

# Meanwhile Back at the Farm...November 1, 2001

Howdy,

Well leave it to George and the Republicans to try and take advantage of everyone being distracted and drawn off into anti-war efforts. Congress is now considering a trade bill (HR 3005) which is being proposed for Fast Track. Fast Track bills let the president put the whole thing together and then congress gets to simply vote yes or no on it and cannot debate it or make any changes.

This trade bill is full of the worst kind of corporate evil. One of its aspects would make it ILLEGAL to label food as genetically engineered or free of genetically engineering. This would make current organic labeling illegal since the current organic definition specifically bans GMO's. This trade bill is a thinly disguised tactic to allow the Shrub to ram through the Free Trade Agreement of the Americas (FTAA) which probably would have a snowflake's chance in hell of passing without Fast Track. Farmers, human rights activists, labor, environmentalists and almost everyone except corporate fat cats were totally burned by NAFTA. This new treaty makes NAFTA look positively socialist by comparison. We only have two weeks to get this bill taken off fast track on put into the normal channels of congress where we can reasonably expect to defeat it with a lot of hard work.

What can you do?

Use the AFL-CIO toll-free number to call Congress 1-800-393-1082. You will have to enter a zip code in order to reach representatives from your area.

Tell them you are a constituent (if you are) or that you live in their area. Tell them you oppose Fast Track and you want to know if they do too. Let them know that their vote on this bill will determine who you vote for in the next election. The Bill is HR 3005 ( I don't know the corresponding Senate Bill.) You can also send an email message to Congress NOW by visiting:

[http://action.citizen.org/pc/issues/alert/?alertid=57813&type=CO&](http://action.citizen.org/pc/issues/alert/?alertid=57813&type=CO&enter your zip code in the Take Action Now field.)  
enter your zip code in the Take Action Now field.

For more information on Fast Track see:  
[http://www.citizen.org/hot\\_issues/issue.cfm?ID=138](http://www.citizen.org/hot_issues/issue.cfm?ID=138)

For more information on the FTAA see:  
<http://www.purefood.org/corp/ftaaresources.cfm> or contact OCA at [ftaa@purefood.org](mailto:ftaa@purefood.org)

Well this is it. The end of the Our Farm CSA. The Final Harvest.

I don't really know what to say. I've been trying to think for two

weeks what I'm going to say at the end and I still don't know. Well I better start with something easy and see what happens. For sure I have to say thank you to a lot of people. First of all I want to thank all the drop off coordinators. Skip and Mary Alice have been with us right from the start and most of the coordinators have done their work for years. Our CSA was quite unique in having such dedicated coordinators who came out to the farm to pick up the food. That really says something for the Community part of CSA.

Hope House really deserves a lot of thanks. The weekly visit by the crew of ladies from the House has been a really fun part of Our Farm for the last two years. Watching several waves of women grow and change during their 6 month attendance in the program has been very satisfying for me. Its also been inspirational to see them pull themselves together, end bad lives and turn them into good ones. Lord knows I need some inspiration myself now to pull myself together and figure out what to do with my life.

I have so much to thank Matt and Bat Ami for, I don't even know where to start. They have stayed on helping to finish the CSA working for little money through the ups and downs of the last few months. They have been loyal friends. If they hadn't stayed on I couldn't have made it to the end of the season so I guess we all owe them a ton of thanks for making sure we had food on the table.

I suppose I should thank the local press who have always given us a good word when we needed it and treated us fairly most always.

I want to remember to thank all the toads, lizards, birds, beneficial insects, snakes, bats, and all of our other allies who keep things in balance so that the gophers and bugs didn't eat everything that we grew. Observing them in action over the last 9 years certainly was a lot better than watching TV and they have taught me plenty.

I need to give enormous thanks to the earthworms at all our farms. We may have done a fair amount of physical work turning clods, adding compost and nutrients to help the soil. But all that was merely a sliver of the total soil work that was completed by the worms. The worms, apprentices and I took cement-hard clay and turned it into a vibrant, living, flourishing, glorious chocolate cake of a soil which could grow almost anything.

I am really going to miss watching this soil continue to "grow up" over the years. As I've told you before, my real joy has been in watching the soil change more than harvesting crops from that living matrix. It breaks my heart to know that no one will be taking care of the wonderful, rich, dirt-universe we created both at Woodside and Matadero. I don't want to experi-

ence this sort of grief again. I hope and pray that my next farm is truly permanent.

I of course want to thank all of you. Because of your confidence and support I have had the privilege of being able to farm; to be in love with the Earth in a very intimate way. It's all I ever wanted to do. Farming was a dream of mine ever since I was a teenager, and then I got to do it for almost 9 years. In many ways it was even better than I ever imagined it would be.

Someday I'll be able to say, "It was better to have loved and lost than to never have loved at all." But of course now I can only deeply grieve the loss, along with hundreds of thousands of other farmers all over the planet, who have suddenly found themselves with a hole in their chest where there once was a farm.

