

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



## THIS WEEK'S HARVEST:

- ◆ Spaghetti Squash
- ◆ Cornell's Bush Delicata Squash
- ◆ Golden Copra & Red Mercury Onions
- ◆ German Butterball & Red/Yellow Potatoes
- ◆ Nelson Carrots
- ◆ Red, Green, Savoy & Napa Cabbages
- ◆ Mixed Lettuces
- ◆ Green Bunching Onions
- ◆ Rainbow Swiss Chard

## MEET THE SOIL STEWARDS

In this issue of *The Weekly Dirt*, we thought we'd introduce you to some of the very special students who dedicate so much of their time and energy to the farm. Their efforts are what have made this season so exceptional!

### Gina Baldwin

*Hometown:* Meridian, Idaho

*Major at UI:* Political Science & French



*Why are you interested in organic agriculture?*

I am interested in more sustainable ways of living and organic farming is key to sustainable living. I enjoy eating organic produce and being a part of the whole process helps me appreciate what I eat even more.

*What is your role on the farm?* I don't have a specific role, I do whatever needs to be done.

*What has been your favorite experience working with the Soil Stewards?* My favorite experience has been meeting all of the wonderful people involved with the club as well as learning about farming along the way.

*Favorite fruit or veggie and why?* Tomatoes, because they are so delicious warmed by the fall sun.

*What are your career goals/aspirations?* I hope to work with some sort of food systems, though I'm not sure on what level, be it local or global.

*Other hobbies and interests?* I enjoy reading and watching films, riding my bicycle around town and DJ'ing at KUOI.

### Chris Chandler

*Hometown:* Absarokee, MT

*Major at UI:* Dietetics



*Why are you interested in organic agriculture?*

I feel that organic agriculture is a system of food procurement that is more in line with the natural systems we, as people, are a part of. By trying to maintain the efficient ecological mechanisms that have developed over the eons in the soil we till, we can

continue to reap the benefits of the Earth in the form of fresh vegetables and fruit far into the future.

*What is/are your role(s) on the farm?* I'm President of the club & run-of-the-mill laborer that's handy with a shovel.

*What has been your favorite experience working with the Soil Stewards?* My favorite experience has to be seeing the beautiful carrots we harvest on the salad bar in the Wallace food court for the general student population to enjoy.

*Favorite fruit or veggie and why?* My favorite vegetable is the carrot because it's tasty, portable, and packed full of beta-carotene and vitamin A.

*What are your career goals/aspirations?* I hope to go on to grad school in the area of nutritional anthropology. I would like to work on developmental projects in the third world that utilize indigenous food crops & modern organic farming methods to help prevent famine & improve the nutritional status of local people.

*Other hobbies and interests?* I enjoy being outside, riding my bike, climbing, skiing, backpacking, reading, & painting/drawing.

**"HOW DO I COOK SPAGHETTI SQUASH?"**...**Bake It** -- Pierce the whole shell several times with a large fork or skewer and place in baking dish. Cook squash in preheated 375°F oven approximately 1 hour or until flesh is tender.  
**Boil It** -- Heat a pot of water large enough to hold the whole squash. When the water is boiling, drop in the squash and cook for 20 to 30 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

## Jen Farley

*Hometown:* Aurora, CO

*Major at UI:* MS in Environmental Science

*Why are you interested in organic agriculture?* Because I care about the health and sustainability of our planet for all living things. Diversified organic agriculture systems provide long-term solutions for sustaining natural resources (i.e., water, air, soil, etc.) while producing healthy food for humans and livestock.

*What is/are your role(s) on the farm?* Student member-- Occasional harvest helper, weed puller, share packer, and an extra set of eyes and ears for looking into ways to make the campus more sustainable & educational.

*What has been your favorite experience working with the Soil Stewards?* Meeting folks with similar passions and learning more about growing healthy and organic produce.

*Favorite fruit or veggie and why?* This is a hard one! I'd say a 'homegrown' tomato. It's a staple in my household, from salsa, to tomato sauce, to my favorite salad topping. The variety among tomatoes is very exciting.

*What are your career goals/aspirations?* To work in the sustainable agriculture or environmental education field as an educator and/or activist. To be able to make a living doing something that will make the world more enjoyable and sustainable.

*Other hobbies and interests?* Mountain biking, yoga, snowboarding, hiking, kayaking, knitting, and playing with my 2 dogs.

## Lydia Clayton

*Hometown:* Carlton, Oregon

*Major at UI:* MS in Plant Science



*Why are you interested in organic agriculture?* It just seems like a smart idea.

*What is/are your role(s) on the farm?*

Laborer (Lydia is too modest...she is also an expert tractor driver and grower of ALL the carrots you'll receive).

*What has been your favorite experience*

*working with the Soil Stewards?* Watching the onions grow, they've helped me decide I want to be an onion farmer when I grow up...and they let me use the word 'turgid' in everyday conversation.

*Favorite fruit or veggie and why?* Defiantly a veggie fan.....my favorite...well, the onion of course, followed closely by the tomato.

*What are your career goals/aspirations?* I'd like to do something in promoting sustainable agriculture,

maybe internationally.....oh yes and grow onions too. *Other hobbies and interests?* I recently made my first quilt, I participate as a DJ on the campus radio station, and I collect shoes.

## Carrie Caselton Lowe

*Hometown:* Hardin, IL

*Major at UI:* MS Environmental Science

*Why are you interested in organic agriculture?* To decrease my ecological footprint and to support others who are trying to do the same.

*What is/are your role(s) on the farm?* I have just begun, so my role is a little undefined. But my experiences so far have been weeding, mulching, and harvesting.

*What has been your favorite experience working with the Soil Stewards?* It has been great to meet a bunch of people who share an interest in sustainable ag.

*Favorite fruit or veggie and why?* Brussels sprouts because I like how their layers peel off in my mouth, not to mention how cute they are.

*What are your career goals/aspirations?* To be a teacher, scientist, farmer, and mom.

*Other hobbies and interests?* I like to be outside & active

## Daniel Murphy

*Hometown:* Southern Idaho and beyond

*Major at UI:* Horticulture



*Why are you interested in organic agriculture?*

Because it makes more sense to me, and because all the cool people are doing it.

*What is/are your role(s) on the farm?* I'm a helper.

*What has been your favorite experience working with the Soil Stewards?* My favorite experience working out on the farm has

been to see the farm grow from bare soil to a field of green, and then getting to harvest what I helped plant. *Favorite fruit or veggie and why?* When I was a kid I loved carrots. I have too many favorites these days, so I'll just say carrots because they are orange and taste good.

*What are your career goals/aspirations?* I would like to be a superhero, but I will settle for any job that involves growing/working with plants. I also want to be a writer and a philosopher, but only in my dreams.

*Other hobbies and interests?* I like riding bikes, skateboarding, listening to rock 'n roll, trying to play guitar, reading and writing, making fun of pop culture and pretending to be crafty.

**MORE FUN WITH SPAGHETTI SQUASH...Microwave It** -- Cut squash in half lengthwise; remove seeds. Place squash cut sides up in a microwave dish with 1/4 cup water. Cover with plastic wrap and cook on high for 10 to 12 minutes, depending on size of squash. Add more cooking time if necessary. Let stand covered, for 5 minutes. With fork "comb" out the strands.  
**Slow Cooker or Crock-Pot** - Choose a smaller spaghetti squash (unless you have an extra large slow cooker) so that it will fit. Add 2 cups of water to slow cooker. Pierce the whole shell several times with a large fork or skewer, add to Crock Pot, cover and cook on low for 8 to 9 hours.