



To Contact Soil Stewards, email the club president at [heff6393@uidaho.edu](mailto:heff6393@uidaho.edu)

## UPDATES FROM THE FARM

We have a couple of new additions at the farm. First is the Sonic Mole Chaser! We have purchased two of these devices that claim to deter moles, voles, gophers, and other rodents from burrowing through and eating up our vegetables. They send out a sonic wave that is supposed to be annoying to our furry friends. We can thank Bob if these things work – otherwise, maybe we can hire some cats!

We have also gotten a number of harvest crates that are making the transport of veggies much easier – and more snazzy!

A few weeks ago we planted some fall lettuce, spinach and kale that we hope to harvest this fall. It appears to be doing very well.

## OUR ORGANIC FARM STAND IS BACK! SEPTEMBER 21<sup>ST</sup>

Student organic growers will sell farm-fresh tomatoes, carrots, peppers & more at the Soil Stewards farm-stand, every Wed through the season from 2:30-5:00 p.m., outside Ag Sci. Grown by Soil Stewards, the student club for sustainable food & farming.

This will be the first farm stand of the season. We are all very happy that we will be able to provide the UI campus with a source of organic produce.

With all the carrots out there, we are also working on an agreement with Sodexo (UI food service) to supply them with organic carrots.

## THIS WEEK'S HARVEST:

- ◆ Staddon's Select Peppers
- ◆ Anaheim Peppers
- ◆ Jalapeños Peppers
- ◆ Nelson Carrots
- ◆ Sungold Tomatoes
- ◆ Early Mountain Wonder Peppers
- ◆ Cougar Red Tomatoes
- ◆ Early Girl Tomatoes
- ◆ Gold Nuggets
- ◆ Ida Gold Tomatoes
- ◆ Basil
- ◆ Green Giant Eggplant
- ◆ Black Bell Eggplant
- ◆ Early Cherries



Washing table out the farm.

## OUTSTANDING SOIL STEWARD!

**Karen Castenson**

**Hometown:** Coventry, RI

### **Major at UI?**

Soil Science – I am studying volcanic soils at Crater of the Moon.

### **Why are you interested in organic agriculture?**

Most of all I enjoy going out to the farm to reap the benefits of our labor. At this scale, I feel that growing organic produce is a manageable and healthy alternative to large-scale production agriculture.

### **Favorite fruit or veggie?**

Strawberries!!! And, not a veggie but a fungus – all sorts of mushrooms!

### **What are your major concerns about the world's food supply?**

We may be producing enough food – just not in the areas of the world that it is needed. My concern is with the movement of goods and the production of goods in the areas that have greater demand – strive towards local sustainability.

### **What are your career goals/aspirations?**

Complete my degree here at UI – then work towards a faculty position where I can teach and do research.

### **What do you enjoy most about being a member of the Soil Stewards?**

Seeing it all come together after all the hard work our members have put in is really what I enjoy the most!

### **Other hobbies and interests?**

I enjoy spending time with my wonderful pooches – Wiley and Penny and my fiancé Rob. We love to hike, run, bike, and eat ice cream together. I also like to knit, just started mountain biking (I only fell a dozen times!), oh, and did I mention eating ice cream? Favorite flavor you ask? – homemade strawberry chocolate chip.

## FROM THE SOIL STEWARD'S KITCHENS

### **Gordon's Tomato Salsa**

~ 1/2 gal ripe tomatoes    1/2 onion  
1 bell pepper                4-6 jalapenos  
(seeded)  
1 clove garlic                1 to 1 1/2 teas  
salt  
1/3 cup cilantro  
3 Tbs lime juice    or 2 Tbs vinegar

Blanch tomatoes for 30 seconds. Core, cut in half, remove skin, and press to remove seeds and liquid. Place in food processor. Add 1 teas salt and process until desired consistency (5 to 6 pulses for coarse texture). Transfer to a quart jar and let stand. Finely chop onion and bell pepper and set aside. Coarsely chop jalapenos and garlic and place in blender with 1/2 teas salt (if desired) and vinegar or lime juice. Process until all ingredients are smooth. Drain excess liquid from tomatoes while holding a slotted spoon over the mouth of the jar. Let stand a few minutes and repeat until desired consistency. Add chopped onion, bell pepper, and cilantro and mix well. Stir in jalapeno mix--Do NOT touch this mixture with your hands and Do NOT touch your eyes until you thoroughly wash your hands with plenty of soap. Immediately clean the blender. Enjoy with chips or your favorite Mexican dish.

**Mix red and yellow tomatoes as desired.**

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"A society grows great when old men (and women) plant trees whose shade they know they shall never sit in."

--Greek proverb