

## Shumei CSA Newsletter: Sixth Issue

### Contents

April Farm News  
May Farm News  
Profile of Farm Member  
Edible Weed  
Monthly Recipe  
Wellness for Life



### April Farm News

Spring is here according to the calendar, but when you see the dark clouds in the sky, and are out harvesting in the rain, it strongly awakens a sense of winter in the air again. Burr, it has been a cold spring indeed! We have been taking cover in the greenhouse and transplanting our tomato, pepper, and eggplant seedlings into larger pots so that they would be able to grow big and strong, and ready for later transplanting into the field. We have also seeded okra, kabocha and cucumber and later transplanted them into pots while still in the embryo stage. We use this method to ensure a better germination rate. Our onion seedlings were transplanted into the field the early part of April, as well as the lettuce seedlings from the greenhouse.

Shumei Santa Cruz Farm is currently providing vegetables once a week to San Lorenzo Valley Elementary School and Boulder Creek Elementary School's lunch program. The children are so fortunate to get to eat such great tasting vegetables for their lunches. We visited them while they were being served our vegetables, and it was wonderful to see them so enthusiastically munching on carrots and fresh salad greens.

We were asked by San Lorenzo Valley School's Food Service Director, Kimberly Clark to attend a Health Expo that the school was creating. The high school children were mentoring the grammar school children about good health habits, hygiene, and

incorporating more fruits, vegetables, and wholesome foods into their diet. The high school students made billboards and gave demonstrations and speeches at their booths, while the grammar school kids went from booth to booth learning new things. Shumei Santa Cruz Farm had a table set up with fresh salad greens and homemade tahini dressing. The farm staff was there to explain our Natural Agriculture methods, while students, teachers, and parents were enjoying a freshly made salad. The Health Expo was one of it's kind, and proved to be a very successful method in getting the message across to the younger children while reinforcing good health habits in the high school age group.

The Ladies of Bonny Doon Club had their monthly meeting at the farm for the month of April. On the last Thursday of the month Eiko and Rosann hosted 11 members in the farm house. We had tea and coffee as well as Eiko's fresh baked carrot bread (made from carrots and wheat and rye flour from the farm). It was so wholesome tasting. Then while the ladies conducted their meeting they happily munched on freshly farm picked snap peas and carrots dipped in Eiko's tahini dressing. Rosann gave a talk on Natural Agriculture and later gave a farm tour. Two LBD Club Members became CSA Members and they will be receiving fresh boxes of vegetables every month. We are grateful for their support of our farm.

## May Farm News



On May 1<sup>st</sup>, a new WWOOFer joined our team. His name is Rami and he comes from Egypt. He is planning on staying at the farm until the end of July. He is interested in Natural Agriculture and bringing back the knowledge he acquires here at the farm, and maybe will become a N/A farmer when he returns to his homeland one day. While chatting with us he expressed his disapproval with the current conventional farming practices in Egypt. Way to go Rami! We appreciate his attempt to try and make changes for a healthier planet and it's inhabitants.

On the vegetable side of the month, we transplanted our big tomato plants, zucchini, and kabocha squash, melons, watermelons and cucumbers from the greenhouse into the field. They are growing well, and are off to a good start. Basil, green beans, and corn, was directly seeded into the field.

We are going to have a Meditation Garden here at Shumei Santa Cruz Farm. How exciting! The plans and the proposed pathways are well underway, and it should be completed by early July or sooner. So, if any of you are planning to attend our Open Farm Event this year in early September, don't forget to take a peaceful and relaxing stroll

around the beautiful garden that is next to the farmhouse.

Back to School Night – May 12<sup>th</sup> Boulder Creek Elementary School . We were asked by the Food Service Director of Boulder Creek Elementary School, Kimberly Clark, also the Food Service Director for SLV Elementary School to attend their back to school night and set up a table displaying our brochures on N/A, and to provide a tasty, fresh, salad for their barbeque and bake sale get together. Kimberly wanted the parents to have a taste and sample the great vegetables that their children are being provided in their school lunch program every Wednesday. Most parents were amazed at the quality and taste of the lettuce , snap peas, and carrots in the salad. They were surprised to know that the farm is in Bonny Doon and practices Natural Agriculture. Many parents expressed how grateful they were that N/A vegetables were being served to their precious little ones. Many parents wished Shumei's N/A vegetables could be served everyday of the week. We are very happy to be contributors to the health of our future generation.