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The Food

Genovese Basil: One final bouquet.

Tomatillos: This late crop of paperhusked tomato impersonators make the best salsa. Most green salsa recipes are based on these.

Spinach: MMMMM so tasty. Two weeks ago we had lots of little bugs munching on it and we sprayed coffee on the spinach which got rid of the bugs. (Caffeine is a natural insecticide, you didn't think plants made it to get you high did you?)

Bell Peppers: These plants have been great, these little peppers have been harvested extra early since it's the last week.

Anaheim Peppers: Check out the recipe using these peppers. They are in the same bag as the tomatillos

Tomatoes: Green, check out the green tomato recipes.

Purple Scallions: These are so colorful in salads.

Lettuce type Nappa Cabbage: I've been really enjoying the stir-fry I have been making with this.

Kohlrabis: I'll bet you are happy to see these little alien space ships again.

Collard Greens: Thick meaty leaves. This time they are harvested as a rosette rather than individual leaves.

Kailaan: Sometimes called chinese broccoli or chinese kale. You can distinguish it from the Collards by its thick central stalk and occasional flowers. Its leaves are nowhere near as thick and meaty either. It is considered a delicacy in oriental cooking especially in stir-fry.

## GREEN TOMATOES

One can use green tomatoes in different ways. One is to slice crosswise, dip in cornmeal with salt and pepper, and fry in oil till tender. Quite a tasty side dish.

Another way is to make a Green Tomato Salsa.

Quarter one-half onion and put it in food processor, add 3-4 cloves garlic, peeled; then quarter a number of green tomatoes, cut up an Anaheim or Jalapeno pepper, and add to processor. Sprinkle 1/2 tsp. sea salt over and then pulse the processor to chop but not puree the tomatoes. Add a couple of tablespoons of cider vinegar and stir.

\*\* Using tomatillos instead of green tomatoes

Peel husk off tomatillos, wash and put in a pan of hot water and cook for about 5-6 minutes. Then drain and place them in processor with other ingredients (as above).

## ANAHEIM PEPPERS

These peppers are delicious chopped up and sauteed with onions, garlic, cumin and corn and added to plain pinto beans.

Another way to use them is to saute them with garlic, mushrooms, basil or rosemary and tomato sauce and serve with pasta.

If you do eat chicken, you brown chicken in olive oil, remove and set aside; add to pan, 5-6 Anaheim peppers cut into strips and a few mushrooms, and saute for a few minutes, then add chopped garlic, stir and add chicken back to pot along with some basil or rosemary, a pinch of salt and about 1/4 cup of water. Cover and cook for about 30-40 minutes and add a couple of Tbsp. of white wine if desired. Cook for about 5 more minutes and serve over cooked rice.  
ENJOY!!

More recipes—From Matt and Jennifer Tietjen

## WARM GREENS SALAD

This recipe can be made with Mizuna or Spinach greens, and goes well with Pasta.

1 bunch greens  
3-4 garlic cloves (sliced or chopped)  
Wedge or two of lemon  
Salt to taste  
Red pepper flakes to taste (1/8 to 1/4 t)  
Olive oil

Place olive oil in pan on medium heat until almost smoking  
Toss in  
garlic and sauté until lightly browned. Add red pepper flakes, lower  
heat, add greens and salt. Cook greens until just wilted and turn off  
heat. Squeeze lemon over greens and serve.

## AVOCADO TOMATILLO DRESSING

Serve this dressing with crisp romaine lettuce or as a dip.

1/4 c fresh lime or lemon juice  
1 small avocado  
1 garlic clove chopped  
1 jalapeno seeded and chopped  
3 scallions chopped ( including 1 inch of the greens)  
1/4 c chopped cilantro  
1/4 c oil ( olive, sunflower seed, or avocado)  
4 large tomatillos ( simmered in water until they turn olive green)  
1/4 c sour cream or yogurt (optional)

Put the lime juice, avocado, garlic, chile, scallions, tomatillos, sour  
cream, and cilantro in a blender and puree. gradually pour in  
oil with  
machine running and salt to taste.

## KOHLRABI AND CELERY SALAD

1 large kohlrabi  
1 celery stalk

Cut kohlrabi and celery into matchsticks and toss with  
Mustard  
Vinaigrette

## MUSTARD VINAIGRETTE

2T olive oil  
2T red wine vinegar  
1T dijon mustard  
1 clove garlic (pressed)  
1T chopped chives

Whisk all ingredients together and toss with Kohlrabi and celery salad.

