

Week # 11 Timken Farm Community Supported Agriculture

Blooming on the Farm

By Mary

Things are popping here on the Westside. The tomatoes are ripening, the squash is plumping up, our boxes are getting more abundant, and my belly is getting huge. I have never before gauged the changing seasons with bodily change. It gives a whole new meaning to "being connected with the earth" or "in tune with nature". Early pregnancy was in early spring when our main task was to seed and start crops for the growing season. We diligently watered, fertilized, and weeded them as I was going into my second trimester, and as they are growing and developing, so am I and the baby inside. Now we are already beginning the third and final stretch of the season- deep summer, and sometimes I feel like a big juicy raspberry or tomato. By fall, there will be bolting and weathered plants, and my baby will be born a harvest baby, nurtured by the season's food at Timken farm. The CSA box is like a food mirror of my pregnancy (strange thought as you sit down to dinner, huh? J. It's kind of like "you are what you eat"-am I really this leaf of lettuce?)

If this week's box doesn't get your heart racing with excitement and delight, I don't know what will. Does it inspire you with dreams of culinary sensations? If not, here are a couple of recipes. Remember, keeping it simple is easy with fresh food.

Everything Summer Salad

Boil some potatoes in salted water until you can stick a fork in it. It takes a shorter amount of time for fresh new potatoes to soften. Don't let them get too soft! Set them aside to cool. As they cool, sauté thinly sliced carrots and beets with olive oil or butter and garlic until veggies get tender. Set them aside to cool. Dice potatoes and place in a large mixing bowl. Add the cooked carrots and beets. Add chopped tomatoes, basil, parsley, and a little onion. Texture with two handfuls of toasted nuts- pine nuts or almonds are yummy. Mix together with salt, pepper, oil, balsamic vinegar, and crushed raspberries. You have just used almost everything in your box!

Basil Pesto

1/2 lb of basil, 3/4 cup olive oil, 1/2 cup pine nuts, 1 TBS salt, 4 cloves garlic, 1/2 cup parmesan cheese. Combine Basil, nuts, salt, garlic, and cheese in a food processor and then slowly add olive oil. Adjust for taste. Use fresh or freeze (leave out oil and cheese) You can alter the recipe by using walnuts or other nuts. Add balsamic for taste.

Food System Factoid:

- *Ninety percent of all fresh vegetables consumed in the United States are now grown in the San Joaquin Valley in California.*
- *Three percent of the farms in the United States supply 75% of the nation's food.*

What's in your box:

Lettuce- Salad bowl
Basil- Sweet, mamouth
Carrots- Mookum or Nantes Fancy
Beets- Detroit, Red Ace, Chioggia
Tomatoes- Sun Gold, Stupice, Mortgage Lifter, Oregon Spring, Sweet Million, Yellow Brandywine, Early Girl and Black.
Parsley
Onions- Purplette
Potatoes- Yellow Finn
Beans- Provider
Squash- Sunburst, Crookneck

“We do not need to invent sustainable human communities. We can learn from societies that have lived sustainably for centuries. We can also model communities after nature's ecosystems, which are sustainable communities of plants, animals, and microorganisms. Since the outstanding characteristic of the biosphere is its inherent ability to sustain life, a sustainable human community must be designed in such a manner that its technologies and social institutions honor, support, and cooperate with nature's inherent ability to sustain life.”

Fritjof Capra