



Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 6



Old Methods for Young Farmers

We're about twenty-five years younger than today's average American farmer (who is about 55 years old.) As young farmers living in a world of cell phones and facebook pages, we do make use of twenty-first century farm tools. We have a farm website, we send this newsletter out by email, and we're even conspiring with CSA members to install a night camera to track the nocturnal comings and goings of those dreaded wild pigs. But despite all our newfangled ways, we also place great value in traditional farming methods that have been passed down over generations. This week we've been making use of two old fashioned ways in particular.

The first technology is not ancient by any means, but it's not something you see in most farm equipment catalogues today. We bought our "new" Farmall Cub tractor, built in the 1940s, this winter from a fellow in Mendocino. You might spot it's red body in the field this week as you drive by. The Farmall Cub, built by International for a few decades following WWII, is a small-scale machine that is ideal for cultivating row crops. It's attractive features include: narrow tires for sneaking down narrow rows, wide tire width and a high clearance for straddling crops, and an offset seat that allows the farmer to watch the crops below as he drives over. And it's cute to boot! With a lot of help from Emmett's dad Bob, we have outfitted it with cultivating attachments painted in the signature "International Blue" color. This week we made our first test-pass on our dry bean field, and it was a success! A few modifications are in order, but it was a good start.

The second farming method is much older—a time-tested technique for planting seeds directly in the ground. We spent much of this past week planting our half-acre winter squash field, using a planting technique taught to us by our excellent field helper and friend Enrique. Enrique has worked in the vineyards for many seasons, and has sporadically helped us in the vegetable fields over the past five years. In the summer of 2008, he taught us his planting method, which he learned from previous generations in Mexico—and we have used it for squash, corn, beans, and melons every year since. It is magical and brilliant in its simplicity. (The peas in this week's share were also planted using this method.) Rather than planting the seed and then watering the soil repeatedly until it germinates, you moisten the soil to just the right level, then plant the seed. Next cover with loose soil to help keep the moisture in, and wait for it to germinate in 7-10 days. Works like a charm!

Your Foggy Farmers,

Emmett & Lynda



What's In Your Box:

- **Spring Peas (Snow or Sugar Snap)** *Both of these pea varieties are crisp and sweet—tasty for eating fresh or nice to toss into a veggie stir fry with some soy sauce.*
- **Cauliflower (Snow Crown)** *Thanks goes out to the CSA Field Team for helping to blanch these cauliflowers , keeping the bright light out to allow them to mature without bolting into flower prematurely in the summer heat. Try roasting the florets with olive oil, salt and pepper in the oven for a delicious treat!*
- **Cabbage (Tendersweet)** *Another little green cabbage, good for slaws, stir-fries and soups.*
- **Summer Squash (various)** *More squash to toss on the grill, add to pasta sauce, make zucchini bread...the possibilities are endless.*
- **Head Lettuce (New Red Fire / Bergam's Green / Sylvesta / Speckled / Red Cross)** *One head of lettuce for a small salad.*
- **Kale (Red Russian)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan. Check out the recipe for kale chips—always a crowd pleaser.*
- **Turnips (Purple Top Globe)** *Turnips can be roasted, sliced thinly into a fresh salad like a radish, or added to a chunky or creamy soup. The greens can be cooked like mustard greens. Although our turnips didn't turn out quite as we'd hoped this spring, we did get enough for everyone to try some—and you will be the only ones to taste them...none are going to market! There is some insect damage on some of the roots; just cut off any bad bits and cook with the rest.*
- **Garlic**

Foggy River Recipes

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*Don't worry, you're not seeing double. It means Cauliflower Au Gratin in Hungarian!
CSA member Pat shared this favorite of hers with us several years ago.*

1 medium sized cauliflower
Salt, to taste
4 Tablespoons butter soften
4 eggs, separated
1 cup sour cream
2 to 3 tablespoons fine dried bread crumbs 1/2 cup grated Parmesan cheese
1/2 teaspoon Hungarian paprika (perhaps regular Paprika will do...)

Remove leaves and base from cauliflower. Place trimmed cauliflower in a large bowl and add water to cover. Add salt and let stand 30 minutes: rinse and drain.

Fill a large saucepan with water. Add salt and cauliflower: cook until tender but still firm when pierced with a fork (about 20 minutes). Drain, cool, and break into florets.

Preheat oven to 350 degrees. Butter a casserole dish with 1 Tablespoon of butter. In a small bowl combine the remaining butter, egg yolks, and sour cream and beat until thoroughly blended, then stir in bread crumbs.

In medium bowl beat egg whites until stiff but not dry. Stir one fourth of the whites into the yolk mixture to lighten it, then fold in remaining whites,

Spoon half the egg mixture in the casserole. Arrange cauliflower on top of it. Sprinkle half the cheese on cauliflower. Spoon remaining egg mixture. Spoon the remaining egg mixture on top and sprinkle with remaining cheese and paprika.

Bake until top is lightly browned (about 30 minutes).

Serves 4 to 6 as a side dish.

Kale & Sausage over rice

Soy or real sausage will work...we have used both.

Ingredients:

1 bunch Red Russian Kale, sliced cross-wise into thin strips

1 Sausage or soysage per person, sliced into round chunks (or how ever much you like)

Garlic

Light olive oil

Salt 'n' pepper

Optional: other seasonings, such as chili powder or soy sauce can be used as flavoring as you like.

1 cup cooked rice per person (cooked in vegetable or chicken broth for more flavor)

Saute the garlic in hot oil for a few minutes, then add your sausage chunks. Keep moving over the heat with a spatula for a few minutes, until it is cooked through and starts to brown. When the sausage it ready, add the kale and stir until it shrinks down. Add salt and pepper to taste and enjoy over a bed of rice.