

NEWS FROM THE FARM

TIERRA MIGUEL FOUNDATION CSA

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September 5 – September 11, 2002

Volume 2, Issue 36

IN YOUR BOX THIS WEEK

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

Salad Bag

- ◆ Braising mix
- ◆ Salad mix
- ◆ Basil- Large leaf, Genovese or Purple
- ◆ Endive, Frisee

Fruit Bag

- ◆ Oranges- Valencia
- ◆ Squash – Crookneck, Straightneck, Sunburst
- ◆ Tomatoes- Yellow Pear, Roma
- ◆ Heirloom Tomatoes- Brandywine, Cherokee Purple, Striped German, big, ugly, and tasty!
- ◆ Zucchini- Regular, Romanesco Costata, Yellow
- ◆ Pears, Barlett
- ◆ Yellow Fin Potatoes
- ◆ Cucumbers
- ◆ Eggplant, Japanese

Greens Bag

- ◆ Spring Onions
- ◆ Radish
- ◆ Broccoli
- ◆ Spinach

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

PLEASE LEAVE YOUR BOXES FOR RECYCLING – TAKE YOUR BAGS ONLY.

Events:

MEMORIAL EVENT SEPTEMBER 11- 6 pm

Quiet remembrance of 9/11. Planting of olive tree.



VOLUNTEER DAY & FALL FESTIVAL

October 5 – 10 am – 3 pm Pot Luck

“Nature’s laws are the invisible government of the Earth.”

Alfred A. Montapert

Tierra Miguel’s purpose is to be a trusted source of organic food and a reliable resource for information about organic/biodynamic farming.



We’re on the way to buying the Farm...consider helping us!

SUMMER’S BEEN HARD

This summer has been difficult because many subscribers went on vacation and so our Spring season CSA numbers dropped significantly. The concept of “community supported agriculture” is to form a stable base for the farm operations-buying seeds, planting, caring for our labor force, harvesting, maintaining equipment, composting and nourishing the land- and, of course, managing everything to meet your expectations. It’s a high wire act, to be sure. Each subscriber’s participation is an act of solidarity with other subscribers and makes a statement about the importance of sustainable agriculture. We appreciate each of you and your ongoing support. We plant to the numbers each season, especially for you! (Oh and please, do your rain dancing for us-it’s really dry down here now causing our water bills to soar.)



NO HO LA ARTICLE FEATURES TMF

Many thanks to Gail Jorden who wrote a smashing article in the weekly *NO HO LA* (8/29) about your TMF Farm and the many programs we are working on here. She worries about genetically engineered foods and encourages folks to come to the Farm to see for themselves these unusual 87 organic acres. Gail recommends knowing your food source! Be sure and tell your friends about these “homegrown and safe veggies and fruits. (We don’t advertise, so please pass on the good news. BTW, Scott Landers says he’s telling his friends !))

BIRDS AND BEES Are Healthy at TMF

Honeybees are the cornerstone of agricultural pollination and ours are healthy little rascals. New

birds are coming in droves. The redwinged blackbirds are keeping the corn earworms at bay.
BRAISING MIX

Braising greens are a category of dark, leafy vegetables that have strong, assertive flavors and often tough, fibrous leaves. Though they can be eaten raw, most braising greens, such as collards, kale and chard, are cooked to help break down their fibrous texture and mellow their bitter flavor, resulting in tender, succulent greens with a flavorful bite.

Braising greens generally fall into two main categories: brassicas, which are the cruciferous varieties such as mustard and kale, and chenopods, which include spinach, chard, beet greens and amaranth. Other varieties that can be found in mixes include baby Asian greens such as mizuna or tatsoi.

A great invention: already washed and ready to cook: stir fry with garlic, fresh grated ginger, soy sauce and other veggies and eat over rice, dinners done. It can also be cooked quickly in a small amount of cooking oil or broth and eaten with bread, quesadilla, eggs or rice for breakfast: a great way to get vegetable servings into your morning meal.

Braising Greens in Miso-Citrus Marinade

3 tablespoons white miso
2 tablespoons soy sauce
2 tablespoons sesame oil
1 tablespoon maple syrup or honey
2 tablespoons plum vinegar
1/4 cup fresh lemon juice
1/4 cup fresh orange juice
2 tablespoons fresh ginger, peeled & minced
2 tablespoons scallion, minced
1 clove garlic, minced

1 pound braising greens (or any other leafy greens that you would typically cook before eating)

Mix all marinade ingredients in a medium bowl and whisk until combined. Set aside. Wash greens and chop into bite-size pieces, and place in a large bowl. Pour marinade over greens and let stand at least 30 minutes.

LONG-GRAIN AND WILD RICE MIX (Serves 5)

Serve as a side-dish, or as a main dish surrounded by steamed vegetables.

1 cup long-grain brown rice
1/2 cup wild rice
1 Tablespoon dried parsley
2 teaspoons Spike or other all-purpose seasoning
1 teaspoon dried thyme
1/4 to 1/2 teaspoon salt (optional)

Mix ingredients and store in an air-tight container.

Attach these instructions: To prepare, bring 3-1/4 cups water to boil in a medium saucepan. Add Rice Mix, cover, and simmer for 50 minutes. Remove from heat, and wait 10 minutes before fluffing with a fork.

Lemony Potato Avocado Salad

3/4 pound small red potatoes (about 6)
2 tablespoons fresh lemon juice
3 tablespoons minced fresh chives
1 firm-ripe avocado
2 tablespoons extra-virgin olive oil
1 teaspoon finely grated fresh lemon zest
Salt and pepper to taste

In a saucepan, cover potatoes with salted cold water by 1 inch and simmer, covered, until tender, 15 to 20 minutes.

Drain potatoes and quarter. In a bowl stir together warm potatoes, oil, lemon juice, zest, chives, and salt and pepper to taste. Pit and peel avocado and cut into 3/4-inch pieces. Add avocado to potato mixture, gently tossing to combine. Serves 2.