## MACEDONIAN NETTLE AND CHEESE PIE

1 pound young nettle tops  
Coarse salt  
1 tablespoon olive oil  
6 scallions chopped  
2 tablespoons of fresh mint  
1 cup ricotta  
1 cup fresh grated unsalted mozzarella  
salt and pepper to taste  
2 eggs lightly beaten  
2-3 tablespoons heavy cream (optional)  
1/2 pound Phyllo sheets and approximately 1/3 cup olive oil for brushing

sheets

Makes 12 squares

Step 1: Wash nettle tops under running water.  
Rub with salt or blanch in boiling water until wilted, then drain  
and  
squeeze out moisture.  
Chop coarsely. Makes about 1 1/4 cups.

Step 2: In a medium skillet, heat the oil, add the scallions, and  
cook,  
covered, over medium heat 2 minutes, stirring, or until soft. Add  
the  
nettles and cook about 2 minutes, stirring, or until the oil has  
been  
absorbed; transfer to a plate to cool. (Can be prepared up to  
one day in

advance up to this point; cool, cover, and refrigerate or freeze.)

Step 3. Preheat oven to 375° F.

Step 4. In a mixing bowl, combine greens, mint, and cheeses;  
add salt  
and pepper to taste; mix well with hands. Stir in the eggs. If the  
filling seems very dry, add the cream. Makes 1 quart filling.

If you are using commercial phyllo sheets, oil or butter a 9 1/2 inch baking dish. Place 6 or 7 folded sheets in the pan, brushing each sheet well with oil. Add the nettle and cheese mixture and spread out evenly.

Place another 6 or 7 folded sheets over the nettles, brushing each sheet

with oil. Trim edges with scissors. To simulate home-made dough- mix 2 tablespoons oil, 4 tablespoons flour, and enough water to make a pancake

batter topping and pour over the top. Score the pie and bake until golden brown, about 45 minutes.

#### SKORDALIA (BREAD AND ALMOND DIPPING SAUCE)

2 one inch slices stale Italian or French bread, crust removed

1/2 cup blanched almonds

4 to 6 large garlic cloves peeled and crushed

2/3 cup extra virgin olive oil

Strained juice of 1 large lemon

Water, if necessary

Salt and pepper to taste

Step 1: Run the bread under the tap to dampen, then squeeze it thoroughly dry and crumble it.

Step 2: In a food processor, pulse the almonds on and off until they are

mealy and granular. Add the garlic and pulse. Add the bread and pulse on

and off, adding in turns the oil and lemon juice in a slow stream (we just poured them in).

Step 3: Taste the Skordalia, season with salt and pepper, add additional

lemon juice if desired. If it seems to thick, you can dilute it with a few tablespoons of water or additional oil or lemon juice.

Note: Pulse on and off cautiously because if the bread is

pulverized to rapidly the consistency will become starchy, almost gooey.

Here's some pickling recipes for green beans:

#### TARRAGON OR BASIL GREEN BEANS

6 garlic cloves, sliced

36 black peppercorns

3 pounds young, tender snap beans, trimmed, if necessary, to 4 inches

6 tarragon sprigs or 12 basil sprigs

3 1/2 cups white wine vinegar

3 1/2 cups water

2 tablespoons pickling salt

1. Into each of 6 sterile pint mason jars, put 1 sliced garlic clove and

6 peppercorns. Pack the beans vertically into the jars, adding 1 tarragon sprig or 2 basil sprigs to each jar.

2. In a non reactive saucepan, bring to a boil vinegar, water, and salt.

Pour the hot liquid over the beans, leaving 1/2 inch head space. Close

the jars with hot two piece caps. Process the jars for 5 minutes in a

boiling water bath, or pasteurize them for 30 minutes in water heated to

180 to 185 degrees F.

3. Store the cooled jars in a cool, dry dark place for at least 1 month before eating the beans.

## ZYDECO GREEN BEANS (Louisiana style)

6 garlic cloves, sliced  
6 teaspoons yellow mustard seeds  
3 pounds young, tender snap beans, trimmed, if necessary, to 4 inches  
6 to 12 small fresh or dried chile peppers  
6 dill heads  
3 1/2 cups white wine vinegar  
3 1/2 cups water  
2 tablespoons pickling salt

Into each of 6 sterile pint mason jars, put 1 sliced garlic clove and 1 teaspoon mustard seeds. Pack the beans vertically into the jars, adding 1 to 2 chile peppers, and a dill head to each jar. Follow steps 2 and 3 above.

## GREEN TOMATO PIE

Pare and core 3 C apples  
Thinly slice 3 C green tomatoes

Add to apples and tomatoes:  
1/2 to 3/4 C sugar (depending on the sweetness of your fruit)  
1/8 t salt  
1 1/2 T cornstarch  
1 t anise or fennel seed

Layer fruit mixture into a 9" pie crust. Dot the filling with 1 1/2 T butter. Cover the pie with a pricked upper crust. Bake at 450 for 10 minutes. Reduce heat to 350 and bake 35 minutes or until golden brown.  
After baking sprinkle 1 C of shredded cheese on the top and broil until melted. Delicious!