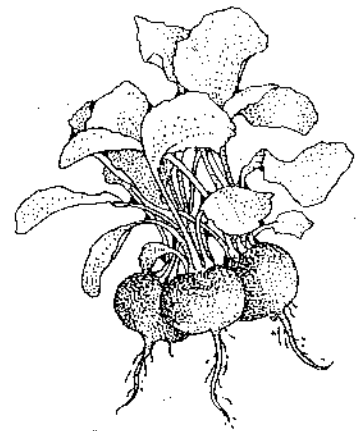




THE FULL BELLY BEET



What is Happening at Full Belly Farm!

A Newsletter For Full Belly's Community Supported Agriculture Project
October, 1994

Dear Friends,

We are pleased with your commitment to a new form of farm/consumer relationship. We've managed to eliminate the profit of both wholesaler and retailer in bringing our produce to you as well as being able to provide fresher, better tasting produce by having a direct relationship with you. Thanks.

Let me describe a bit about where your food comes from - Full Belly Farm. Perhaps some of you were able to attend either a work day or our recent "Hoes Down" harvest fair. If you have had a chance to visit our farm you know it to be a diverse farm of 100 acres in the upper Capay Valley, 50 miles North of Sacramento. We have been farming this land organically for the past 10 years and have evolved to the point where we presently are home to 5 farm partners, 4 children, 5 farm apprentices, 12 day laborers; as well as 60 sheep, 3 cows, 3 goats, 2 horses, dogs, cats, and chickens.

The Capay Valley is an agricultural valley primarily formed by the main riparian drain of Clear Lake. The soils at Full Belly Farm are generally excellent sandy loam and clay loam and because of our isolation, the soils are not impacted by much of the larger scale farming practices that impact lands in the Sacramento Valley. One of the farms boundaries is Cache Creek and 20 acres of wooded riparian zone. The creek is our main source of irrigation water.

We are busy growing our farm based on the notion of diversity. That is, we see nature around us reaching stability by balancing a wide variety of plants and creatures in a complex and interdependent system. Our farm is evolving along the same lines by including a wide variety of life forms on this farm; 70-80 different crops, a program of building long time soil fertility, livestock, orchards, and wild riparian areas, diverse farm crew community, cover crops, insectaries (areas where beneficial insects can grow and prosper) and finally you - a broad and diverse group of consumers and markets who by buying our products support us financially.

Farming is hard work. A days work is generally 10 hours for the farm crew and longer for those who live on the farm. We find ourselves driven by the economic reaction of land payments and livelihood as well as the social and spiritual values of creating a place where long term productivity and health are enhanced by our practices.

Paul Muller, Full Belly Partner



Paul with Davis Waldorf School students

This is our first month of including a newsletter in all the boxes. We want to strengthen the connection between the Farm and the supporters of the Community Supported Agriculture Project and thought this was a good way to do it. Besides the weekly farm letter posted at the pick-up locations, we will now also include a monthly newsletter in the boxes. The Full Belly Farmers will write about the farm and we will try to help you enjoy your vegetables by including recipes and cooking suggestions. We also want to hear from you about your ideas about being part of the Community Supported Agriculture Project and any of your recipes. Please leave any items at the pickup spots or send to Beth at 1114 Cornell, Albany, 94706

PLEASE REMEMBER TO PAY NEXT WEEK FOR
NOVEMBER VEGETABLES:

5 WEDNESDAYS = \$50.00

4 FRIDAYS = \$40.00

THANKS.

SPINACH STUFFED ACORN SQUASH

Submitted by CSA Member, Myrto Contogouris, from "The Vegetarian Journal" for subscription send \$20 to VRG-PO Box 1463, Baltimore, MD 21203.

2 acorn squash (can use other winter squash)
salt and pepper to taste
4 teaspoons oil
1 large yellow onion, finely chopped
1 teaspoon oil
1 cup cooked spinach, finely chopped
(could also use other greens)
1/2 cup toasted wheat germ, 1/2 cup dried currants
generous dash of nutmeg

Preheat oven to 375 degrees. Halve squash width-wise, remove stem and set aside seeds. Sprinkle cavities with salt and pepper. Place a teaspoon of oil and a teaspoon of water in each cavity. Set in deep, oven-proof dish. Surround with 2 inches of water, cover and bake at 375 degrees for 40 minutes until squash is soft.

