brushed off and the potato eaten as usual.

TO READ MORE ABOUT KITCHEN POTATOES, CLICK HERE  
<http://gourmet.c.topica.com/maadpyYabf5lea8fTLreaeQAZs/>

**Recipe Ideas:**

**From Linda Johnroe, CSA member:**

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This website is terrific! I thought you might want to pass it on to the members. [www.whfoods.com](http://www.whfoods.com) The World's Healthiest Foods. It gives recipes, tips on cooking healthy, even media player on preparing food.