



MSU STUDENT ORGANIC FARM FARM NEWSLETTER

September 21, 2006

In your share this week

- Corn
- Edamame
- Tomatoes
- Peppers
- Beets
- Carrots
- Parsley
- Basil
- Sweet Onions
- Brussel Sprout Greens – Eat these the same way you would any other dark, leafy green.
- Broccoli

We will have a variety of optional extras available, like beans, melons, summer squash, and more. Take what you can use.

Remember, if you can't make it to the farm on Thursday, please call us ahead of time, 230-7987, and leave a message with your name. We will pack your share for you, label it and put it into cooler 11 on the clearly marked CSA Shelf and you can come pick it up on Friday or Monday anytime between 8-4.

Farm managers: Jeremy Moghtader, Corie Pierce, Jay Tomczak

Student farms: Trevor Johnson, Mikey Formisano, Tomm Becker, Holly Markham, Luke Tomczak, Andy Fles

HARVEST FESTIVAL 2006: WE NEED YOUR HELP

Available Jobs:

- 1) Set up and break down crew – help set up tables, chairs, music area, put up signs (we need a whole crew)
- 2) Decorators – use farm corn stalks and sunflowers and grasses to make fun decorations for around the farm
- 3) Cider Press Operator – help to man the cider press, it's fun and easy to use

And more! We need lots of help to pull this off. Please help out! Email msufarm@msu.edu to sign up or sign up at CSA or talk to Corie about how you can help.

Service Opportunities

GARLIC CLEANING AT CSA THIS WEEK. Come to CSA and help trim and sort garlic for an hour or two when you come to pick up your veggies this week. Earn some service hours and help us out! Just show up at CSA and we will have a crew.

**** CROP HARVEST EMERGENCY ** FROST DANGER **.** With anticipated dropping temperatures, we want to harvest as many of the summer crops and winter squash as we can. For anyone who would like to come to the farm to help we would love as many hands as possible! Available times are:

Mondays: 8-5pm

Tuesdays: 8-12pm

Thursdays: 8-5pm

Fridays: 8-5pm

Please show up at the farm any of these times to help harvest!

What is Happening Out at the Farm?

With an anticipated drastic drop in temperature, we are expecting the bountiful harvest you all have been enjoying to begin to slow down quite drastically. Tomatoes are on their last legs, as are eggplant, peppers and summer squash. Enjoy these summer vegetables now....they will be gone in no time. We are frantically planting out all of the hoop houses into our winter crops, trying to make sure we get everything seeded or transplanted before it gets too cold. The key to the winter crops is that we get them planted in time to get established before the real cold sets in. We are also going to harvest all of the winter squash – butternut, delicata, acorn, blue Hubbard, sweet dumpling, to name a few. Potatoes will be harvested in a few weeks as well. It is final harvest time and clean up time on the farm. The summer heat seems to fade away so quickly, and the shorter days and the colder nights bring the bounty to a screeching halt. The leaves are changing and we have had a few days that have let us know that winter is on the way....but until then, let's enjoy the bounty of the summer and let's enjoy the fall weather and let's not think about winter quite yet!! There is still tomato, flower, greens, basil **PICK YOUR OWN**—just ask and we will point you in the right direction.

We will not have flowers at CSA anymore this fall. We are short staffed and simply do not have time to pick flowers. But we encourage you to **PICK YOUR OWN**, brighten up your kitchen or house with a bouquet of flower.

Canning Tomatoes

We won't have tomatoes for much longer....get your EXTRA tomatoes THIS WEEK to make sauce, salsa, and can. \$25 for a full bulb crate (about \$1.00/lb). Call ahead to order your tomatoes at 230-7987. Note, there will still be large amounts of tomatoes in your regular share for a few more weeks at least!

FARM CALENDAR OF EVENTS

HARVEST FESTIVAL: October 7th, 1pm-5pm. Bring all your friends and family! Bring a batch of your favorite cookies to contribute to the cookie table. Great live music, cider pressing, hay rides, face painting, cookies, farm walks and more.

HOOPHOUSE BUILDING: Tuesday Evenings, ongoing, 5:00-8:00pm. Come on out to help build the hoop house!

WINTER SQUASH HARVEST: Stay tuned....depending on frost date, we will harvest all the winter squash on a CSA day in the next few weeks. Plan to come get your veggies AND help harvest winter squash. (Winter squash is my FAVORITE crop to harvest). We will let you know which Thursday it will be so you can plan to come on out. This will be a great event to bring kids!

SOF FARM STAND ON CAMPUS: Tuesdays, ongoing, 11-5pm. From now until the weather is not okay, we will have a student run farm stand on campus every Tuesday from on FARM LANE in front of the Auditorium. Come on out and support the farm. Tell your friends they can get SOF veggies on Tuesdays this fall on campus.

HORTICULTURE FARM FRUIT SALE: September 29th and October 13th. The Hort Farm is selling their fruit on these two Fridays and wanted us to tell our members. You can come out to the farm and buy an assortment of fruit. The fruit is NOT organic, fyi.

BIONEERS Conference – October 20-22nd. If you don't know what Bioneers is, find out. Check out www.bioneers.org and then go to www.ecoseeds.org and find the Traverse City Bioneers link. Sarna Salzman is the Director of Seeds, a non-profit in Traverse City, who runs the Bioneers conference. It is an inspirational, educational conference promoting all aspects of sustainability. There is a large Lansing / East Lansing contingent going. Let us know if you want or need a ride. We encourage you to go! SOF and others from MSU will be leading a few of the workshops.

NOTE: A-Z Cookbook Still Available - \$20 cash only, great recipes helps you to use up your veggies in your share....

RECIPES

Edamame

What do I do with Edamame? Remove from the plant and boil the whole pod in salty water for about 10 minutes. Drain, let cool and enjoy, popping them right out of the pod! A healthy and nutritious snack.

Tortilla Casserole

This was served at the Earthwork weekend and it was tasty....

A package of tortillas (doesn't matter which kind)

5 large diced tomatoes

1 large can of black beans

1 clove garlic

1 medium onion diced

2 bell peppers, chopped into squares

1 hot pepper, if you like spice

3 ears of corn, corn cut off the cob

Mound of shredded cheese- I like cheddar but pepper jack will be great too

Sour cream, if desired

Avocado, if desired

In a bowl mix the peppers, tomatoes, onions, garlic, corn. In a 9x13 baking pan, spread a layer of tortillas and then cover the tortillas with the vegetable mixture. Sprinkle 1/3 of the cheese. Add another layer of tortilla, veggie, then cheese. Do one final layer of all the ingredients, and a final layer of cheese and bake at 350 degrees for 20 minutes or until the casserole is bubbling and simmering together. Serve warm and with the sour cream and avocado garnish.