## Profile of Farm Member: Keisuke Nakagawa

By Rosann

A dedicated farmer, who is hard working, patient, kind, respectful, and always caring for others, as well as the vegetables he grows, describes our Shumei Natural Agriculture Farmer, Kenny. He is sometimes referred to as a "Samurai". Being close to nature, he likes to teach our WWOOFers the beauty of working in a Natural Agriculture environment. With his great sense of humor, Kenny is usually ready to tell you a joke, which makes working with him a lot of fun. When I started working here at the farm, and doing a lot of weeding, Kenny would enlighten me with his knowledge of history, especially the history of Japan. He was born and raised in Kawasaki, Japan on August 7, 1964. Kawasaki is a big industrial city, next to Tokyo. At the age of nine (9), his family moved to Sydney, Australia, because his father's employment forced them to make the move. His father was an engineer, repairing diesel ship engines.

While spending 5 years of his childhood there until the age of 14, Kenny attended a Japanese School and was also taught English there as well as in the home. The family had a live-in English tutor, which made learning English easier for all of them.



At age 14, Kenny and his family moved back to Kawasaki, Japan. At age 19, Kenny attended the Tokyo International University. After 6 years of studying, he earned a B/A degree in Sociology and Comparative Cultures. Being a Shumei Member, led Kenny to become a volunteer at Shumei headquarters, in Misono, for 6 years. He was then employed in the Natural Agriculture Department in Misono. He spent time farming vegetables using N/A methods on Kishima Island for 3 years, and also in Misono growing many different kinds of vegetables for 3 more years. Back at home in Kawasaki, Kenny was a green tea and shitake mushroom farmer.

After Shumei purchased the Santa Cruz Farm, Kenny was asked to become a farmer at Shumei Santa Cruz Farm. Kenny had good English speaking skills along with great N/A knowledge so he quickly became an asset to the farm, since he moved here in 2006. He says he lives a very fulfilling life here, growing N/A vegetables because he can contribute to the health of his fellow human beings, as well as the environment.

Kenny got married on February 11, 2009, in Japan. He then returned to the farm, and in March, Yuko, his new bride joined him, and they now reside in Bonny Doon.

In his spare time, Kenny plays the Marimba in a Marimba band, and performs at various events, as well as friend's wedding parties. He likes listening to music at the Baroque Festival at UCSC, and is an accomplished Origami artist. Making fruit liqueurs with vodka, whiskey or brandy is something Kenny learned from his mother. He has made rum raisin liqueur by putting raisins into rum. It is great on top of ice cream Kenny beams.

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Here is a recipe that Kenny learned from his mother and he would like to share it.

#### APPLE LIQUEUR

- 1 quart of Vodka (recommended) brandy or whiskey could also be used
- 1 pint of sliced apples or ½ lb.
- ½ pint of sugar – maple syrup or agave syrup, or cane sugar

Put into a large wide mouth jar. Let it all sit for 6 months. After 6 months you can try it, but if you wait for 1 year it will be very good and ready to serve. Compai !

You can substitute any other kind of fruit or berry for the apples, and keep the amounts the same. So, enjoy any type of fruit liqueur that you prefer !

If more people could visit the farm and appreciate farming in the Natural Agriculture way, or want to become a N/A farmer, Kenny's visions for the future would become fulfilled.



## Edible Weed: Miner's Lettuce

By Masahide

#### How to identify:

Miner's lettuce is easy to identify because it has a uniquely unusual shape. At the top of its stalks are leaves shaped like a dish. Small white to pinkish flower clusters are slightly above the characteristic leaves. Near the base of the plant, oblong leaves are grown. Leaves, stems, flowers are all edible.

#### How to cook:

Generally, it is eaten raw in salads. For a delicious salad, toss together leaves, flowers and stems. Combine three parts miner's lettuce with one part watercress and one part sheep sorrel for a refreshing and healthy salad.



Add a squeeze of fresh lemon juice and a sprinkle of sugar. For flavor variation, drizzle with vinaigrette or other favorite dressing. Seasoned croutons add a delicious crunch. It may be boiled or steamed like spinach. To store, wrap in a perforated plastic bag; refrigerate in crisper drawer. Use within a few days as this delicate plant tends to deteriorate quickly.

#### Nutrition facts:

Miner's lettuce is rich in vitamin C and vitamins A. This nutritious lettuce is credited with preventing scurvy among the early miners of the Northwest.

