Compost

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Recommended Citation
Sherwood, Brianne; Hunt, Sara; Sorenson, Crista; Heineman, Bethany; Beyers, Blake; and Workman, Ashley Walker, "Compost" (2010). USU Student Organic Farm Newsletter. Paper 29.
https://digitalcommons.usu.edu/student_orgfarm/29
Farm News

It has been a great week here on the farm. More and more vegetables are ready to harvest as we move from spring and early summer to mid-summer. Things are growing well. We started our week right by learning about compost. We were even able to layer and build a massive compost pile on the South end of the farm. Nothing like hands-on experience! We also started our planter box building project. It was a long hot day of digging holes and pounding in support posts but we did it! The planter boxes will be full of fresh herbs and flowers soon.

As we continue to work on these and other farm projects we would like to encourage and challenge all of our CSA members to try and make it to the farm to volunteer for at least an hour before the season ends. Volunteering and getting your hands dirty can be very eye-opening and satisfying. So come on out, we would love to have you.

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

Pick-Up Policy Reminder

It is your responsibility to pick up your share during your assigned two-hour window on your assigned day. If you will not be there and would like to have someone else pick up your share during your assigned time that works great. If you will not be there and would like to arrange to pick up on a different day or different time, you need to let us know before hand so that we can work with you and make arrangements. If you do not make prior arrangements we can not guarantee that your share will be available. Thank you.

Gardening Wisdom of Old

Second Planting
To have a continuous succession of vegetables, make a new planting as soon as the last lot shows three inches above the ground. This is a better method than planting ten days or two weeks apart, for different sowings of seeds may come up all at once if cold weather checks germination.
A Garden Diary and Country Home Guide 1908

Water Roots Deep
Water to the bottom and extent of the roots, as much as may be. Wetting only the surface of the ground is of little use, and of some certain harm, as it binds the earth, and so prevents showers, dews, air, and sun from entering the soil and benefitting the roots as they otherwise would do.
Rev. Charles Marshall 1796

Sneak Peek- Plans to build a straw bale structure and adobe earth oven on the farm are in the works. It is quite possible that these projects will take place this fall. Hopefully many of you will have the opportunity to be a part of these exciting developments. Stay tuned!
**Farmer Spotlight**

**Bethany Heineman**

Bethany is from Provo Utah and is majoring in Horticulture with an emphasis in business. In addition to farming and sustainable agriculture, Bethany is interested in: biking, traveling, music, and of course, in experimenting with new recipes and farm fresh produce. She creates some amazing vegan dishes. She is a founder of a new organization on campus, Aggie Composters, that raises awareness and advocates for the composting of food waste on campus.

**Save the Date**

**Farm Family Day**

Mark your calendars! We are going to have a farm family day **Saturday, July 31**. The planning is ongoing, but most likely it will be in the evening for a few hours of mingling, farm touring, and BBQing.

More solid details are to follow in future news letters.

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**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 $4.

**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

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**Composting 101**

Composting is the process of mixing yard and household organic waste in a pile or bin and providing it with the right conditions to encourage decomposition. Millions of microscopic organisms take residence in the compost pile and devour the organic waste to produce a rich organic fertilizer and wonderful soil amendment. Here are some things to consider when starting a compost pile:

- All organic matter is made up of carbon and nitrogen and has a specific ratio of these two elements (C:N Ration). In order for your compost to perform well, your compost pile needs to have a ratio of about 25-30 parts carbon to 1 part nitrogen.

- Organic matter high in carbon include things like; sawdust, woodchips, newspaper, corn stalks, or straw. They are generally thought of as “brown” or “dry.” Things that are high in nitrogen include; coffee grounds, grass clippings, veggie scraps, alfalfa, etc. They are things that are generally thought of as “green” or “wet”.

- Add compost materials in layers, alternating moist nitrogen rich materials and dry carbon rich materials.

- Your compost pile needs to be kept about as moist as a wrung-out sponge for optimal results. Water it occasionally if needed.

- Your compost pile also needs air. To help aerate the pile you can give it a quick turn every few weeks with a pitchfork. Oxygen is required for the process to work. This also helps heat up the compost which is also essential to the process.

After some time you will have rich hummus-like compost to use in your garden.

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**California Grilled Veggie Sandwich**

**Ingredients**

- 1/4 cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/8 cup olive oil
- 1 cup sliced red bell peppers
- 1 small zucchini, sliced
- 1 red onion, sliced
- 1 small yellow squash, sliced
- 2 (4-x6-inch) focaccia bread pieces
- 1/2 cup crumbled feta cheese

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.

Preheat the grill for high heat.

Brush vegetables with olive oil on each side. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside. Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don’t burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.