



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

August 31, 2006

In your share this week

- Tomatoes
- Peppers
- Carrots
- Broccoli
- Chard
- Basil
- Sweet onions
- Melons
- Green beans
- Summer squash/zucchini
- Garlic
- Parsley

We want all of our share members to get their veggies each week. We realize that sometimes it is impossible to come get your share. If this is the case, call us on the farm phone and tell us or leave a message to pack your share and we will put it in cooler 12 on the CSA rack in the garage area where you come for CSA pick up. The phone number is 230-7987. We will **not** check e-mail the day of harvest, so please do not leave a message for a packed share via e-mail. ALWAYS CALL and we will be happy to pack your share!

WELCOME TO THE FALL 2006 SESSION!!

Wow, time flies when you are having fun....or growing vegetables. Here we are into the fall session already!! First of all, welcome to the new CSA members! We are thrilled to have you join the farm. This is the most fun time of the year on a farm, some would say. All the crops are coming in, the weather is cooling, letting up the heat of the summer, and you get to reflect on the season, learn from it, and move forward into the winter months.

This fall we will go from the most bountiful time of the season to putting the fields to rest for the winter and working up the hoopouses, which will supply all the greens for the winter. It will be quite a dramatic shift for us all. We will be doing surveys again and getting ideas and feedback and suggestions from all of you.

More on this next week....

We wanted to let everyone know about important farm goings on and opportunities for service hours and fun events at the farm.

FARM EVENTS AND ANNOUNCEMENTS:

Hoophouse Building

Come help us build our newest teaching hoophouse! It will be state of the art and the main purpose of it is for our Certificate Program Students, who will be starting in January. We need help building it!! Stay tuned—I am just waiting to hear from John and Adam on those dates and times...

STUDENT ORGANIC FARM STAND ON CAMPUS!!

We are on campus!! This Tuesday was our first farm stand of the season on campus. We will be on Farm Lane in front of the Auditorium every Tuesday from 11:00 AM to 5:00 PM. Our first week of the stand went great. We had tons of students come to the stand to buy fresh, organic veggies and lots of smiles were going around and lots of recruiting for more undergrad students happened. It is wonderful for the student farmers to sell their veggies directly to their peers. It is so satisfying and exciting to see more MSU undergrads become exposed to fresh, local, organic, healthy food that is grown by their fellow students!! Come on out to see us at Farm Lane by the ROCK next Tuesday!

CORE Meeting

Carolyn Dulai is hosting a member meeting to discuss CSA and farm happenings. This meeting will take place next Wednesday, September 6, at 7:00 PM in classroom B109 in the Plant and Soil Science Building (entrance is across from the Children's Garden). If you have any questions regarding the meeting, e-mail Carolyn at dulaic@michigan.gov.

Cleaning Onions for Work Hours

Trevor Johnson, one of our rock star veteran student farmers, is hosting an onion cleaning and sorting work party this Saturday at 10:00 AM. Stay as long as you would like and get a jump start on your fall service hours! We need to get those onions sorted and in the cooler! MEET IN THE CSA ROOM AT 10:00. If you arrive late, they will be in the Range House (large greenhouse north and slightly west of the CSA pickup area—NOT back at the farm).

Harvest Festival Meeting – Friday at Green River Cafe at 10:00 AM

Come one, come all to help plan the October 7 Harvest Festival! This is a great opportunity to get your service hours in doing a fun job to help the first Harvest Festival a huge success! **We will need help with the following jobs:**

1. Food organization – potluck coordinator, plus organize food from the farm that can be donated
2. Pie contest organizer
3. Cider Press organizer (we have a press, someone will need to man it)
4. Setup and cleanup crew
5. Signage person
6. Advertising guru (make flyers, distribute flyers, e-mails)

7. Booth contact (we will have booths at the festival for organizations who want a chance to share what they are doing; we need someone to be the contact person and help to tell organizations about having a booth there)
 - a) Face Painting Booth coordinator
 - b) Decorations Queen (the farm will provide flowers and corn stalks and whatever else we want to use for decorating, we need someone just to coordinate and make it happen!)
 - c) Anything else? This is what we will discuss on Friday.

FUTURE OF FOOD Workshop – Saturday, September 9

Our own Jay Tomczak is the coordinator of a 4-hour workshop on the Future of Food. It will be a great event!! Here is more information:

Join **Peak Hour Associates** and **Ecological Food & Farm Stewardship** for a showing of the film, "**The Future of Food.**" The film will be followed by a **panel discussion** and dialogue on **genetically modified foods**. European and African perspectives, and the relationship to healthy eating. Panelists include Werner Absenger, chef, www.amacf.org; Jay Tomczak, Assistant Manager of MSU Student Organic Farm; Fatoumatta Sisi of West Africa; Cynthia Price, Greater Grand Rapids Food Systems Council; and Vancy Bown, Perspective Learning Associates.

