

The Cover Crop

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Welcome!

This Week's Harvest

Beans, carrots, chard, tomatoes, peppers, & Eggplant.

Recipes

Sam's Favorite Carrot Cake

-Allrecipes.com

Ingredients

- 3 eggs
- 3/4 cup buttermilk
- 3/4 cup vegetable oil
- 1 1/2 cups white sugar
- 2 teaspoons vanilla extract
- 2 teaspoons ground cinnamon
- 1/4 teaspoon salt
- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 2 cups shredded carrots
- 1 cup flaked coconut
- 1 cup chopped walnuts
- 1 (8 ounce) can crushed pineapple with juice
- 1 cup raisins

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8x12 inch pan.
2. In a medium bowl, sift together flour, baking soda, salt and cinnamon. Set aside.
3. In a large bowl, combine eggs, buttermilk, oil, sugar and vanilla. Mix well. Add flour mixture and mix well.
4. In a medium bowl, combine shredded carrots, coconut, walnuts, pineapple and raisins.
5. Using a large wooden spoon or a very heavy whisk, add carrot mixture to batter and fold in well.
6. Pour into prepared 8x12 inch pan, and bake at 350 degrees F (175 degrees C) for 1 hour. Check with toothpick.
7. Allow to cool for at least 20 minutes before serving.

Intern Stir Fry Option

Ingredients

- 1 tablespoon of Oil
- 3 Carrots, chopped into matchsticks
- a handful of Beans, cut to 1 inch pieces
- ½ an Onion, diced
- ¼ Peanut Butter
- 2 tablespoons of Soy Sauce
- Sprinkle of ground ginger
- Chopped Chile Peppers, to taste

Begin by cutting up all vegetables and frying in oil, in a pan or wok. Add the peanut butter and soy sauce, stir into a paste. Finally add the ginger. It is a bit goopy, so enjoy it while it is hot over rice or with some noodles.

Farewell!

Hi all, and welcome to the final week of the Summer Share. I hope you have enjoyed your veggies and experience from our Community Supported Agriculture (CSA) here at Rutgers University. We want to take the time to thank you all for your cooperation and an overall great season, for without you we would have no community. So, thank you.

I have personally had an amazing time providing vegetables each week. From growing and weeding, to

harvesting and distributing, everything was a whole lot of fun, not to mention I learned a whole ton. And many of you have provided me with great recipes, taught me something I would never dreamt of learning, informed me of world happenings, or had an enjoyable conversation with me. It was all a good time.

I will also say this was a Rock and Roll season because of the other interns; John, Kimmy, Tatiana, Dave, Andy, Michael, and Shyam. I hope everybody appreciated them as much as I did because they were amazing. Whether it was showing up early or between classes to get things done, or just staying motivated in the burning sun or freezing rain, they made this farm awesome.

Finally, the director of the Student Sustainable Farm at Rutgers, Dr. Ed Durner was an inspiration. Not only with his wealth of knowledge of plants, but is unending happiness he lead our farm. He especially made the farm enjoyable.

With that I leave some of you, but a few others I will see next Thursday for the beginning of the fall share.