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Broccoli

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Farm News

-Rain long foretold, long last,  
Short notice, soon will pass.  
-When the wind is in the east, 'tis neither good for man nor  
beast.  
-When the forest murmurs and the mountain roars, then close  
your windows and shut your doors.  

For ages farmers have looked to the weather with hope or  
apprehension. A farmer’s world revolves around the  
seasons and weather and much of what is accomplished  
depends on what the weather brings. On the student farm,  
we have gained a deep understanding of this dependency.  
This has been a challenging spring for the farm. It has  
been cold and rainy, and we have also experienced high  
winds and hail. Last week we lost nearly two thousand  
squash transplants due to the high winds. The plastic on  
our tomato hoophouse was torn and nearly destroyed by  
the same wind storm. We are lucky that the damage thus  
far has not been worse. We have noticed however, that  
despite our committed effort, many of our crops are a bit  
behind due to the cold weather and lack of sunshine. For  
this reason we will be cancelling the CSA pick-up for  
next week (week 7). We will however, be extending the  
season for an extra week in October. You will still get 22  
weeks of fresh, organic, seasonal produce! Thank  
you for your support and understanding.  

The Students of the Farm  
Ashley, Sara, Crista, Brianne, Bethany, and Blake  

Farming Quotes

"The farmer has to be an optimist or he wouldn't still be  
a farmer." -Will Rogers  

"If you tickle the earth with a hoe she laughs with a  
harvest." -Douglas William Jerrold  

"Life on a farm is a school of patience; you can't hurry  
the crops or make an ox in two days."-Alain, Henri  

"It is only the farmer who faithfully plants seeds in the  
Spring, who reaps a harvest in the Autumn." -BC Forbes  

Gardening Wisdom of Old

I have noticed nearly a week’s difference  
between the germination of soaked and  
unsoaked seeds-and anyone who has  
practiced this will doubtless tell you the  
same story.  
*Garden Profits* 1911  

It is an excellent plan to mark the date when  
seeds should be sown on all the packets, so  
that by looking over the seed drawers once a  
month nothing escapes notice.  
*Gardened Plants: Their Propagation and  
Improvement* 1877
**Recipes**

**Sauteed Broccoli Leaves**
- 5 broccoli leaves
- 2-3 cloves garlic
- 1/2 yellow onion, sliced
- 3-4 T olive oil

Pasta

Prepare pasta according to directions on package. Wash broccoli leaves and pat dry with paper towel. Remove stems from leaves and slice into strips. Sautee leaves with garlic and onions in olive oil. Toss with your choice of pasta and salt as desired.

**Steamed Broccoli Leaves**
Wash broccoli leaves and remove stems. Lightly steam leaves until tender. Toss with butter or olive oil and sea salt. This is great with pasta, tomatoes and parmesan!

**Rolled Broccoli Leaves**
- 1 lb broccoli leaves
- 1 T olive oil
- 1 c chopped onion (fine)
- 2 minced garlic cloves
- vegetable broth
- salt to taste
- hot pepper to taste

Remove stems from broccoli greens. Wash and dry with paper towel. Stack 4-5 leaves together and roll up tightly. Cut across rolled greens, slicing thinly. Heat oil in Dutch oven. Saute garlic and onion in Dutch oven. Add broccoli greens and cook for 20 minutes or so, stirring frequently. Add additional broth if greens become dry. Add salt, peppers, cook 2 minutes.

**Farmer Spotlight**

(Sara with her new husband, Ben)

**Sara Hunt**
Sara is from Pocatello Idaho and graduated from USU with a degree in Environmental Studies and minors in Horticulture and Latin American Studies this May. Graduation was especially eventful for Sara because she also got married that same day. When not on the farm Sara loves reading, fishing, camping, and cooking. She recently learned how to butcher a chicken and is looking forward to learning more about animal care and local animal products.

**General Information**

**Volunteer Hours:**
- Tuesday 9am-2pm
- Wednesday 9am-2pm
- Friday 9am-12pm
- Saturday 9am-12pm
- Or by Appointment

*Also, if anyone knows of a scout troop, church group, or other summer program that would like to organize a volunteer evening or farm tour with us, let us know.

**Book Suggestions?**
If any of you have or know of any great books about organic gardening let us know! We would eventually like to have a library of reference books at the student farm. E-mail suggestions to ash.w@aggiemail.usu.edu

Thanks!

**Reusable Bag Fundraiser**
Have people been commenting on how cool your student farm bag is? They can buy one of their own! We are selling them as a fundraiser for $5.

**Recipes**
If you have any recipes that you love and that use the produce you have been getting from the farm and wouldn’t mind sharing them with other CSA members- send them on in to ash.w@aggiemail.usu.edu!