

## Pot Luck this Spring Anyone?

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We are in the early stages of planning a pot luck at the farm for this spring. If anyone has any ideas please let us know. We are thinking of a Sunday afternoon in March or April.

### Planting news this weekend, Tomatoes seeded!

Yesterday, part of the work share crew was busy mixing up new soil mix for seedlings in the greenhouse and the first of the tomato, eggplant and pepper plants were seeded. They will go into the ground about 6 weeks from now in mid-March. We have various new varieties of each we will be experimenting with this year. It was exciting to plant the first tomatoes and look forward to this summer. The only problem we have now is finding space in the greenhouse. Hopefully next year I can build a new greenhouse....but my wish list for equipment and machinery is too long already. I would like to have a walk-in cooler or two... a new tractor with a loader, rotary tiller for tractor, transplanter for the tractor, seeder, bed shaper and plastic mulch layer, manure spreader, expand the irrigation system....the list goes on and on.

Also yesterday we were busy planting the onions we got from Boggy Creek Farm last week. We planted about 45 bunches of white, red and yellow onions. This afternoon we will be putting potatoes in the ground and finishing up with seeding and transplanting a few other crops such as beets, carrots, chard, kohlrabi, lettuce, mustard, onion, parsnip, turnip, spinach, rutabaga, radish, parsley, cilantro, pak choy, snap peas, endive, dandelion...depending on what we have time for. I am trying to get this newsletter done fast!

### BOX ADDITIONS AVAILABLE

#### FREE RANGE EGGS & ORGANIC COFFEE

Let us know if you would like us to add eggs or coffee to your box. Just like last year *fresh free range eggs are \$4.00 per dozen or \$2.00 per half-dozen.*



Farm Fresh Eggs....No hormones, chemicals, or GMO's, no soy or animal by products. Raised on grass and organic grains, supplemented with kelp, vitamins and flax seed.

We can include *1 lb of organic/fair trade coffee* for *\$10.50* ...choose whole bean or ground For more info on why fair trade?

Checkout link

<http://www.globalexchange.org/campaigns/fairtrade/coffee/>

We only sell organic/Certified Fair Trade to help improve the lives of coffee farmers and their families.

Our coffee comes fresh roasted each week from Texas Coffee Traders. The company is a small family owned local business established in Austin in

1994, and the owners are returning CSA members from last year. There beans are the freshest available; roasted daily to the peak of sweetness. The organic/fair trade blend we offer is a mixture of French and Vienna roasted coffees from Central and South America, creating a mellow and rich cup. Please store your coffee in an airtight container and freeze for best flavor. CSA members are invited to stop by the Texas Coffee Traders warehouse on 1400 E. 4th for a *complimentary coffee tour.*

### Starting Next Week - LEAVE BOXES AT PICKUP SITE

Thanks for the large number of people who brought their boxes back this weekend. In trying to find a solution to the problem of getting CSA members to return boxes each week, we visited with several other CSA's and have decided to implement a new policy. *Starting next pickup, please bring a cooler, bags or box to take the vegetables home in.* Members should also break down the wax boxes, and leave them at the pickup site in a neat pile. This way we can reuse the wax boxes and keep costs down. I checked the cost on the minimum # of boxes that I could purchase....a pallet of boxes is just over \$750. **Trade Box**...Also we will be starting a trade box at pickup locations. Members can leave one item and another can pick up double of an item they love. We will leave the trade box with a couple of items in it, but please only take an item if you are leaving one.

### Good Article on CSA History (see part 1 and 2):

<http://www.newfarm.org/features/0104/csa-history/part1.shtml>

### In your share this week:

Cauliflower  
Broccoli  
Purple Top Turnips  
Rio Red Grapefruit  
Beauregard Sweet Potatoes



The roasting process at the warehouse

Mars Oranges  
Siberian Kale or Collards  
Red Swiss Chard  
Beets  
Arugula and Green Garlic

## Recipes by Grit



Baby Ada, Grit, Drew and Beth last summer in the original Backyard Garden on Holly Street

Okay, I know this recipe was already included in one of the newsletters from last year, but I justified the redundancy by thinking first, we have a whole bunch of new CSA members (Welcome! I am glad you joined!) and second, it reminds me and you, that right now is the perfect time to cook up some Borsch-Stew... .

