



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 9

Feeding ourselves

Here on the farm, we get a good feeling when we look down at our plates and realize that everything we're eating is something we grew. At dinner time: the garlic, the canned tomato sauce, the potatoes, the broccoli, the soup beans, the quinoa, the cheese, the spaghetti noodles (Just kidding, we're not there yet! But there's always Spaghetti Squash!). For breakfast: the eggs, the blackberry jam, the yogurt. Usually there are one or two items that we didn't grow ourselves, but every once in a while we get a full sweep and it's a 100% foggy river meal—with the exception of the salt and pepper I suppose.

What this brings me to is the idea of self sufficiency. Here on the farm, we have a goal of producing most of what we consume. For starters, there's the food we eat...and we're getting close to fulfilling that need. But beyond the food we eat, there's the food that our animals eat. And then there's the "food"—i.e. fertilizer—that we feed our vegetables too. Until we can produce our own livestock feed and fertilizers, then we might still be relying on far-off producers that we don't know much about.

So, we have our sights set on eventually growing grains for the chickens, and hay for the sheep and goats. We currently feed them organic grains and hay purchased from local feed suppliers, and we regularly supplement this diet with surplus market produce (think chard and kale) and farm waste (think old cabbage and broccoli plants). We've even taken a shot at growing sunflower seeds for the chickens (they're a prime protein source.) And we also compost much of our field waste, recycling old plants and weeds into rich soil. Another fertilizer source on the farm is chicken poo; we soak it in water, letting it ferment and fill the water with its nutrients. Then we dilute this "chicken water" and use it to fertilize plants as they grow.

In other words, we're working towards self-sufficiency step by step, but we have a long way to go. The broader context for our on-farm self-sufficiency is regional food security. Can Sonoma County feed itself in the future? If there were a disruption in the global food supply, how would we cope? When expensive fossil fuels make long-distance transportation too expensive, will we have the local resources to keep our pantries filled and our bellies full? In experimenting with growing many different foods, we're hoping to help develop the skills needed to answer these questions for our regional food security. Vegetables, eggs, milk, cheese, grains like quinoa, and other staples like soup beans and potatoes. These are the foods we have to feed our community. So far, for crops like quinoa and soup beans we've only done experimental batches—the hardest part is processing them to get the grain or bean out of the chaff. But we hope to eventually offer those crops to our CSA as well, to move further towards becoming a "full-diet" farm.

Your Foggy Farmers,

Emmett, Lynda
Amy & Amy

What's In Your Box:

- **Carrots (Nantes)** *More slender crispy carrots—much different than the lathed “baby carrots” you might find in a bag in the supermarket. Add these to a stir-fry; grate them into a salad; or roast them with cauliflower and onions in the oven.*
- **Broccoli (Arcadia)** *This is a later planting of broccoli. The heads are a little smaller than the first planting because they matured during a warmer time of year. Still great steamed or boiled lightly, sautéed with other veggies, or tossed into a salad. **(Recipe included.)***
- **Cauliflower (Snow Crown)** *Again, try roasted this up with carrots and onions or other roots. Thanks to Pat for sending in a cauliflower recipe to try. **(Recipe included.)***
- **Cabbage (Red Express)** *Red cabbage works really well for the ginger cabbage salad recipe we sent out several weeks ago—it makes a beautiful colorful salad with purple cabbage, orange carrots, green onions and pink pickled ginger. You’ve got all the ingredients you’ll need this week. Also, thanks to Meg for sending in her sauerkraut recipe. If you still have any of the giant cabbages left from previous weeks (they do last a very long time in the fridge before they’re cut into), you can try preserving some of them. **(Recipe included as an accompanying document in the same email the newsletter came in.)***
- **Kale (Red Russian)** *Time for kale chips? Or kale pesto, or sautéed kale with garlic, or some soup with kale. We’ve included a tasty but simple recipe for kale with sausage (or soysage!) **(Recipe included.)***
- **Cherry Tomatoes! (Sungold)** *The first of the season. Savor these first few, and prepare for more! Great as snacks, or lightly browned and then tossed into a pasta dish.*
- **Green Onions (Various)** *Excellent for flavoring other dishes, green onions can be chopped from the base (just cut the roots off) to the tip of the leaves after you remove any yellow or brown portion of the leaves. Check out our recipe for delicious scallion pancakes (to die for!). If you don’t need fresh onions right away, you can chop off the greens and let the bulbs sit on the counter to dry and save for later.*
- **Garlic** *These garlic heads are close to being fully mature. If you let it sit out on your counter, it will soon finish drying down to form a fully dry garlic head.*

Calendar

Here are the major CSA events we have scheduled for 2010, so that you can get them on your calendars ahead of time. Please note we've added in a couple smaller events since we last sent out the calendar—including on for this weekend!

