

CSA Newsletter

Cooking Recipes

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Farm News

Edible Weed Information



“Nature can teach
us everything.”

-Mokichi Okada

Shumei CSA Newsletter: First Issue

Hello and welcome to the first issue of our CSA Newsletter! We are very excited to bring you information about our farm and CSA program. We appreciate your support of our farm; this support is one of our most invaluable assets, and allows us to continue to serve our community.

As you know, we conducted a survey of our CSA customers. According to the results of the survey, many of our

members would like cooking recipes and information on edible weeds. In this issue we have provided information on an edible weed from our farm, and three cooking recipes.

If you have any comments or suggestions, feel free to email or call us.

Thank you!

Masa, Eiko and the farm staff.

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Zucchini Patties



Preparation time: 15 minutes
Cook time: 15 minutes
Ready in: 30 minutes

Ingredients (serves two to three):

- 1 egg beaten
- 1 grated onion
- 4 cloves of garlic minced
- 2 tablespoons of olive oil
- 1/2 tsp. of salt
- 1/3 cup of chopped parsley
- 1 tsp. of oregano (dried or fresh)
- 1 large zucchini, grated
- 1 tsp. of baking soda

- 1/4 cup parmesan cheese
- white whole wheat flour

Combine all ingredients and add enough flour to thicken. Heat enough olive oil to coat fry pan, and put a dollop of zucchini batter in. When the batter is bubbly around the edges, turn over. When done, place cooked pattie on paper toweled plate to soak oil.

Tips: Zucchini patties may be placed on greased cookie sheet in oven at 400 degrees, and turned over when one side is done. Serve with a nice green salad, or soup, or can be eaten in a sandwich, with cheese and roasted red peppers and vegan mayonnaise.

Chinese Tomato & Cucumber Soup



Preparation time: 15 minutes
Cook time: 25 minutes
Ready in: 40 minutes

Ingredients (serves two):

- 2 tomatoes
- 2 cucumbers
- 1 clove garlic
- 1 egg, beaten
- 2 teaspoons olive oil
- 1 teaspoon salt
- 1.5 cup water
- 1 teaspoon sesame oil

Dice tomatoes, mince garlic, and peel and slice cucumbers. Sautee garlic and olive oil in medium soup pot for three minutes on medium heat, taking care not to burn the garlic. Add tomatoes and cucumbers, and stir frequently and add salt. Simmer until tomatoes begin to liquefy. Add water and increase heat until the soup boils. Reduce heat. Stir in beaten egg. Add sesame oil and stir.

Tips: You can substitute chicken broth for the water. You may also add potato, green pepper, or any other vegetable to this soup. Ground, black pepper can be used to make a spicier soup.

Homemade Salad Dressing



Preparation time: 1 minute
Cook time: 4 minutes
Ready in: 5 minutes

Ingredients (serves two):

- 2 teaspoons sesame seed tahini
- 2 teaspoons apple cider vinegar
- 2 teaspoons soy sauce
- 1.5 teaspoon agave syrup
- 1 teaspoon sesame seed
- 0.5 toasted sesame oil

Add tahini, vinegar and soy sauce together in a bowl. Blend with a whisk until smooth. Add agave syrup, sesame seed, and sesame oil. Blend until smooth.

Tip: You may substitute maple syrup for agave syrup; if you use another sweetener, you may adjust the amount to your preference. You can also use brown rice vinegar instead of apple cider vinegar.

Edible Weed

Can we eat weeds? Amaranth



Have you ever seen Amaranth? Some people do actually intentionally grow this plant. I had not seen it until I came to the farm. It grows easily and strong; we have weeded it since spring....

Since I had identified Amaranth as a weed, I did not think it was edible. One day, as I was weeding in a field, Masa told me that Chinese people eat Amaranth and call it *yin choy*. I was surprised by Chinese people's taste for

this plant, but then I remembered a saying I heard – the only things with four legs that Chinese people will not eat are tables and chairs. I greatly respect Chinese cooking for its creativity.

Many people on our farm staff, such as Paul, Bruce, Kenny, Eiko, and Sam, know Amaranth is edible, but they have not tried it themselves. Only David, an intern in our farm, has tried it. According to David, he just stir-fried it with salt and olive oil, and it came out tasting like spinach, with a very healthy, green flavor.

Upon hearing this, I checked Wikipedia, and it turns out many consider Amaranth to be a great crop because of its high tolerance to arid environments and high nutritional value. Well, I suppose I had better at least try it!

Farm News



From the Classroom to the farm: Children visit our farm

On September 28th and October 1st, 1st and 2nd grade students at San Lorenzo Valley Elementary School visited our farm to see and experience Natural Agriculture. We provided an opportunity to pick strawberries, collect sunflower seeds, and also provide a nature game in which children matched which seed is produced by which vegetable. In the nature game, Yuichi, one of our farm staff members, provided a magic show that made learning fun.

We have started allowing children's visit from their classroom since last year. The field trips are an importance of a child's education. As you know, the future generation plays an important role in addressing the problems of today and trying to solve them in new ways that we may not realize. One of the important

problems in the world today is food supply. In recent decades, people have been completely isolated from agriculture. Less than 1% of the total population of the U.S.A works on a farm; the other 99% are just consumers. This situation may affect a change of thinking of children and their diets. We have considered this situation and would like to be a contributor in improving it.

By touching and observing nature, children can understand where their food comes from. We hope this first hand experience encourages eco-friendly attitudes and minds.