USU Student Organic Farm

August 8, 2012
Volume 3, Issue 14

Newsletter

A collection of lovely freshly harvested Heirloom tomatoes

Mirepoix

While celery might have the reputation as kind of a boring, stringy vegetable served with carrot sticks and ranch and a pb&j in a school lunch box, historically it has been used to add flavor to many things including stocks, soups, and sauces. Celery is part of a group of vegetables known as aromatic vegetables, and when combined carrots and onions it becomes "mirepoix", a French cooking tool thought to originate around the 19th century. The flavor is derived by sweating or sautéing the three vegetables to release their flavor, and then adding the cooking liquid to create flavorful soups and sauces. The proportion used is 2 parts onions, one part celery, and one part carrots. So next time you find yourself using this combo in cooking try to taste the delicate flavors the mirepoix adds, and be a little more grateful for celery.

Article by Amanda Spackman

Veggie Feature: Celery

Article by Jillian Cartwright

Celery is boring. I don't mean to offend any celery lovers out there, but it's not exactly the most flavor-packed vegetable. I think it's most popularly eaten raw, perhaps with a side of ranch dressing. One thing I really think celery has going for it is its crunch. For these reasons, Amanda and I decided to feature celery this week kind of as a challenge for ourselves, to see if we could actually "feature" this understated vegetable. Well I believe I have found a way to do it. This celery salad seemed odd to me at first. Celery is a great addition to some chicken salad or perhaps as something thrown into a green salad. But a salad with only celery? I had to try it. It definitely did not disappoint. The Asian flavors go very well with this vegetable. This salad is simple. You probably already have most of these ingredients in your cupboard. Give it a try with some stir fry as an Asian side that will

Chinese Celery Salad

Recipe from Mad Hungry: Feeding Men and Boys by Lucinda Scala Quinn

1 bunch of celery, stalks cut in half lengthwise
1 T rice or white vinegar
1 t sesame oil
4 T soy sauce
2 dashes hot sauce (optional)
½ t sugar
2 T cilantro, chopped

Bring a large pot of water to boil. Add celery and blanch for 2 minutes. Remove, rinse, and cool. Peel off the fibrous strings. Cut celery into bite-sized pieces.
In a bowl, whisk together vinegar, sesame oil, soy sauce, hot sauce, sugar, and cilantro. Toss in the celery. Refrigerate to cool before serving.

Announcements

School is coming up this next week and the harvest will continue! If you'd like to come help us out, come Tuesday and Thursday nights at 6:30.

Pumpkin Days is on its way! Mark your calendars for October 13.

We will have an abundance of potatoes coming up at the end of September. You'll be getting a bunch in your shares, so look forward to that!

ıore information about the USU Student Organic Farm or CSA shares visit:
www.usu.edu/organicfarms

On the Farm News

Article by: Amanda Hawks

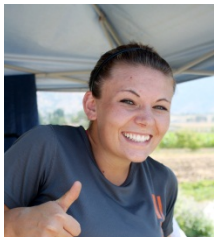
And here we are, the last week of summer before school comes back in session. I will be turning this article over to Alanna for the remainder of the season. But even if my time here with the news is done, the news will continue as we still have a full month left of season!

Shares are going to continue to be exceptionally plentiful! I was looking around and the entire farm is bursting with produce. This is the season for large harvests. Soon the melons, squash, and corn will join all the harvest already in your shares!

As far as what we've been up to, this last week we went on our final field trip and visited the organic Cantagree Dairy in Mendon. They have fourty-six cows that they milk twice a day everyday, a bunch of chickens wandering all over, and a few cats. Their cows are mostly grass-fed and it was interesting to realize just how much land it takes to feed a small herd of cows. I have thoroughly enjoyed these field trips and I've learned a lot about many different people's methods when it comes to farming.

I'd like to take this space to thank you all for such a great season! I'll still be around but soon my time is coming to an end and it is simply amazing to me how quickly so many good times have passed by.

Meet your Farmers



Name: Rebecka Bankhead
Role on the Farm: Food Literacy Intern
Hometown: Cove UT
Major: Dietetics

Why did you choose to work with the Student Organic Farm?
I've always wanted to learn more about growing vegetables so I thought this would be the perfect opportunity.

What is your favorite vegetable and why?
I love red peppers!!! They are so colorful and have such a sweet taste.

What form of transportation best describes your personality?
A race car, I feel like I'm always going a hundred miles an hour.

If you were a superhero what would your superpower be and how would you use it to better the farm?
My superpower would be to have 100 automatic arms so I could pull all the weeds in one day!

ustainability in Real Life

›, I am definitely a newbie to the sustainability game, but I'm ying to find practical ways to introduce more sustainable actices into my life, you know trying to remember my usable bags when I go to the grocery store, making the fort to rinse out cans and bottles to be recycled and so on. ne of my favorite "sustainable" tricks is freezing veggies, ecifically vegetable scraps. Rather than throwing away getable scraps, I save them to make a delicious veggie stock at can be put right back in the freezer and used to flavor all my favorite winter soup recipes. Start a gallon sized bag in

Not only does this save me money, it sure makes me feel better that all of my scraps aren't piling up in the garbage can. The best scraps to use include onions, celery, carrots, garlic, potatoes, leeks, parsley, chard, green beans, and bell peppers. Mark Bittman suggests in his veggie stock recipe using a little soy sauce and mushrooms for a more savory stock. You can also use asparagus, parsnips, squash, pea pods, and corn cobs, but these will all give a more distinct flavor to your stock so make sure that's what your going for. To make the stock, simply simmer enough water to cover your choice of veggies for at least 30 minutes, discard the veggies and salt and