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Beets

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USU Student Organic Farm

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Newsletter



A beautiful patch of wildflowers growing on The farm

Edible Greens

One of the great things about a CSA is that typically you get your veggies basically the way they're pulled out of the ground. Maybe this doesn't seem like such a great thing when you have broccoli leaves the size of your head shooting out of your basket, but did you know that many plant leaves are edible? So some veggies in your CSA box are a literal two for one. Edible greens that you might see in your box include broccoli and cauliflower greens, radish greens, beet greens, and even carrot tops. Generally these greens can be treated like Kale and other sturdy, leafy greens. Some ideas to use them include sautéing them together with other greens, try adding pasta and Parmesan cheese for a more complete meal. Young, tender leaves can be tossed in with a green salad. Greens can be folded into your morning omelet, or even added to a smoothie. The possibilities are endless, so enjoy your two for one deal by experimenting with veggie greens.

Article by Amanda Spackman

Veggie Feature: Beets

Article by Jillian Cartwright

Beets make me feel very nostalgic. That's a little odd, you may be thinking. Most people feel nostalgic over things like their mother's homemade rolls or the smell of apple cider in the fall. But for me, beets definitely take me back. When I think of beets, especially pickled beets, I automatically think of elementary school. I was the kid that packed a lunch for school almost every day, and I simply loved to pack some beets in my little Tupperware container. For some reason, I just thought they were so delicious. I didn't care that they smelled a little funny or that they dyed my white plastic fork pink, they tasted good. However, my peers did not share my same enthusiasm. Anytime I would pull out my beets, I was greeted with a chorus of "What the heck are you eating, Jill" and "That's disgusting. How can you eat that?" Peer pressure finally made me cave, and the beets had to stay home. But to this day, I still love beets. I love them in any form – roasted, pickled, sautéed, raw, diced, or sliced. I love their earthy flavor, and their smooth texture. They soak up other flavors very well, and I especially love to pair them with something sweet. This beet pear salad is a perfect example. If you don't like fennel, just put in some more basil instead.

Recipe

Beet and Pear Salad with a Sweet Basil Vinaigrette

1 lb. beets (3 medium), peeled and diced
1 pear (firm is best), peeled and diced
3 T olive oil
Juice from a lemon
1 T vinegar
1 T sugar
1 t fennel seed, crushed
1 T fresh basil, minced
Salt to taste

Heat a sauté pan over medium heat. Add 1 T olive oil. When oil is hot, add beets and cook until just tender, about 10 minutes. While beets cook, combine 2 T olive oil, lemon juice, vinegar, sugar, fennel, and basil in a medium bowl. Add the pear to the dressing, and when the beets are done and have cooled briefly, add them to bowl. Toss to combine and salt to taste. Serve chilled.

On the Farm News

Announcements

The final payment for CSA shares is August 1 which is coming up soon! Make sure you're all caught up.

As the season progresses, we are now giving out produce on a rotational basis. What this means is that if you see someone else's basket has some beautiful ripe tomatoes, and yours doesn't, don't panic. Yours are coming, it just may not be at the same time!

The preservation class is scheduled for August 8. Please let us know ASAP if you'd like to come and learn!
Organicfarm@aggiemail.usu.edu

CSA BBQ #2 Coming up! August 1 at 6 pm. Put it on your calendars- plan on bringing a side dish.

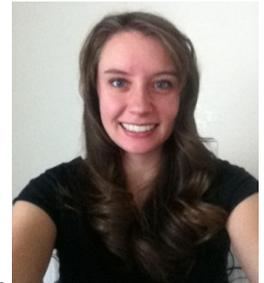
Article by: Amanda Hawks

This last week we had the joy of harvesting zucchini. As it does universally for all growers, zucchini goes crazy this time of year. We should have plenty for you to take extra for a couple of weeks. Also new is potatoes. You'll be getting four weeks of our potatoes, and then the research plots are going to be harvested and there will be so many potatoes that we hope to not only give to CSA members, but to sell to restaurants and individuals in an effort to raise money for the farm.

This last week we also had our first "field trip". Alanna, our plant production manager, came up with the awesome idea that we take a couple of days this season to go check out other farms in the valley, and do a project while we're there. This week we went to Appenzell Farms and got to help out with their CSA vegetables; trellising tomatoes, taking down peas, planting broccoli, composting kale; it was really wonderful to see how another farm functions and does their gardening. We also got to check out their chickens.

Meet your Farmers

Name: Ariel Guild
Major: Dietetics
Hometown: Evanston, WY
Role on the Farm: Ariel Guild



Why did you choose to spend your summer on the farm?

I've always wanted to learn about gardening and farming so that I could learn how to start community and school gardens as a dietetics major.

What is your favorite vegetable and why? I like all of them! I would say eggplant or zucchini. Okay, zucchini, it's easy to cook and bake with.

What form of transportation best describes your personality?

Horseback riding

If you could be a superhero, what would be your super power and how would you use it to better the farm? Hmm, does it have to be a real superpower? Because I would say I would say to be able to kill the weeds without having to weed by hand.

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

A Word from our Summer PSC 4900 Class Member

Article by: Michelle Mitton

My experiences on the farm have been interesting, beneficial, work and fun all in one package. I also have had a few "aha" moments. Like Broccoli; interesting little plant. Did you know the little green things on the crowns (the part we eat) are actually individual flower buds, amazing. Also broccoli, cauliflower, cabbage, turnips, radishes are all related and are byproducts of the mustard plant.

Depending on which part you wanted to develop roots, (radishes and turnips) or flowers (broccoli and cauliflower) for example; those traits would be selected for. It is quite astounding how ancient agriculture has led us to the agriculture of today. The need and use for agriculture has been a common theme throughout the ages and I have enjoyed being a part of that tradition.