Peas

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Baked Pea Risotto with Thyme and Lemon
Recipe adapted from Joy The Baker

1 small onion, chopped
1 T olive oil
1 T lemon zest
2 t fresh chopped thyme leaves
½ t ground black pepper
½ c freshly shelled peas
2 c Arborio rice
32 oz low-sodium chicken broth
1 ¼ c water
1 c grated Parmesan cheese
Salt to taste

Preheat oven to 350˚F. Grease a 9x13 baking pan and set aside. In a medium skillet, heat oil. Add onions and cook until translucent and browned. Add zest, thyme, and pepper. Toss to combine. Add uncooked rice, peas, and cheese. Place in baking pan and pour chicken stock and water over rice mixture. Stir gently to ensure even cooking. Place in oven and cook uncovered for 40-45 minutes, stirring every 20 minutes. Rice is done when liquid is absorbed and mixture is cooked through and creamy. If rice mixture is still crunchy, add more hot water or hot chicken stock about 1/3 c at a time. Add salt to taste.

Veggie Feature: Peas
Article by Jillian Cartwright

Things are really starting to take shape on the farm. Not that I’m an expert in gardening at all, but even I can tell that things are looking good when the peas start to come on. To me, peas are a gateway vegetable – when the peas are ripe, that means that the tomatoes, peppers, and plenty more are sure to follow soon. Nothing beats the shell peas from the farm. Cracking open the pods and popping those sweet little peas into your mouth is delicious and actually kind of fun. So get your shellin’ fingers ready to go, because you’re gonna go through a lot of peas for this risotto recipe. Just use however many you get in your share, or however many you have left after you enjoyed a few on the way home. This risotto is delicious – it’s fresh and oh so savory. And even though it’s a “cheater” version that doesn’t require an hour of constant vigilance and stirring, it really turns out quite well.

Zesty Yogurt Dip
Recipe courtesy of Casey Maher

2 1/2 cups plain low-fat or non-fat yogurt
1 cup parsley, finely chopped
1/2 cup green onion, finely chopped
1/2 tsp. garlic, minced
2 Tbsp. fresh lemon juice

Mix together and serve cold.
Article by Amanda Spackman
On the Farm News

Article by: Amanda Hawks

Another week has swung by! Summer has reached pretty much constant temperatures, the shares are getting big, and the strawberries have been delicious. All good things must come to an end however, and it’s looking like the strawberries are about done for the season.

However! Expect good size shares from here on out, assuming the bugs don’t eat everything! We’re trying to keep everything covered with row cloth, but the flea beetles and grasshoppers have been relentless. But, that’s how it goes with organic farming; we’ll keep up the battle and a good amount of the produce should pull through.

This last week on the farm, we finished filling the planter boxes and planted them with squash and cucumbers. I’m excited for these planter boxes; I’m hoping we’ll be able to have some winter production, including carrots, but we’ll see how it goes. Cover crops in the hoophouses have kept us from having winter production in the past, because soil fertility is so important in the organic method, so we’ll just have to see.

Yesterday we got out to the pumpkin patch and were weeding like crazy. Pumpkin days is going to be amazing this year! We’ve got tons of pumpkins and winter squash growing- and they all look great. We’re looking forward to all the good things coming up!

Meet your Farmers

Name: Alanna Nafziger
Major: Interdisciplinary Studies, Emphasis: Sustainable Agriculture
Hometown: Logan, Utah
Role on the Farm: Production Manager

Why did you choose to spend your summer on the farm?
I guess I chose to work here because I noticed that people in our country are becoming very disconnected from food, as a country we aren’t doing very well. This alarmed me, so I decided I wanted to learn to grow food so I could know where it came from before the market or the grocery store.

What is your favorite vegetable and why? That is really difficult. I really like carrots, because they taste good. You can also store them for a long time and keep them in the ground. They actually taste better after a few frosts. I appreciate things that don’t die at the first sign of frost.

What form of transportation best describes your personality? A rickshaw, and I’m not going to say why!

If you could be a superhero, what would be your super power and how would you use it to better the farm? If I could have a superpower I would have to go with weather control, like Storm from the X-men, because I could make everything grow perfectly.

Crop rotations, in which different things are planted in different places from year to year, allow the nutrients from the soil to be used differently year to year; depending on the type of vegetable and nutrient needs of each. We use a cycle of cover crops; over winter, we allow Herring Vetch, which is a legume, to grow and sit under the snow and then grow some more in the spring. As a legume, the roots have symbiotic relationship with bacteria which result in the synthesis of nitrogen. After the cover crop is tilled under, that nitrogen that has been created is in the top layer of the soil. To keep it there, we plant buckwheat through the summer which holds the nutrients there until we till that under and finally plant the vegetables for the season. Included in OMRI approved things, we use fish emulsion, bone feather (chicken matter), and compost (consisting of plant matter and cow manure that has reached a high enough temperature that all harmful bacteria has been killed); each allowing for different inputs of Nitrogen, Potassium, and Phosphorous. Our potting mix, which we plant our seeds in in the