

## Week # 4 Timken Farm Community Supported Agriculture

### Time to Read– Mark

I just returned from a trip overseas. This time and distance from the farm has given me a chance to read and think more about how we can evolve as a farm. I read a fabulous book and wanted to pass some thoughts and information along. Michael Pollan's, Omnivore's Dilemma, is an incredible journey into our food system. I would encourage everyone to put this on your reading list. The book reinforces many of my beliefs but also has been wonderfully educational. It reinforces the idea that we need to work together (as farmer and consumer) to strengthen our local economy. We are doing our part as farmers and you are doing your part as consumers. Here are few of my favorite quotes:

- “All of which is to say that a successful local food economy implies not only a new kind of food producer, but a new kind of eater as well, one who regards finding, preparing, and preserving food as one of the pleasures of life rather than a chore.”
- “Our food system depends on consumers’ not knowing much about it beyond the price disclosed by the check out scanner. Cheapness and ignorance are mutually reinforcing.”
- “Society is not bearing the cost of water pollution, of antibiotic resistance, of food– borne illnesses, of crop subsidies, of subsidized oil and water– all the hidden costs to the environment and the tax payer that make cheap food seem cheap.”
- “You can buy honestly priced food or you can buy irresponsibly priced food.”
- Don’t you find it odd that people will put more work into choosing their mechanic or house contractor than they will into choosing the person who grows their food?”
- “Without any help from government, farmers and consumers working together in this way have built an \$11 billion industry that is now the fastest growing sector of the food economy.”
- “It takes a certain kind of eater– an industrial eater– to consume these fractions of corn, and we are, or have evolved into, that supremely adapted creature: the eater of processed food.”

#### Food System Factoid:

*Conventional farmers receive less than 25 cents of your consumer food dollar. CSA farmers receive 100 percent of your consumer dollar, and this helps keep small family farms in business.*

### Recipe-by Heather

#### Luscious and lovely Broccoli Pasta Sauce–

you need: broccoli, olive oil, butter, garlic, mozzarella (one or two balls), flat leaf parsley, and grated parmigiano-reggiano. I enjoy a short pasta with this richly textured sauce, a rigatoni, fusilli or penne.

Rinse and chop broccoli including stems and leaves. Bring a minimal pot of water to a boil, add salt and broccoli, cook until bright green ,just a few minutes, until just tender. Marvel at the color of the water, I do. Drain with a slotted spoon, chop fine.

Cook pasta in the same water till al dente. In a skillet add oil and butter and chopped garlic, approximately 1 tablespoon each. Cook until garlic looks translucent, add broccoli and salt to taste. drain pasta and keep a cup or so of the cooking liquid.

Add the drained pasta to the skillet with the broccoli, turn a few times, then add the mozzarella chopped fine, a handful of chopped parsley, the reserve cooking water and finish with grated parmigiano. briskly turn the pasta until mozzarella has softened and cooking liquid is absorbed-transfer to a warm bowl and serve.

#### What’s in your box:

Spinach– Olympia, Tye, Bloomsdale  
Braising Mix– Osaka Purple, Mizuna, baby Kale  
Snap/Snow peas– oh yes!  
Broccoli– Southern Comet  
Cabbage– Rubican  
Potted Plant– Summer Squash– plant in sunny warm place!

Broccoli is the superhero of the vegetable kingdom with its rich vitamin A content--notice broccoli's dark green color as an indicator of its hearty carotene content. Though a bit on the bitter side, broccoli leaves are completely edible and also contain generous amounts of vitamin A.