### **Borsch**

#### Ingredients:

8 C water or veggie broth  
3 - 4 beets  
2 carrots  
3 - 4 tomatoes  
1 onion  
a bunch of parsley, chopped  
3 - 5 potatoes  
 $\frac{1}{2}$  - 1 cabbage (white)  
2 - 3 leeks  
sour crème  
fresh dill, chopped  
salt & pepper to season

#### Preparation:

Cut all veggies into bite-size pieces. Saute onions in a big pot. Add beets and carrots and cook for a few minutes before adding broth and tomatoes. Let the soup simmer for 20 minutes. Now add potatoes, cabbage and leeks and let simmer for another 20 minutes. Add the parsley a few minutes before the end of the cooking time. Finalize the taste by adding salt and pepper.

Serve with a spoonful of sour I and freshly chopped dill. Eat with bread.

Borsch is a traditional Russian Stew. The most traditional ingredients are beets and beef. If you want to make this recipe with beef, add beef and water after sautéing the onions. Let it simmer until the beef is cooked (approximately 1.5 hours). Then continue with the recipe as described above.

I add leeks to the recipe because I like them, however, they were not part of the original recipe. I got the recipe from my Russian teacher in Heidelberg, Germany in 2004.

### **Avocado Broccoli Quiche with Pink Pepper Corns**

#### Ingredients:

Oil for the pan  
1 package puff pastry pie crust (frozen)  
1 Avocado  
1 Broccoli head  
2 eggs  
125 ml heavy cream  
2 tsp veggie broth powder  
salt  
pink peppercorns

#### Preparation:

Thaw puff pastry sheet and press into greased baking dish. Skin avocado and cut into chunks. Cut Broccoli into florets and steam in salt water for about 8 minutes. Sprinkle avocado and broccoli pieces onto pie crust.

Combine veggie broth, salt and cream in a bowl and pour into pie crust. Sprinkle pink peppercorns over the quiche. Cover quiche with foil and bake at 350°F for 20 minutes, then uncover and bake for another 5 to 10 minutes.

Ever since I found this recipe in my favorite German healthy eating magazine "Schrot & Korn", I made it at a Bed & Breakfast here in town where I work as the breakfast cook until the end of this weekend. I stumbled over this recipe because of the fact that avocado can be heated. I always assumed, avocado can only be prepared and eaten cold... . Well, try for yourself!



Planting those tomatoes this weekend made me start dreaming of tomato sandwiches!...Brenton

## 2007 Johnson's Backyard Garden HARVEST CALENDAR

CROP	JAN			FEB			MAR			APR			MAY			JUN			JUL		
Arugula	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Basil																					
Beans, green																					
Beets	█	█	█	█	█	█	█	█	█	█											
Bok Choi	█	█	█	█	█	█	█	█	█	█	█										
Broccoli, heads	█	█	█																		
Broccoli, florets	█	█	█																		
Cabbage, heads	█	█	█	█																	
Chickory																					
Cilantro	█	█	█	█	█	█	█	█	█	█											
Collards	█	█	█	█	█	█	█	█	█	█	█										
Corn, sweet																					
Cucumbers																					
Dandelion greens	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Eggplant																					
Greens baby mix																					
Kale	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Kohlrabi																					
Lettuce	█	█	█	█	█	█	█	█	█	█	█										
Melons																					
Mizuna	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Mustard greens																					
Okra																					
Pak Choi	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Parsley																					
Peas, snap																					
Peppers, hot																					
Peppers, sweet																					
Potatoes																					
Radish	█	█	█	█	█	█	█	█	█	█	█										
Spinach																					
Squash, summer																					
Squash, winter																					
Tomatoes																					
Tomatoes, cherry																					
Tomatoes, paste																					
Tot Soi	█	█	█	█	█	█	█	█	█	█	█	█	█	█	█						
Turnips																					
Watermelons																					
Zucchini																					

\*Basil doesn't start till later in the season, but I didn't have time to fix the error.