



## ROSIE'S FARM REPORT

**Start of a New Season:  
November 8 & 11, 2006**



Welcome back to Plowshares 2006 fall season. For new members, the fall season is part of your 2006 share so you have already paid for the next two months of veggies when you signed up in January. I hope everyone enjoyed their summer. We had a great summer this year. We were able to leave Gainesville right before the beginning of July and drove up to Michigan, across Canada and were fortunate to have a week stay on Great Cranberry Island in Maine. We stopped at many farmers' markets along the way and ate wonderful seasonal fruits and vegetables including raspberries and blueberries in Michigan, wonderful squash, cucumbers and lettuce in Ontario and homemade wild blueberry pie in Maine. We also stopped at many roadside restaurants and enjoyed fresh lobster!

We got back to Florida in August and I went back to getting the farm ready for the season once Amaleah and Rico were off to school. I slowly started to plant because I feared, based on the hurricane projections, that we might get hit by a storm or two this season. Fortunately, it looks like we should get by this year with minimal hurricane activity which has its good and bad points. One negative result is

that we are in a fall drought which makes direct seeding into the field very difficult because it takes a minimum amount of soil moisture to get seeds to germinate. Fortunately, the majority of the things that we grow are started in the greenhouse and transplanted to the field.

Carrie and I have been busy seeding and transplanting. Yesterday we began planting the spring strawberries. By the end of the week we should be transplanting lettuce, broccoli and other assorted greens in the field. Typically, the first few weeks of harvest have a little less variety but folks are always really enthusiastic to get stuff after a long period of buying California produce at the store.

Speaking of California produce, the E.coli problems that are plaguing spinach and other salad greens are very disturbing. Since the first reported cases, I have gotten many phone calls asking about Plowshares and the farmer's market. It seems like many consumers are starting to realize the benefits of knowing where their food is coming from. I have explained to numerous people that one of the biggest problems with the food supply is the consolidation of production and processing. This consolida-

tion makes logistical sense when you are shipping items across the country and the world, and when you are trying to maximize the utilization of fixed costs on a farm such as equipment and processing facilities. However, in many ways it increases the risk in our food supply when it comes to natural disasters, plant diseases and food borne illness outbreaks. It is the proverbial "putting all your eggs (veggies) in one basket" concept that works well when conditions are favorable but can be very problematic when there is trouble on the horizon. Unfortunately, in the spinach cases the results have cost human suffering and life.

If anyone has any questions about our production practices, please feel free to ask and I will explain exactly how we grow our vegetables. Personally, I think it is important for consumers to have as much knowledge about the food that they are consuming. Purchasing anything is a personal choice and in my opinion, informed consumers are the best consumers. Thanks for choosing Plowshares and I hope you enjoy the food this season.

See you all on either Wednesday November 8th downtown or Saturday November 11th at the Haile market or the farm. ☺

## Make A Difference...

### Donations Appreciated for Families In Need Program

This season a number of our members donated money towards shares that I match to serve needy families in our community. Most of our families have young children and getting fresh organic vegetables is a wonderful help to them. Many have continually expressed their appreciation to those members who have contributed to the program. This year we were able to serve four families plus a not for profit organization that helps young mothers. Thank you so much for your contribution to the community. ☺

---

Do we have your current email address? We've sent a notice about the upcoming season to the member addresses in our database this week. If you did not receive the note, please send it to Kevin Conlin, kevinconlin@bellsouth.net, or leave your email address on his voice mail [352.378.3174].

## Garden Recipes

### *Mixed Greens with Cumin and Paprika*

12 cups mixed greens—beet greens and mustards or any combination including kale, chard, or rabe

Salt

4 large cloves garlic

1 cup chopped parsley

1 cup chopped cilantro

3 tablespoons olive oil

2 teaspoons each, ground cumin and paprika

1. Trim stems and tough ribs from the greens. Steam greens until tender, or boil each green separately in salted water. Drain and chop into 1 in pieces.

2. Pound the garlic with 1/2 teaspoon salt in a mortar until smooth, then work in the parsley and cilantro; pound briefly to release their flavors.

3. Warm the oil with the paprika and cumin in a wide skillet over medium heat until they release their fragrances. Don't let them burn. Stir in the garlic mixture, then add the greens and cook until any extra moisture has evaporated. Taste for salt. Pile into a dish and garnish with olives, lemon, and tomato.

Adapted from *Vegetarian Cooking for Everyone*, by Deborah Madison

### Volunteer with the CSA

We love volunteers who help us at the markets and with the farm. Folks that help get to chat with customers, sell vegetables, hand out shares and have a good time at the markets. If you are interested in helping at the farm, Rosie always appreciates help with fall planting and (a little later in the season) picking crops for the shares. If you would like to volunteer for the Wednesday market contact Byran 495-4646 or on the farm contact Rosie at 331-1804. All you need is a good attitude and we promise you will have fun. ☺

