

To Contact Soil Stewards, email the club at soilstewards@stuorgs.uidaho.edu, and visit our website at <http://stuorgs.uidaho.edu/~soilstewards/>



Questions & Reflections about Sustainable and Organic Agriculture

At a March Soil Stewards meeting, we invited special guests and local farmers to help facilitate a discussion about sustainable agriculture, organics, local food and to start to explore our own philosophies and practices.

That meeting generated some deep, impressive questions and reflections from the students and campus community members in attendance, which we would like to share with you here:

"I enjoyed hearing about how real people farm organically & know they are doing something productive..."

"How can we share our vision of what we do as an organization in the most inclusive way?"

"It was good to hear the perspectives from people in sustainable agriculture in a personal way like this. It gave a face to many of the aspects that go into organic farming instead of it just being a concept from a textbook."

"I really enjoyed hearing these local sustainable farmers talk about their experiences and motivations. The potluck was a great idea in general. Maybe in the future we could do

something similar featuring local produce, or dishes made from local produce."

"Conservation = Earth's parachute"

"Beware of the seduction of positive solutions that look easy"

"Can food security be solved by local farming?"

How could we begin to address small acreage farming within a city?"

"How can we mitigate the need for land in areas where land is scarce/ or too expensive."

"Are there any organizations that seek to encourage sustainable agriculture practices in foreign countries by sending people to educate?"



Soil Stewards Projects

As you can tell from the harvest, farm work is well underway and as long as the weather cooperates we are looking forward to a bountiful season! This marks week two of harvest and share packing/pickup, and while the strawberries are gone, we have plenty of other tasty treats poised to take their place in your shares! Here is some updated news about the Soil Stewards and their projects for 2006:

- We have sold out of our limited number of CSA shares again this year...visit our website to get on the list for next year!

THIS WEEK'S HARVEST:

- ◆ Green or Purple Bunching Onions
- ◆ Walla Walla Sweet Onions (bushels)
- ◆ Black Tuscan Kale
- ◆ Salad Mix
- ◆ Baby Beets (bushels)
- ◆ Sweet Basil
- ◆ Summer Squash: green, yellow & patty pans

At the Farmstand this week:
Sweet Basil, Kale Mix, Cut Flowers, Onion

- We started the farmstand July 20, and will continue to have more produce for sale each week!
- We are partnering with Amy Grey & PCEI's Backyard Harvest. So far we have donated vegetable seedlings for their pantry garden, and when our harvest comes on we will be donating vegetables as well. Visit <http://www.backyardharvest.org/> to learn more about how this great project is feeding the hungry in our community!
- We will continue to supply our campus foodservice company, Sodexo, with produce, herbs and edible flowers throughout the season. This has been a great connection to getting our produce to students on campus! Some of our veggies will also end up being served to the president of the University at special events!
- We are almost through the process of Organic Certification in the State of Idaho.
- For more information about these and other projects, please visit our website or talk to a member!

WHAT TO DO WITH ALL THAT KALE?

GINGER KALE

Fresh ginger and garlic add to the full, sweet flavor of fresh fall kale in this fast, easy dish.

Ingredients:

1 large bunch kale (about 1 pound) stems removed, leaves cut into strips
2 tablespoons olive oil
1 tablespoon butter
2 large cloves garlic, minced
1 medium onion, chopped
1 tablespoon minced fresh ginger
juice of 1 lime
freshly ground pepper

Bring a large pot of lightly salted water to a boil. Add kale and boil 2 to 3 minutes, until slightly wilted. Drain in a colander. In a large skillet or wok, heat oil and butter, add garlic, onion, and ginger, and sauté until onion is softened. Add kale, tossing until combined. Cover and cook over low heat just until kale is just tender. Sprinkle with lime juice and toss. Grind fresh pepper over kale and serve. Serves 4 to 6.

From Renee's Garden

http://www.reneegarden.com/recipes/ginger_kale.html

WHAT TO DO WITH ALL THAT SALAD MIX?

The Following Recipes are from Marquita CSA Farm, Watsonville, CA www.mariquita.com

JULIA'S FAVORITE DAILY DRESSING

Into a mini blender jar (or small canning jar, they work with most American blenders), put in equal parts **vinegar** (balsamic or rice or sherry or?) or **lemon juice**, and **olive oil**. With **S & P** you've got dressing. Extras I like to add to this dressing: 1 roughly minced, peeled **garlic clove**, a small dollop of fancy **mustard**, and a small dollop of **jam**. Screw blender bottom onto the jar, then insert into the blender and whirl. You've got dressing! The variations are endless....

GREEN GARLIC DRESSING

1-3 stalks roughly chopped green garlic, tough end leaves discarded
1/3 cup rice vinegar or fresh lemon juice
1 Tablespoon honey or jam
1/3 cup olive oil
S & P
Whirl all in a blender.

LIME DILL DRESSING

2 T lime juice 1 T vinegar
1/2 t sugar 1/2 t dry mustard
2 T chopped dill 1 T mayonnaise
1/3 cup olive oil
salt and pepper to taste
Mix all ingredients together except oil. When thoroughly blended whisk in the oil.



DIJON VINAIGRETTE

1/2 C extra virgin olive oil
2 T each plain non-fat yogurt, lemon juice and red wine vinegar
1 T Dijon mustard
2 teaspoons fresh herbs: thyme, rosemary, parsley, etc. or a mixture or dried, but use less if using dried.

Combine in a blender at medium-high speed. Chill overnight before serving.

CANDIED PECANS to add to your green salad from: Spray sheet of foil with nonstick spray (if you have a Silpat cookie sheet liner, it's perfect for this). Stir 1/4 cup brown sugar, 1 tablespoon oil and 1 tablespoon vinegar over medium heat until sugar melts and syrup bubbles, about 3 minutes. Mix in 1 cup pecans. Stir until nuts are toasted and syrup coats nuts evenly, about 7 minutes. Turn nuts out onto prepared foil. Using fork, separate nuts and cool completely (coating will harden).

ORANGE BALSAMIC DRESSING

3/4 cup orange juice
3 tablespoons balsamic vinegar or red wine vinegar
3 tablespoons grated orange peel 1 to 2 teaspoons packed brown sugar 1 teaspoon ground cumin 1/2 cup olive oil Salt and freshly ground pepper to taste . Place the orange juice, vinegar, peel and cumin in a blender. Blend for a few seconds. While the motor is running, slowly add the oil in a small stream until mixture is emulsified. Season to taste with salt and pepper.

Makes about 1 1/2 cups dressing.

RICE VINEGAR, on it's own, makes a great salad dressing.