



# This Week's Word From the Farm

## Week of 7/21/08

### What's In Your Box ?

- New Potatoes—Sangre
- Yellow Onions
- Garlic
- Eggplant
- Summer Squash
- Kale
- Salad Greens
- Scarlet Turnips
- Cucumbers
- Tatsoi-add to your salad or stir fry with garlic
- Basil (optional)

### Dear Friends,

It has been said by many critics that the industrial food system depends upon consumers that do not observe the manner in which their food is produced. The belief is that if consumers saw the conditions under which their food is grown or raised, as in the case of beef raised in feed lots, for example, they would not buy that food. Most shoppers, if asked, would tell you that food comes from farms. True enough, but what farms, what kinds of farms, or where the farms are, and what kinds of skills are involved in growing that food is largely unknown to consumers. Also unknown is the condition of that farm: Is it good soil or has it been degraded by years of farming practices? Are the farmers and workers earning a decent living? Is the environment of the farm—birds, insects, streams and all the vast biota that make up the environs of the farm—healthy? There is an unbreakable connection between eating and farming. Inasmuch as farming depends upon the land, it can be said that eating also depends upon the land. One can easily say that the health of what we eat can in some measure be related to the health of the farm from which our food comes. And, it easily follows, if we depend on the health of what we eat, our health depends on the health of the land, too.

This season you have chosen—many of you for the first time—to know your food, know your farm, and know your farmers. You should all be very pleased with yourselves. We recognize that that choice involves an act of faith on your part, and we certainly appreciate your faith. Since the season began, you've seen seedlings that now grow tall and strong and produce hundreds of pounds of vegetables in a week. In choosing a farm that practices organic farming, you've accepted a few blemishes on your food and also noticed that your food is remarkably unblemished. You've shaken hands and greeted the folks who grow your food, and seen all of us at times when, whether you knew it or not, we were tired, or sad...or happy. You've accepted that our climate doesn't produce tomatoes in July and that local eating involves a few sacrifices—and great pleasure.

We hope you are pleased with your produce. We also hope that you are pleased with the health of this farm and its ability to produce food that tastes good and looks lovely. And, most importantly, we hope that you appreciate the experience of observing your food being grown and given to you with the care that we try to take in growing each of the crops you are eating.

The future of small farms growing for local markets—what we call community-based farming—appears very promising in light of changes we are now observing. Increasing fuel and food costs coupled with a greater awareness of some of the less desirable characteristics of industrial farming may well solidify the economic well-being of small community-based farms all across the country. That would be remarkable, given that more than fifty years of Federal farm policy has, if anything, only served to hasten the demise of the small farm from the American landscape.

So, we celebrate with you for another season of growing, and thank you for sharing this summer with us.

## Recipes of the Week:

### Kale and Garbanzo (Chickpea) Soup

- 2 onions, diced small
- 1 1/2 t. fresh thyme
- 3-4 T. olive oil
- 3 cloves garlic, minced
- 1/4 t. pepper flakes
- 4 large tomatoes, fresh or one small can
- 1 bay leaf
- 1 t. salt
- 1/3 cup sherry or white wine
- 8 cups vegetable or chicken stock
- 1 bunch kale, stems removed, leaves chopped small
- 1 1/2 cups dry garbanzo beans, cooked, or two cans chickpeas
- Salt and pepper

If using dry chickpeas, soak overnight. Cook them in at least four cups of water for three hours until soft. Be sure not to put salt in until beans are fully cooked. Cook the onions and thyme in the olive oil over medium until soft. Increase the heat and add the garlic, pepper flakes, tomatoes, bay leaf, salt and sherry or wine. Stew for 15 minutes. Add the cooked chickpeas and the 8 cups of liquid. Simmer for 20-30 minutes to let the beans absorb the flavors. Add the kale leaves and cook ten more minutes. Add salt and pepper to taste.

### Caramelized Turnips

Preheat oven to 425 degrees, Peel turnips if skin is not tender, or leave skin on. Cut the turnips into halves or quarters. Toss the turnips in a bowl with a generous splash of olive oil and salt and pepper. Spread them out in an even layer in a baking dish or sheet and roast them for about 10 minutes. Toss them once. Roast for another five minutes and check for doneness—depending on the water content of the turnips they can take from 15 to 30 minutes. The turnips are done when they are fork tender and nicely caramelized.