

The Cover Crop

Volume III Issue 1

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Welcome to the CSA!

We'd like to take this opportunity to welcome all of our shareholders to this year's CSA at the Student Sustainable Farm at Rutgers! Thanks to a strong pre-season and some hard, early work, we're looking forward to a successful season! Look for deeper, more varied harvests as the weeks move forward.

The first week pick up is **Thursday**, the 9th, **from Noon-6** and **Friday, 8-Noon**. These will be the normal hours for pick up!

This Week's Harvest

Arugula, Kale (Red Russian), Lettuce, Radishes (*D'Avignon*, *Easter Egg*), Spinach, Mustard, Spectrum Greens, Spring Onions.

Student Stuff

Hey everyone! All the interns are excited to get on with the season. Most of us have been around all spring, planting in the greenhouse, cleaning out the sheds, organizing tools, clearing the fields, planting, weeding, and getting our tan on. So far, we're seeing results from our efforts- the greenhouse is absolutely packed to the gills with all sorts of young plants, and we've pulled in our first harvests- feisty radishes and keen fresh mustard greens notable among them. We just transplanted the tomatoes out of the greenhouse and tied up the cucumbers out in the high tunnels.

So who are we? Some of us study Agriculture or Biology, one of us Business, and another Podiatry. We're from North and South Jersey. Some of us wear bandanas, others, sombreros. Some of us hate cheese, some of us love beets. What we all have in common is a love for the SSF and a willingness to hear your feedback. So please, talk to us!

Director's Corner

We have a great group of interns this year. They have been a pleasure to work with this spring and I'm looking forward to a great year.

I would like to thank each of you for your support of the farm. It is an important part of Rutgers, particularly the School of Environmental and Biological Sciences. Without your support, we wouldn't be able to offer this wonderful program to our students each summer.

If you have any comments, questions or suggestions, feel free to e-mail me at thestudentfarmatrutgers@gmail.com or chat with me when you pick up your share.

-Ed Durner



"Home"

Farm Rules

(There's a lot of them this week!)

~ Don't speed! The speed limit on the farm is **5 mph**. This is because there are children, dogs, chickens, and out of control heavy machinery that all make their way blindly around the farm, over the roads, and through our fields. For everyone's safety, please be aware and drive slowly. Thanks!

~ Again, pickups are on Thursdays from 12 noon-6, and Fridays from 8-12 noon. If you really can't make it during one of these times, call ahead and we can set something up so that your food doesn't go to feed the interns.

~ When you come to pick up your food, there will be a sign-in sheet with all shareholder names and a little box to check off each week to let us know you picked up your share. So **please** put down a check, smiley face, initials, sticker, or whatever you desire when you pick up your share.

~ Please check the contact list next to the sign-in sheet to make sure we have all the proper info for you.

~ There is also a suggestion notebook for you to write down any concerns, recipes, haikus, rants, or other feedback you may feel the need to share with Dr. Durner, the interns, or other shareholders.

~ In the shareholder shed, there are signs announcing how much of each crop is allotted to each shareholder. **Please heed these signs and take only what you are supposed to.** This way, all shareholders get an equal amount of the harvest.

~ This is a CSA, not a store. We're part of a team, and this should harbor a sunny (so to speak) atmosphere. Unfortunately, this also means that the shares won't always have unblemished, massive, perfect favorites every week. We put out what we harvest, and we harvest what survives from what we plant, and we plant what we can based on seasonal conditions.

~ Please don't go walking out in the fields on your own! If you would like to see something out in the field, let one of the interns know.

Crop Of The Week: **Radish**



Radishes (*Raphanus sativus*) are edible root vegetables with attitude. They come in various shapes and sizes, but are characterized by their bulging bulb-like taproots. Radishes germinate quickly, which is part of the reason they are a feature of the first share of the summer.

We are fortunate that the sun finally came out, as radishes do best with lots of sun and tend to "split" in the presence of excess water. *Easter Egg* is a spicy mix of similar varieties with varying colors, while the *D'Avignon* variety is oblong, cylindrical, and typically slightly milder. Radishes contain potassium, ascorbic acid, and folic acid, as well as calcium, copper, magnesium, and

vitamins C, B6 and B2.

The spicy, peppery flesh goes great sliced in salads, and is an intern favorite in sautés and omelets. "Cool down" radishes by steaming them. Store radishes in a cool place, and keep them moist.

Pesky Pest Of The Week:

Army Worm (*Spodoptera frugiperda*)

The Army Worm, below, is the caterpillar stage of a moth. It multiplies rapidly and can decimate crops in a short amount of time. Army Worms got their name by their propensity to eat everything in sight and then move on- together, as an army, to the next food source. Army Worms curl up in a tell-tale defensive ball when disturbed.

Primarily, Army Worms chow down on grasses and small grain crops, but they'll go after several of our crops at the farm, including cucumbers. That's why our cucumbers are primarily housed in a completely agribon-sealed, newly engineered high tunnel. Army Worms respond to organic neem oil, derived from the neem tree, which disrupts the life cycle of most insects.



Army Worm in action
"I smell Cucumbers..."

Know Your Interns:

Liam Clifford

Nickname that didn't stick:

"The Beard"

Liam is glad to be back at the farm as the Senior Intern. A holdover from last year, Liam is the head honcho when Ed's not around. He's a Junior at Rutgers SEBS and is studying Agricultural sciences.

He hails from New Providence, NJ, but now lives in New Brunswick. His favorite place to eat in NB is "Cool Runnings," the Jamaican Restaurant ("try the goat! It's delicious!").

Liam likes skateboarding and hiking on the weekend, which is the only time he's not at the farm. He is a talented tractor driver, and a patient tiller (an important attribute for a farmer). Liam likes going back to his roots, and as such, his favorite vegetables are potatoes and beets. Least favorite thing on the farm? "*Thistle.*"

Recipes

This week's recipe comes from intern Tatiana, from Hawthorne, NJ.

"Quiroz Sautee"

- Sautee 1 onion and garlic clove (or other amount, up to you) to your liking
- Add cut russet potato- 15 slices of ¼ inch thickness, halved.
- Cook until soft.
- Add 1 cup vegetable broth
- Add 1 cup cannellini beans
- Stir frequently, and fold in +1 lb of spinach. Top with scallions, grated parmesan cheese, and turkey bacon, bacon, or bacon substitute.

Enjoy – Tatiana"