While squash bakes, sauté onion until clear in 1 teaspoon of oil. Remove squash from pan, cool, spoon pulp into a mixing bowl, making sure to leave some flesh on shell sides. Mix squash pulp, sautéed onions, spinach, wheat germ and currants. Add seasoning to mixture. Refill squash shells with mixture and set in baking pan. Re-heat until piping hot. Serve with brown rice. Makes 4 servings.

Oven Roasted Turnips with Cilantro and Lime

4 large turnips
1 cup lightly packed fresh cilantro leaves, minced
1/4 cup lime juice
2 tablespoons extra virgin olive oil or salad oil
1 tablespoon honey, 1 teaspoon chili powder
1/2 teaspoon ground cumin, Salt and pepper

Peel turnips and cut into 1/2 inch wedges. Spread out in a 9-by 13 inch baking pan. Set aside. Combine cilantro with lime juice, oil, honey, chili powder, and cumin; stir until well blended. Pour about half the mixture over the turnips and gently mix until all wedges are evenly coated. Roast in a 450 degree oven until wedges are browned and very tender when pierced about 50 minutes, basting every 10 minutes with remaining cilantro mixture until all is used. Transfer to a platter and serve warm. Add salt and pepper to taste. Makes 6 servings.

Spicy Turnip and Red Daikon Soup

Recipes developed by Dylan Rayher

1 bunch turnips, 1 bunch red daikon, cleaned, quartered, save greens for another dish.
3 large carrots, rough 1/2 cut.

Boil above with water or vegetable stock; enough to cover vegetables and some. Salt to taste. Cook until very tender.

1 large onion, chop, 3 cloves garlic
Caramelize above, onions first in very hot olive oil, then lower to medium heat. Move occasionally, but watch closely not to burn. Add garlic at end, then add to soup base. While still hot, puree all the above in blender (or whatever you have) with the liquid. Soup will separate naturally, just whisk up to get it back together. Soup can be bulked up with either vegetable stock or water to desired thickness. Reheat soup and season with cayenne, white pepper powder, fresh ground black pepper, dried rosemary leaf (crush in finger tips to bring out flavor) and add honey to taste. The amount of seasoning is determined by your tastes. Garnish with sour cream or yogurt. Enjoy

Kale and Potato Soup with Red Chili

From Greens Cookbook

The Stock

The ingredients of this soup supply plenty of flavor, so use water to prepare a simple stock using the stems of the kale.

The Soup

1 bunch kale, 3 tablespoons virgin olive oil
1 medium onion, diced into 1/2 inch squares
6 cloves garlic, peeled and sliced
1 small dried red chili, seeded and chopped, or 1/2 tsp. chili flakes, 1 bay leaf, 1 teaspoon salt
4 medium red potatoes (can also use turnips!), scrubbed and diced into 1/2 inch cubes
2 teaspoons nutritional yeast(optional)
7 cups water or stock
pepper
Sour cream(optional)

Using a sharp knife, cut the ruffled kale leaves off their stems, which are very tough and take a long to cook. Cut the leaves into pieces roughly 2 inches square, wash them well, and set them aside

Heat olive oil in soup pot, add onion, garlic, chili, bay leaf, salt, and cook over medium high heat for 3-4 minutes, stirring frequently. Add potatoes and yeast, if using, plus a cup of water or stock. Stir together, cover and cook slowly for 5 minutes.

Add kale, cover and steam until it is wilted, stirring occasionally. Pour in rest of water or stock bring to a boil, simmer slowly covered until the potatoes are quite soft, 30-40 minutes

Use back of a wooded spoon to break up potatoes by pressing them against sides of pot, or puree a cup or two of soup in a blender and return it to the pot. Taste soup for salt and add generous grinding of black pepper. If possible let soup sit for an hour to let flavors develop. Can serve with sour cream if desired