

NEWS FROM THE FARM

TIERRA MIGUEL FOUNDATION CSA

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August 8 – August 14, 2002

Volume 2, Issue 32

IN YOUR BOX THIS WEEK

All produce grown organically in accordance with the California Organic Foods Act of 1990 and CCOF Certified

Salad Bag

- ◆ Lettuce- Mixed baby heads
- ◆ Salad mix
- ◆ Basil- Large leaf, Genovese, or Purple
- ◆ Oregano
- ◆ Parsley- Curly

Fruit / Squash Bag

- ◆ Strawberries- season's almost over
- ◆ Oranges- Valencia, very juicy
- ◆ Crookneck Squash
- ◆ Sunburst Squash
- ◆ Tomatoes- Cherry, Roma, Heirlooms
- ◆ Zucchini- Regular and Romanesco Costata
- ◆ Potatoes- New Red or Yellow Fin
- ◆ Cucumber- Pickling, regular or oriental
- ◆ Melons - Galia or Sun Jewel

Vegetable Bag

- ◆ Bok Choi
- ◆ Spring Onions
- ◆ Chinese Cabbage
- ◆ Celery- first picking
- ◆ Chard or Collard Greens
- ◆ Kale

Occasionally we may have to substitute for items in your box.

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UPCOMING EVENTS;

Center for Urban Agriculture -Fairview Gardens, Goleta, CA

August 30 eve, 31st and September 1

Wisdom at the End of A Hoe Workshop

A "toolkit" on acquiring land, setting up, growing and marketing a small scale urban plot. Presenter and TMF advisor Michael Ableman. Call 877-246-6337 x 111 for enrollment (\$195-truly a gift.)

VOLUNTEER DAY – September 7 AT Farm –Plan ahead for the Fall season.

OPENING A NEW SITE-SOLANA BEACH

New Tuesday pickup location at Cedros Gardens, 330 S. Cedros Avenue in Solana. Encourage your friends who live in the area to come aboard the CSA program.

TALK TO YOUR CSA FRIENDS on YAHOO!

Good news...announcing the introduction of the Tierra Miguel Yahoo Group. You are hereby invited to participate. Join up by entering:
tierramiguelsubscribe@yahoo.com
The Group Page Address is:
<http://groups.yahoo.com/group/tierramiguel/>
The TMF Yahoo Group allows us to post the *Newsletter* weekly, and carry on conversations with you as you can with others. We'll work to keep up our Calendar and send pictures of activities at the Farm as we're able. The best news is you can exchange recipes with us and with each other. Working together, we hope to make this communication tool meaningful for our CSA members and those of the public who have an interest in the Farm and the Foundation's mission. Put us on your Favorites' List ♥ soon so no hot news is missed! Use the site to post pertinent events you may know about in the three counties we serve. **Our thanks to friend and supporter Mary Meade, computer wizard, who walked us through the Yahoo steps.**

♥♥♥♥♥♥

SURVEY SNIPS

Just to give a glimpse at results of our recent survey about the produce from January through June. To date:

*We've had 65 surveys returned – better than 20% of you responded and more are still arriving. That's a wonderful statement about your interest and willingness to participate. It's not too late to send your response if you haven't yet. We're always open to suggestion.

*From the Office standpoint, we are gratified to hear that our service is considered *very good*. *We do aim to please and want you to feel part of the Farm family.*

**CCOF BUMPERSTICKER
SUPPORT YOURSELF
EAT ORGANIC**

WEBSITES TO PERUSE FOR RECIPES

www.bbc.co.uk/food/recipes
www.yummy.com
www.free-gourmet-recipes.com
www.essortment.com
www.epicurious.com

One method of finding a recipe on the internet:

1. Go to the search engine **Google.com**
2. Click in the space for data entry and type the name of a vegetable from the newsletter.
3. Example "Eggplant recipe" or Eggplant and Squash recipe.
4. If you misspell a word, Google will correct the spelling and allow you to click and continue the search.
5. The best results from your search will be displayed on the first page.

WEBSITES TO PERUSE FOR PICS

Finding images of vegetables on the internet:

Go to **Google.com**.

Click on "Images" above the search field.

Enter name of vegetable from newsletter

In the search field.

Tagliarini with Roasted Tomatoes, Golden Zucchini and Basil

1/2 lb golden zucchini or summer squash
1 lb roasted tomatoes
3 Tbs extra-virgin olive oil
3 garlic cloves, finely chopped
salt and pepper
1/4 c dry white wine
1/2 tsp hot pepper flakes
1/2 l. fresh tagliarini
2 Tbs pine nuts, toasted
15 to 20 fresh basil leaves, bundled and thinly sliced, about 1/3 c.
grated Parmesan cheese
1/2 c garlic bread crumbs

(Tagliarini continued...)

Set a large pot of water on the stove to boil. Cut the zucchini in half lengthwise and slice it diagonally into 1/2-inch thick pieces. (If you're using scalloped summer squash, such as sunburst or pattypan, cut it in half through the stem end and slice into 1/2-inch thick wedges.)

Cut the roasted tomatoes in quarters or large pieces and reserve their juice for the sauce. Heat 2 Tbs of the olive oil in a large skillet and add the squash, garlic, 1/4 tsp. salt, and a few pinches of pepper.

Saute' over medium-high heat for about 2 to 3 minutes - just long enough to heat the squash through, then add the wine and cook for another minute, until the pan is nearly dry.

Add the remaining olive oil, the tomatoes and their juice, 1/4 tsp salt, and the hot pepper flakes. When the water is boiling, add 1 tsp salt. Add the tagliarini and cook until just tender. Before you drain the pasta, add 1/4 c of the cooking water to the saute' pan (this will make the sauce juicier.) Immediately drain the pasta, then add it to the tomatoes and squash, along with the pine nuts and basil.

Reduce the heat, toss well, and add salt and pepper to taste. Sprinkle with Parmesan and bread crumbs and serve immediately.

Serves 2 to 4.

Eat five servings of veggies daily...

Prevent diabetes, hypertension and obesity. Rev up your engine!

Garden Cucumber Salad

3-sliced cucumbers
1-onion, sliced into onion rings
1/2-cup white vinegar
1/2-cup sugar
Celery seeds
Peel and slice cucumbers, add onion rings. Wisk vinegar and sugar together and pour over cucumbers. Sprinkle with salt, pepper and celery seeds. Serve over organic greens or separately with garnish. Ready to serve or chill.