

NEWS FROM THE FARM

TIERRA MIGUEL FOUNDATION CSA

PO Box 1065 * Pauma Valley, CA 92061*760-742-1151

Email: csa@tierramiguel.org * Web: tierramiguel.org * Yahoo: tierramiguelsubscribe@yahoo.com

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IN YOUR BOX THIS WEEK

All produce grown organically, CCOF Certified

Salad Bag

- ◆ Spring Mix
- ◆ Lettuce
- ◆ Braising Mix
- ◆ Escarole

Fruit Bag

- ◆ Oranges
- ◆ Yukon Gold Potatoes
- ◆ Apples
- ◆ Grapefruit
- ◆ Lemons

Greens Bag

- ◆ Turnips
- ◆ Carrots
- ◆ Broccoli
- ◆ Chard

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

PLEASE LEAVE YOUR BOXES for pickup by the driver next time. – KINDLY TAKE “t-shirt” BAGS ONLY.

SIGN UP SOON

*Our wonderful Wiep de Vries is hard at work organizing our *Organic Living Bus Tour* for Volunteer Day, Saturday, April 5 from Los Angeles. It's now time to plan ahead because she has excitement scheduled just for you-whether you're an eco-student or bringing the whole family.

A fun part will be the chance to sign up for workshops and learn about composting, the Farm's flora and fauna, gardening secrets and more. – *Call her 626-798-1592.*

*While you're at it, think about attending Conscious Living Expo also in Los Angeles the weekend 2/14-16.

As a CSA member, we'd love to have you go and share your TM experience with others at our shared booth there. Again, call Wiep if you're able to make it.

NOTICE BILLING FOR FEBRUARY

Regular charges for February will reflect the Generous and Bountiful prices, monthly \$111 and \$133 respectively. We're pleased to have you all aboard and look forward to serving you over this year 2003 and beyond. For any questions, please call the office (760)742-1151. Service with a smile!

FUTURE DIRECTIONS EVOLVING...

***We're pleased to report that the Land Acquisition effort is moving forward and interest is building. As an update, our non-profit Tierra Miguel Foundation seeks to buy these 87 organic acres to preserve for agriculture now and for the future. We think it's of major importance to teach young people about the gifts the land brings and the need to nourish and sustain the Earth. (Children should not believe that food is grown at the supermarket!) Watching a garden grow teaches much about plants, but perhaps more about ourselves and human development.**

****We're excited to report that Kevin Knowles has joined us as consultant on this significant project. Kevin is president of Conserveland, an organization that works to save land at this time of development pressures. The crunch is on as open space of every kind is disappearing. Organic farms are treasures we can't abandon to the bulldozer.**

***** We're looking for grants and support of all kinds to make the acquisition happen this year and we've have had some exciting discussions with various granting authorities who are impressed with the breadth of Tierra Miguel activities. Keep your eye out for any potential support for us, please. (We'll keep you up to date.)**



WELCOME BACK UCLA-Hello CalTech

It's great to have the UCLA Environmental Coalition joining us again this term and planning a Farm visit with camping nearby. Other visits that are coming up include Pasadena Waldorf and Orange County Waldorf schools. For any schools wishing to participate in *Farmer for A Day* programs, ring the office soon. Our schedule is filling up!

Our Valentine- CalTech site starts February 14♥

THANK YOU, BAND-AID CONTRIBUTORS! ☺

Pear Chutney with Raisins

1 tbsp. oil
1 large onion, chopped
3 med. pears, peeled, cored and cut into 1/2" pieces (about 3 cups)
6 tbsp. packed brown sugar
1/3 C golden raisins
3 tbsp. apple cider vinegar
2 tbsp. fresh lemon juice
1 tbsp. chopped peeled fresh ginger
4 whole cloves

Saute onions in oil over medium heat until tender, about 5 min. Add remaining ingredients and bring to a boil. Reduce to medium-low and simmer until pears are tender and mixture thickens slightly, about 30 min. Discard cloves. Season to taste with salt and pepper. Cool. VERY tasty with curried veggies.

Beet Burgers

makes 6 - 8 burgers

2 C grated beets
2 C grated carrots
1/2 C grated onion
1 C cooked rice
1 C toasted sunflower seeds
1/2 C toasted sesame seeds
2 eggs, beaten
2 tbsp. soy sauce
1 C grated cheddar cheese
3 tbsp. flour
1/4 C oil
minced fresh or dried garlic, cayenne, and fresh or dried parsley to taste

Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350 degrees. Unless patties are very large, it should not be necessary to turn them.

THE REPAIRS CONTINUE WITH YOUR HELP!

Spicy and Sweet Chinese Cabbage

Serves 4

The sweetness of golden raisins contrasts with the heat of hot pepper flakes in this quick and easy stir-fry featuring Chinese cabbage. How much hot pepper you use is up to your taste & tolerance -- it is quite delicious when slightly scorching hot. Serve with basmati rice as a side dish to accompany barbecued tempeh or pan-fried tofu.

1 tbsp. peanut oil
1- 1/2 lbs. Chinese cabbage, thinly sliced (8 - 10 cups)
2 tsp. finely grated ginger root
crushed hot pepper flakes, to taste
1/4 C golden raisins, soaked in 1/2 C warm water, then drained
1 tbsp. honey or brown sugar
1 tbsp. cider vinegar
1/2 tsp. salt

Heat oil in deep skillet or wok over medium-high heat. Add cabbage, ginger and hot pepper flakes. Stir-fry for 2 minutes, stirring constantly. Reduce heat to medium. Mix sweetener and vinegar together and pour over cabbage mixture. Toss in raisins, season with salt. Cook for approximately 3 more minutes, stirring often. Cabbage should be wilted but still slightly crunchy. Serve immediately.

What the heck do we do with all these greens?

The very easiest is simply to steam them until wilted, then dress with a flavorful vinegar such as champagne or balsamic, and perhaps a little salt. Wait to add the vinegar until you're ready to serve though, as the acidity causes the leaves to lose their bright green color in a very short order (but won't affect the taste.) Or, instead of steaming, chop and saute your green garlic or some onion, then add the greens and saute until they are just tender, but still colorful and alive. Near the end of cooking time, splash in a little soy sauce. If you want, add a few drops of sesame oil at the end for an added dimension. Any of these greens' preparations go well as a side with rice or quinoa, or even pasta!