

Thursday, June 23 Del#2

2011 CSA

# FOXTAIL FARM

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## FARM NOTES



*Ariel, Julia, Chris, Bodhi, Clay, Ayla, Paul, Juan, Ban, Hahns*

We as a nation, apply over 6 million pounds of chemical pesticides to our food crops each year. That come out to about 2 lbs per man, woman and child in the country. Or, if we consider a family of 4, about 8 lbs. Where would you like your poison? How about we put a little bit into every food item in your refrigerator and pantry, another shot in the water you drink and brush your teeth with, a little more in the air you breath and then, lets take the rest and sprinkle it around the yard and in the local lakes and rivers.

We are not talking about harmless chemicals here either. What we are talking about are first gen-

eration descendants of organophosphate nerve gas weapons, organochlorine compounds chemically related to agent orange and more recently, hormone and endocrine disrupting compounds. The world health organization says that over 3 million people are acutely poisoned by pesticides each year resulting in over 250,000 deaths.

Of course, if we are going to feed the world, we need all that chemistry right? That question used to stop me in my tracks. We in this country have been brainwashed into thinking that it is our destiny to feed the rest of the world. We are just shy of 7 billion people now, of

## THIS WEEK

### From a Small Farm

#### Garlic Scapes

These have become one of my favorite veggies. Scapes represent the first garlic of the new crop. They can be chopped up and used anywhere you would use garlic. They can be steamed whole like asparagus and they also make a nice garlicky pesto if you replace the basil with pureed scapes.

#### Radishes

A good friend (and CSA member) of ours was visiting us the other evening. She said, "I have never eaten the radishes in the box. They sit in the crisper till they wilt and I throw them out" Then last week, for the first time, she cooked them. Sliced them up and sauted them. She is now among the enlightened, her eyes are opened and she is no longer ashamed to look in the crisper. Want to be enlightened too? Try cooking your radishes.

#### Scallions

We try to put onions of some kind in every box. Scallions for another week or so, then little round purplettes, followed by green topped torpedo onions, then big sweet Ailsa Craigs and finally the storage onions.

#### Spinach

Nice big bunch of spinach. Melody is the name of this variety. "No longer available" says Monsanto....owner of 80% of the countries veg seeds. We have another variety that is ok but if this doesn't get your shorts in a bunch, you're not using your taste buds!

#### Swiss chard

Beautiful. Eat it like spinach. Great in soups, in quiche, simmer it with a can of white beans, sliced onion, tomato and a touch of vinegar.

#### Strawberries

#1 on the "dirty dozen" list of fruits and vegetables for pesticide residues. Ours our different. No pesticides.

#### Napa Cabbage

Wow...such a challenge, so early in the season! Very nice in a salad, Napa screams to be stir fried. Or, how about a little home fermentation project,,,,,Kimche anyone?

#### Head Lettuce

Generally two mix and match heads. For best keeping, take a minute real soon, knock the cores out and wash the leaves. Pat dry and put in a plastic bag with a few paper towels. Makes eating it on a sandwich or salad really easy.

#### Broccoli

We are calling this broccoli "broccoli bits" Real heads coming next week. For now, keep making those pasta dishes.

#### Kohrabi

Skin them and eat them raw. Keep them as "crunchies" in water in the refrigerator. Slice them and sauté them in a bit o butter from a cow. Make a nice water chestnut like addition to that stir fry.

Grate them into a salad or make cole slaw out of them.

All in all...very versatile if strange looking vegetable.

# FARM NOTES

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which a billion do not have enough to eat. In the next 30 years we will add another two billion people. If we can't feed the people here now with the systems we have in place, how do we intend to feed a couple of billion more with the same system?

Proponents of industrial agriculture argue that the problem is not production, it's distribution. They are correct. What they don't recognize is that the reason for the distribution problem is the very industrial agricultural system they promote. For the small farmer around the world, land is both the source of food and the job by which they earn that food. For decades, farmers have been forced from the land by cheap subsidized imports. Farmers off the land are in need of both food and jobs. Our efforts to "feed the world" (while making a profit) have moved many farmers and their families off the land and into food insecurity.

The argument that small holding agriculture is not efficient enough to feed the world's population is quickly losing ground as well. Data from a number of researchers is suggesting that small scale organic farms are more productive per acre than large scale industrial agriculture operations. In addition to food production we have job production. Economists would call this a drop in productivity and efficiency. I would call it an increase in common sense.

Through industrial agriculture, we are essentially at war with nature, trying to eliminate it from the farming equation. Billions of pounds of pesticides are used world wide along with billions of pounds of fossil fuel based nitrogen fertilizers. This is a war we will lose at our own peril. Nature off balance is a dangerous thing.

Growing food can be a very sustainable and low energy occupation. When done in cooperation with nature, it is essentially free. Small farms such as our own need adapted varieties, research on cover crops and nitrogen fixation, a better understanding of the ecosystem that is a farm field, research into alternative production systems and information on nutrient cycling.

The reality is that the rest of the world can and should feed itself. What small farmers need, from India to Mexico, is not chemistry to eliminate their relationship with nature, it is information on how to maximize it. While what *countries* from India to Mexico need is educated and informed small farmers to care for the land instead of chemical weapons to attack it with.

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## Recipes

### Kimchi

*This is a fermented Korean cabbage pickle  
If you like spicy pickles, this is for you .*

From *Wild Fermentation* by Sander Ellix Katz

Approx. 1 lb napa cabbage  
1 daikon radish or a few small radishes  
1-2 carrots  
3-4 cloves of garlic or half a dozen scapes  
3-4 hot chili peppers depending on how hot you like it! Any type of chili pepper works, flakes, fresh, sauce, (without preservatives!!!)  
3 TBS grated fresh ginger  
1-2 onions, or you can use strips of scallion  
Sliced kohlrabi would be really good in this as well

#### Process:

Mix brine of 4 cups water and 4 TBS salt. Stir well to dissolve salt.  
Coarsely chop cabbage, slice radishes and carrots and let veggies soak in the brine for several hours or overnight cover the veggies with a plate or other weight to keep them submerged.  
Prepare spices: grate ginger, chop onions and garlic, peppers or hot sauce. Mash together to form a paste. You can add a few drops of fish sauce if you like.

Drain brine off veggies reserving brine. Veggies should taste salty but not unpleasantly so.

Mix the veggies with the spices thoroughly and pack them into a quart jar (or larger). Press down on the veggies until brine rises. Add enough reserved brine to submerge veggies if needed. Weight the veggies with something like a zip lock filled with extra brine to keep them submerged.

Allow the Kimchi to ferment in a warm place in your kitchen. Check daily until it tastes like a pickle. Move to refrigerator to store until it is eaten.

*The Website is back up and running!* For now, the Member's Site is not in commission, and therefore there is no password required. However, if there is any news or information we must tell you, it will be up on the website for you to see. You can find this info at: [www.foxtailcsa.com](http://www.foxtailcsa.com) !

### The Foxtail Bread Share!

We still have a few bread shares available so if you still want one, shoot us an email or call. 85.00 for the next 17 weeks. RESERVE your share by calling and leaving a message at 715-294-1762 or emailing us at [foxtailcsa@yahoo.com](mailto:foxtailcsa@yahoo.com). Only 60 shares available. (the sample loaf was).