



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

January 25, 2006

In your share this week

- Choi
- Cilantro
- Komatsuna
- Onions
- Potatoes
- Garlic
- Squash
- Beets
- Turnips

Announcements

The next Core Group Meeting is Tuesday, February 7th at 7:00pm in the distribution room at the farm. Everyone is welcome to attend and share their ideas to make our farm a wonderful place! We will be going over things we hope to accomplish in the next year and finding ways to make work requirement opportunities easily accessible to all members. If you have any questions, feel free to email us at msusof.core@gmail.com or call Liz at 420-2372.

Check out this article about our student organic farm!

<http://www.freep.com/apps/pbcs.dll/article?AID=/20060124/FEATURES04/601240334/1029/FEATURES>

Recipes

Komatsuna Salad with Fruit

12 oz Komatsuna, washed and dried well
2 tbs peanut oil
2 tbs corn oil
1/2 cup coarse chopped whole almonds
1/2 tsp sugar
1 tsp ground ginger
1/4 cup lemon juice

1 apple, cored and diced
1 cup seedless grapes, halved
1/4 cup sliced chives
1/4 cup fresh dill
salt and pepper to taste

Fry almonds in peanut and corn oil 1-2 minutes. Drain and reserve oil. Add sugar, ginger, salt and pepper to warm oil and gradually whisk in lemon juice. Toss komatsuna, apple, grapes, chives and dill together with dressing. Chill and serve.

Garlic Soup with Poached Eggs

Gourmet, September 2002

1 medium head of garlic, cloves peeled and thinly sliced
3 tablespoons olive oil
8 (1/2-inch-thick) baguette slices
1 qt chicken stock or broth
1/2 teaspoon dried hot red pepper flakes
4 large eggs
1/2 cup packed small fresh cilantro sprigs
4 lime wedges

Cook garlic in oil in a deep 10-inch heavy skillet over low heat, stirring occasionally, until tender and pale golden, 8 to 10 minutes. Transfer garlic to a bowl with a slotted spoon. Add bread slices to skillet and cook over moderate heat, turning once, until browned, about 4 minutes. Divide toasts among 4 large soup bowls. Add stock, red pepper flakes, and garlic to skillet and bring to a simmer.

Break 1 egg into a cup and slide egg into simmering stock. Repeat with remaining eggs. Poach eggs at a bare simmer until whites are firm but yolks are still runny, 3 to 4 minutes.

Transfer eggs with slotted spoon to toasts and season with salt. Ladle soup into bowls and top with cilantro. Serve with lime wedges.

Note: the eggs in this recipe will not be fully cooked.