USU Student Organic Farm Newsletter

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What’s New On The Farm

Six weeks until the first frost date means we are done planting. We put in some beets and radishes today just on the off chance they’re ready in time for the final week of CSA shares (38 and 40 days to maturity, respectively). Otherwise, we’ve got fall broccoli and kohlrabi in the ground, a new asian green called Shungiku (see the recipe below), rutabaga, fresh kale, and lettuce starts planted and on the menu for September.

Our mission and our future

We chatted today with our advisor, Dr. Jennifer Reeve, and the new small farms outreach extension specialist Dr. Melanie Stock about what the plans are for this team and passing the torch to the next group of students who will take the Student Organic Farm into its 2019 season.

The first farm team in 2008 were all volunteers and their work laid the foundation for the next team to start the CSA you’ve invested in this season. The success stories are amazing; the farm program has given many students a great start in their careers and prepared them to be powerful contributors to innovation toward a resilient, sustainable future.

What is the path to the future for the farm? A lot of people are invested in working that out, but this year’s team has commitments for next season, and the new farm team will be SOF rookies again, just like we were, and just like the first team in 2008.

As we chatted about this challenge, we considered the cultural context of small farming in the US and here in Utah. Today USU posted on social media that the Small Satellite Conference on campus this week makes them wonder about renaming the university “Utah Space University.” The 21st Century offers young people a very wide variety of career options, as well as a very insecure future if they land in a profession with low and/or stagnant wage potential. Horticulture and farm management are actually well-paying careers, not to mention lifestyles, but research shows that young people in the US aren’t aware of these professions. According to the Washington Post, in 2015 only 61% of available agriculture-related jobs were filled in the US.

What does career development look like for a resilient and sustainable food system? How can the increasingly sophisticated and highly-specialized capacities of today’s young people be cultivated toward providing basic human needs in a manner that ensures we don’t trip over Earth while we’re shooting for Mars? We really do have to answer these questions, and not only because fresh organic veggies are so dang tasty.
What’s In The Basket

Corn - Don’t mind if we do, Greenville Research Farm! We planted ours a little late because of an irrigation snafu, so hopefully we’ll have another round in Sept., but in the meantime we so appreciate them giving you all the product of their organic corn research trials!

New potatoes - Digging up vegetables is fun so we just couldn’t wait. These have to be eaten soon, like any other root veggie. The next round will be multiple pounds and will come in a few weeks. They’ll be “hardened” and storable like the ones you buy in the grocery store.

Long Beans - Gorgeous, sweet and fresh

Shungiku- Edible crysanthimum leaves! An Asian favorite

Cucurbits - More bennings, crookneck and zucchini, as well as lemon cucumbers and dill cucumbers

Garlic- Another round! This will be the last of the garlic because we have to save the rest for fall planting

Tomatoes - A variety ripening daily

Bell pepper- We have organic and conventional courtesy of Greenville Research farm for those looking for extra

Chard and Kale - You know it!

Tomatillos - These are truly coming on now! Some of them are so sweet, they’re amazing

Parsley and basil - Always!

Coming up: Spaghetti squash, melons, hot peppers, eggplant

Un-RECIPE FOR

Stir-fried shungiku and ginger

An Un-Recipe offers guidelines to create delicious dishes based on the way ingredients, kitchen tools and cooks interact in the kitchen. Email us with questions!

INGREDIENTS:

1 bunch Chrysanthemum greens
1 knob Ginger
2 tbsp Soy sauce
2 1/2 tbsp Honey
1 dash Sesame oil
1/4 cup shredded fresh basil leaves

DIRECTIONS:

1. Wash the shungiku, drain the excess water really well, and cut into 4 even lengths.
2. Julienne half of the ginger, and grate the other half. Mix with the soy sauce and honey, then set aside.
3. Heat a frying pan, and coat the pan with sesame oil.
4. Start stir-frying with the stems of the shungiku
5. Add the shungiku, and briefly stir-fry.
6. Pour in the Step 2 mixture at once, and stir-fry over high heat.
7. When the ginger and soy sauce are well blended with the shungiku, it’s done.