Your Organic Farm: Community Supported Agriculture

USU Student Organic Farm
First off, we want to thank you for your support this season. Without it this farm and our internships would not be possible. As students, we are just beginning to break the surface of our passions and with your support we have opportunity to grow. We would like you to know that we appreciate and feel fortunate for what we have here at the farm. This season you will see all five of your student farmers have a true passion for buying local, growing organic produce, and connecting the community. We pledge to give our best this season and provide the best of our ability. Please don’t hesitate to ask questions, tour the farm, or even come volunteer and work with us.
Student Profile

Hey student farm supporters, my name is Tracey Munson and I’m one of the farm interns for this summer. I’m from Farmington, Utah, but I’m pretty sure my heart belongs to Logan. Next year I will be graduating in dietetics with a minor in sustainable systems. After I become a registered dietitian I hope to get a Master’s degree (probably in some kind of soil or plant science), then I plan on joining the Peace Corps for a couple years. Combining my knowledge of nutrition and sustainable agriculture, my overall life goal is to help with malnutrition and food insecurity in developing countries. Since I didn’t grow up with an agricultural background, the student farm has been an incredible opportunity for me. Each day I learn more and more about growing healthy food in a way that’s healthy for the environment too. Gardening is very therapeutic to me and I feel very lucky that I get paid to do it every single day. I look forward to getting to know all of you and am excited for this season.

We humbly ask for your assistance.

Our 2014 summer CSA is in need of members. We ask for your help to spread the word that there are still shares available. Please, if you know anyone at all who might be interested, send them our way.
Farm News

This season we have been very busy planting with an aim to increase variety in the field. We planted five varieties of potatoes: Yukon gold, red norland, purple Viking, purple majesty, and some Russian banana. This will be different from last year’s single variety but we hope changes like this will enhance your experience on the farm. We want to sincerely thank Monte Anderson, Agricultural professor at Wilmington College in Ohio, who donated our extra varieties. You will also be happy to hear the garlic we planted last fall is looking fantastic. Thanks to growing tips from First Frost Farm’s we hope to have outstanding garlic production. However, we shouldn’t get ahead of ourselves. “Never count your chickens before they hatch.”

Recipe
Recipe Description by Tracey Munson:

Right now our shares mainly consist of a lot of green, leafy vegetables, which can get a little boring after a while. Though a salad may not always sound appealing, I promise if you mix up your salad dressing routine it’ll make all the difference. The following recipe is for homemade ranch dressing. Personally, I’m not a huge fan of ranch dressing, but I tried this dressing last week and couldn’t get enough of it. It’s very creamy and had me licking my plate to get the last drop. With this dressing you’ll be able to power through those leafy greens no problem.

Homemade Ranch Dressing

Courtesy of Amy Choate from Natural Philosophy Organic Market & Yoga Studio

155 Church Street, Logan, UT 84321

1 cup soaked almonds, cashews, or sunflower seeds, rinsed well and drained
1 cup water
2 tablespoons to 1/3 cup raw apple cider vinegar, to taste
1/3 cup raw sesame or olive oil
1/4 cup Bubbies sauerkraut and juice
2 dates or 1 tablespoon raw honey
1-2 cloves garlic
1 tablespoon onion powder
1 teaspoon garlic powder
1-2 teaspoons dried or 1 tablespoon fresh dill
2-3 teaspoons sea salt, to taste
1 heaping teaspoon dried basil
1/4 cup fresh or 1 tablespoon dried parsley
* A few shakes of kelp granules or powder
* Indicates optional ingredients that are available at Natural Philosophy

Blend all ingredients in a high-speed blender until very smooth. Add more water to reach desired consistency.

Next week’s Share

• Lettuce
• Green onion
• Pak Choi
• Chard
• Kale
• Asparagus
• Arugula