When: Saturday, September 9, 9:00 AM to 1:00 PM.

Where: Plant and Soil Science Building room A101, MSU Campus, East Lansing

Cost: \$20/\$10 for MSU faculty/\$5 students (to cover speaker costs; scholarships are available)

Light refreshments will be provided using local food. For more info call (231) 780-4501 or e-mail vborn@aol.com or tomczak1@msu.edu.

The conference will be followed by a tour of the MSU Student Organic Farm

Recipes

WHOLE WHEAT PENNE WITH SWISS CHARD

Recipe from *A Collection for the Modern Cooks*, by Susan Spungen (Morrow Cookbooks/An Imprint of Harper Collins Publishers). © 2005 by Susan Spungen. Used with permission of William Morrow Publishers.

Serves 6 as a first course, or 4 as a main course

A colorful bunch of rainbow Swiss chard inspired this recipe. You can use regular green or red chard, too. Chard is like getting two vegetables in one: the slightly tart, crunchy stems, and the dark green leaves. Since they require different cooking times, they have to be separated by stripping the leaves from the stems with a swipe of your hand.

- 1/2 cup walnut halves
- Kosher salt

- 1 pound whole-wheat penne rigate
 - 1 bunch rainbow, green or red Swiss chard
 - 2 large garlic cloves, thinly sliced
 - 1 tablespoon olive oil
 - Large pinch of red pepper flakes
 - 1 tablespoon fresh rosemary leaves, coarsely chopped
 - Freshly ground black pepper
 - 1 1/2 cups ricotta
 - 8 ounces fresh goat cheese
 - Freshly grated Parmigiano-Reggiano
1. Preheat the oven to 375°F. Spread the walnuts on a large baking sheet and place in the oven. Shake the pan every few minutes so the nuts toast evenly and do not burn, for about 10 minutes. Immediately transfer nuts to a bowl and set aside.
 2. Bring a large pot of water to a boil. Add 1 tablespoon salt and the pasta. Cook the pasta, using the package directions as a guideline, stirring occasionally, until al dente. During cooking, remove a piece of pasta and taste for doneness.
 3. Wash and dry the chard, and strip the leaves from the stalks. Chop the stalks into 1/2-inch pieces and set aside. Tear the leaves into medium-size pieces. Set aside.
 4. In a large sauté pan, sauté the garlic in the olive oil over medium heat until golden brown, about 3 minutes. Add the red pepper flakes, rosemary, chard stems, and salt and black pepper to taste. Sauté until the stems are tender, about 3 minutes. Add the leaves, cover the pan, and cook until the leaves have wilted, about 5 minutes, stirring once or twice. Remove from the heat and set aside until the pasta is done.
 5. Drain the pasta, reserving 1 to 2 cups of the pasta water. Add the ricotta and goat cheese to the chard and stir to combine. Add the pasta and stir until well combined. Season with salt and pepper to taste and add pasta water as needed to moisten the pasta. Transfer to warmed bowls and sprinkle with Parmigiano-Reggiano and walnuts.

SPICED AND HEARTY VEGETABLE SOUP

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Makes 4 quarts, or 8 to 10 servings

- 2 tablespoons extra-virgin olive oil
- 8 large cloves garlic, peeled
- 2-inch piece of fresh ginger, peeled
- 1 jalapeno chile, stem removed
- 1/2 tightly-packed cup fresh basil leaves
- Salt and freshly ground black pepper to taste
- 1/4 teaspoon each ground cumin, coriander and sweet paprika
- 1/2 cup dry white wine
- 3 medium onions, fine chopped
- 1 zucchini, cut into small dice

- 1 medium stalk celery with leaves, diced
- 1 large carrot, thin sliced
- 2 cups diced Butternut squash or yam
- 1/2 small green cabbage, cut in 1/2-inch dice, or 2 branches Swiss chard, chopped
- 28-ounce can whole peeled tomatoes or equivalent of fresh tomatoes, peeled and chopped
- Water

1. Pour the olive oil into an 8 quart pot. Combine garlic, ginger, jalapeno and basil in food processor and chop fine. Scrap into the pot and set over medium heat. Stir in the spices, salt and pepper. Stir about 3 minutes, or until aromatic. Add wine and boil 30 seconds. Stir in the vegetables and enough water to cover by about 2 inches.

2. Bring to a gentle bubble, partially cover and cook an hour, or until vegetables are tender and broth is flavorful. Adjust seasoning if needed. The soup improves with sitting and will hold in the refrigerator up to 5 days. Soup can be frozen up to 6 months.