July 17th

Animal open house & milking demonstration

Where? Up at the animal barn near the house, 8194 Eastside Road

When? Saturday, July 17th, 3:00pm – 5:00pm (milking demos at 3:30 and 4:30)

What?

Come visit with the baby chicks and other animals and watch a milking demonstration to see how we get the milk each day to make our cheeses and yogurts. Milking demos at 3:30pm and 4:30pm.

August 8th

Welcome the Tomatoes Party

Where? Farm picnic area near barn

When? Sunday, August 8th, 2:00pm – dusk

What to bring? We'll provide pizza dough and plenty of toppings and a hot oven. If you're inspired, we invite you to bring anything you might like to bake in the oven (Cobbler? Crisp? Pie? Cookies?) and you're also welcome to bring any favorite pizza toppings to contribute. (Don't feel obligated, just if you're inspired.)

What?

Join us for a mid-season celebration of warm weather crops. A time for our CSA community to come together, relax, share some pizzas, and enjoy the bounty of summer on the farm. Bring your kids, and we'll bring ours (the goat type!), and we'll have a rollicking good time.

Late August, date TBA

Open Farm

Where? Farm picnic area near barn

When? TBA

What?

Come for a little tour of what's growing in the fields, visit with some of our animals, lend a hand with a little light farm work, and/or bring a picnic to enjoy in the peaceful setting.

October 17th
Fall Harvest Party &
1st Annual Farm Games

Where? Farm picnic area near barn

When? Sunday, October 17th, 2:00pm – dusk

What to bring? Please bring a small salad or desert to share. We'll provide pizza dough and toppings and a hot oven if you're inspired to bake anything else.

What?

This is the time for CSA members to come and pick up their Jack o' lantern pumpkin and celebrate the bounty of autumn with us. Partake in food and merriment as we kick off the first of our (hopefully) annual "Farm Games." Look forward to such classic events as "Hoe-down showdown," "Chicken Bingo," wheelbarrow races, and a good ol' pumpkin carving contest. This is meant to be a kid-friendly event – and feel free to bring friends!

Foggy River Recipes

Csoben Sult Karfiol

*Don't worry, you're not seeing double. It means Cauliflower Au Gratin in Hungarian!
Thank you to Pat for sharing this recipe with everyone.*

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 large casserole 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 use the soysage.

Ingredients:

1 bunch Red Russian (or Lacinato) 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

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 is ready, add the kale and stir until it shrinks down. Add salt and pepper to taste and enjoy over a bed of rice.

Broccoli Garlic Quiche

From Epicurious.com's weekly "Recipe flash." Note: when we make quiche, we don't usually do the chilling or pre-baking of the crust...so if you're in a hurry you can probably skip those bits.

Ingredients

- * All-butter pastry dough
- * 10 ounces (1-inch-wide) broccoli florets (with 1 to 2 inches of stem attached)
- * 2 large garlic cloves
- * 6 large eggs
- * 1 1/2 cups half-and-half
- * 1/4 teaspoon grated nutmeg
- * 1/4 teaspoon cayenne
- * 5 ounces extra-sharp Cheddar, coarsely grated (2 cups)
- * 1/4 cup grated Parmigiano-Reggiano
- * Equipment: a 9 1/2-inch deep-dish pie plate or a 9-inch (2-inch-deep) round fluted tart pan with removable bottom; pie weights or dried beans

Preheat oven to 375°F with rack in middle.

Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 13-inch round. Fit dough into pie plate, letting excess hang over edge. Fold overhang inward and press against side of pie plate to reinforce edge. Prick bottom all over with a fork. Chill until firm, about 30 minutes.

Line pie shell with foil and fill with pie weights. Bake until pastry is set and edge is pale golden, 20 to 25 minutes. Carefully remove foil and weights, then bake shell until deep golden all over, 15 to 20 minutes more. Put pie plate in a 4-sided sheet pan. Leave oven on.

While shell bakes, cook broccoli in a 3-quart pot of boiling salted water 4 minutes. Drain broccoli and rinse under cold water to stop cooking, then pat dry. Mince and mash garlic to a paste with a generous pinch of salt.

Whisk together garlic paste, eggs, half-and-half, nutmeg, cayenne, and 1/4 teaspoon salt in a large bowl until smooth. Pour filling into pie shell and add broccoli, then sprinkle with cheeses.

Bake quiche until custard is just set, 45 to 50 minutes. (Center will tremble slightly; filling will continue to set as it cools.) Cool at least 20 minutes. Serve quiche warm or at room temperature.