

NEWS FROM THE FARM

TIERRA MIGUEL FOUNDATION CSA

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January 16 – January 22, 2003

Volume 3, Issue 3

IN YOUR BOX THIS WEEK

All produce grown organically, CCOF Certified

Salad Bag

- ◆ Arugula
- ◆ Spring Mix
- ◆ Lettuce
- ◆ Braising Mix
- ◆ Dill

Fruit Bag

- ◆ Grapefruit
- ◆ Tangelos
- ◆ Mandarin Oranges
- ◆ Red Potatoes
- ◆ Red Onions
- ◆ Lemons

Greens Bag

- ◆ Turnips
- ◆ Carrots
- ◆ Kale
- ◆ Collards
- ◆ Swiss Chard
- ◆ Broccoli
- ◆ Scallions

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

PLEASE LEAVE YOUR BOXES for pickup by the driver. –

KINDLY TAKE “t-shirt” BAGS ONLY.

SPEAKING OF RECYCLING...

How many of you would like a “serious” recycling bag handsomely emblazoned with Tierra Miguel artwork on it to put your veggies in? We’ve had some requests, also for t-shirts and sweat shirts. Folks have said this is a great way to get the word out and feel part of a very special group of Earth-supporters! Needless to say, unless you’re interested, we won’t proceed. If you are, or have some other suggestions, please email us at csa@tierramiguel.org. Prices would be reasonable, but the income would provide fundraising support for educational programs.

LAST CHANCE FOR 2002 PRICES

Reminder – this coming week will be the last week to lock in 2002 prices for all or part of 2003. If you’ve been meaning to tell your friends, have them call right away. We’re happy many of you have taken advantage of this special offer. New pledge forms will be available next week.

UPDATE ON SANTA ANA DAMAGE

Whoa! The winds came into the Farm at 101 miles per hour (*not* nearly 70 as previously reported.) The yellow tape is up around the big barn and packing shed and we’re thinking “safety first” around here. The insurance folks are evaluating the next steps, but the damage was unquestioningly severe. Like the Broadway play, the show will always go on to the best of our ability. Everybody on the Farm has had to work overtime to do damage cleanup besides the regular 10-12 hour days. We have to cheer for Farm Manager Rob Farmer and all the staff including Mil Krecu, Mike McClellan, John Ganajian, interns Jurga and Pu, and, of course, Petra, Rosario, Pepe, et al. We were so grateful that no one was hurt during the storms, and no vehicles were hit. Keep good thoughts going for us here.



Indian Youngsters Developing Farm Plots

A great program through the California Adolescent Nutrition and Fitness (CANFit) Program is going well for Indian youngsters on the Farm. In weekly sessions the kids are getting the hang of what it takes to make veggies grow. Rob’s doing the teaching and the overall activity is being directed by Desiree Barry, Efen Torres and Dr. Garry Crummer, all of the Indian Health Council. This week was compost time and everybody learned about feeding the soil in a healthy way. Each stage of farming brings rewards! Fresh carrots and carrot juice were a big hit last week! We’re excited about having the chance to introduce new ideas to the next generation.

APPRECIATION TIME

*Our recent appeal letter brought such kind notes and dollars, too. We want to get to know our donors and invite you to stay in touch and participate in programs at the Farm.

*The Band-Aid Fund response for the damage also has touched our hearts. It’s the times of need when friends come forward that build our courage here to meet such adversity.

REPEATING- PLEASE DON'T WORRY

We're still getting calls about the Mexican Fruit Fly quarantine that is in place in this area. We appreciate your concern, but the "varmint" is not affecting us. because veggies are *not* hosts. Only fruit-bearing trees are affected (avocadoes, oranges, grapefruits, peaches, etc.) The organic citrus in your box is from a grove outside the quarantine areas since we do not grow citrus on the Farm. We add the citrus to balance your box for wintertime. (Vitamin C, you know!) We're told the method being used to kill off the fly is a sticky substance applied to the trees. There's actually nothing wrong with the fruit itself that's quarantined, and it can be made into marmalade or jellies to take out of the area. The quarantine is expected to last nine months to a year. (Please notice that cultivating a variety of crops, such as a CSA program does, protects the farmer and your food source from the inherent dangers of monoculture such as we see with the fly infestation.



Asian Greens and Mushroom Stir-Fry

Bag of mixed Asian greens
Large handful of mushrooms, cleaned and sliced
Olive oil for sauteeing
3 or so Cloves of garlic (or head of green garlic) minced
Soy sauce (or fish sauce!)
Sesame oil (optional)

Sizzle garlic in hot oil, add mushrooms and saute until juicy. Add greens and sauté until just wilted, but still bright green. Season with soy sauce and sesame oil. Serve hot with rice or other cooked grains.

Sesame Bok Choy

1 cup of chicken broth
3 tablespoons of unsalted butter
3/4 lb of baby bok choy
1/2 teaspoon of sesame oil

Bring broth and butter to a simmer in a deep heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm and covered. Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

Baked Veggie Egg Rolls with Tofu

Heat 2 tbsp. of oil in a large pot.
Add 2 chopped onions (incl. the greens).
Add 1 chopped fresh clove of garlic.
Add 1 tbsp. of freshly chopped ginger.
Sauté until translucent.
Chop up one heaping pile of veggies and add to your pot.
Stir the mixture until it cooks down.
Drizzle in some soy sauce.

Crumble up a pound of tofu and sprinkle it into the mix. Now you're ready to wrap up some egg rolls!
Lay a square wrapper on your counter.
Fill with one heaping tbsp. of veggie/tofu mixture.
Fold in two opposing sides and brush the pastry with water.
Fold in one other side and roll the packet away from you.
Place egg rolls on an oiled baking sheet, brush lightly with oil and bake at 350 degrees about 20 minutes.

New Favorite Green Soup

1 onion or 1 bunch scallions
1 tbsp. olive oil, sesame oil or butter
2 or 3 potatoes, cut up 6 to 8 cups chopped fresh greens (*chard, spinach, kale, collards, etc.*)
broth or milk
salt & pepper
Saute onion in oil until very soft. Add potatoes and water/broth to cover. Cook potatoes until tender and peel if you desire. Add greens and simmer until they wilt. Puree all. Add broth or milk to thin and extend as desired. Salt and pepper to taste. Chicken bits, pork or other meat bits may be added, if desired.

Veggie of the Week - Chard

Dif you know that chard is a member of the beet family? Chard's loaded with iron, calcium, magnesium, Vitamin C and carotenoids. It should always be eaten cooked (don't put raw into salad,) and the leaves are torn from the stalk, and put in heavy pan with water over medium flame, When the chard begins to simmer, reduce heat, and simmer until wilting begins. Transfer chard to serving dish, squeezing out excess liquid which is poured off, Cut up coarsely, toss with butter and season to taste with sea salt and pepper. Chard works well with chopped red onion and steam briefly until wilted.