*Information from Specialty Produce: Miners Lettuce*

## Monthly Recipe

By Rie

### Spring Green Soba Salad

Serves 4

#### <Ingredients>

- 1 cup carrots cut into matchsticks
- ½ cup radish thinly sliced
- 1 cup arugula cut into 1 inch
- ½ cup radish top cut into 1 inch
- ½ cup mizuna cut 1 into inch
- 2 green onions finely chopped
- 8 ounce soba noodles
- 1 tablespoon toasted sesame oil
- 1 teaspoon graded ginger
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice or rice vinegar
- 1 tablespoon toasted sesame seeds



#### <Methods>

Bring a large pot of water to a boil. Boil the soba noodles per package instructions.

Drain noodles, run under cold water for about a minute to stop cooking, and set aside.

Make the peanut dressing by combining Toasted sesame oil, graded Ginger, Soy sauce, and Lemon juice or vinegar in a big bowl.

In the dressing bowl, put carrots, radish, arugula, radish top, mizuna and soba noodles, and mix them well.

Garnish with toasted sesame seeds.

### Carrot Oatmeal Cookie

After your initial batch experiment with the type of nuts/seeds you use. Lemon zest, clarified butter, and olive oil might be ingredients to play around with as well! I love the flavor and richness the coconut oil brings to these cookies. If you have a hard time finding whole wheat pastry flour, feel free to substitute unbleached all-purpose flour.

#### <Ingredients>

- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- scant 1/2 teaspoon fine grain sea salt
- 1 cup rolled oats
- 2/3 cup chopped walnuts
- 1 cup shredded carrots



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- 1/2 cup real maple syrup, room temperature
- 1/2 cup unrefined (fragrant) coconut oil, warmed until just melted
- 1 teaspoon grated fresh ginger

## &lt;Methods&gt;

Preheat oven to 375F degrees and line two baking sheets with parchment paper.

In a large bowl whisk together the flour, baking powder, salt, and oats. Add the nuts and carrots. In a separate smaller bowl use a whisk to combine the maple syrup, coconut oil, and ginger. Add this to the flour mixture and stir until just combined.

Drop onto prepared baking sheets, one level tablespoonful at a time, leaving about 2 inches between each cookie. Bake in the top 1/3 of the oven for 10 - 12 minutes or until the cookies are golden on top and bottom. Makes about 2 1/2 dozen cookies.

## Green Soup with Ginger

Serves 5-6

Add a bit of miso or tamari at the very end to deepen the flavor, but you should add it sparingly, and taste as you go!

## &lt;Ingredients&gt;

- 1 large yellow onion (250g)
- 2 tablespoons (30 ml.) olive oil
- 1 1/2 teaspoons sea salt, plus more to taste
- 1 large sweet potato (12 ounces; 350 g)
- 2 Green onions, white and light green parts (5 ounces; 140 g)
- 1 bunch spinach (8 ounces; 225 g)
- 1 large bunch chard (12 ounces; 350 g)
- 3 tablespoons (30 g) chopped fresh ginger, plus more to taste
- 2 cups (500 ml) good-tasting vegetable broth
- 2-4 teaspoons fresh lemon juice
- freshly ground black pepper



## &lt;Methods&gt;

Chop the onion and cook it slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until it is soft and golden, about half an hour.

Meanwhile, peeled and diced the sweet potato and put it in the soup pot with 4 cups (1 liter) water and a teaspoon of sea salt. Thoroughly wash the green onion, spinach, and chard, chop them coarsely, and add them to the pot, along with the chopped ginger.

Bring the water to a boil, then lower the heat and simmer the soup, covered, for 30 minutes, or until the vegetables are completely tender. Add the caramelized onions when they are ready. When the vegetables are soft, add the vegetable broth (you can add less if you like a thicker soup) and decide whether you want your soup chunky, like this, or smooth. Stir in 2 teaspoons of the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.

## Wellness for Life

By Rosann



Become an “artist of life”. You may be thinking to yourself, what does that mean? We know what art is and it has many different forms. To be a great or good artist takes training, or some are gifted with this talent naturally, as if they have been to dozens of art classes. Being an “artist of life, is very much the same way. Some of us are gifted with knowing (very intuitive) how to keep our lives in balance and in return achieving great harmony with our mind/body/spirit, which yields good health. But, the rest of us that are not gifted with this talent, (but need to learn how to develop it) often feel bewildered about many things in life, and find themselves in an ongoing spiral of discontent, poor health, and a weak connection to the spiritual world, spirituality, and their inner spirit. The health of your mind/body/spirit are interconnected. You cannot achieve total balance or great health without being in balance with all three. So, I have developed a checklist that is easy to read and understand, and at first glance you will be able to help yourself be or stay in balance.....hopefully! (The checklist will be in the next issue of the CSA Newsletter). Remember it takes work, but aren't all things that are good for you take work? Life is a challenge, so step up to the batter's diamond, and hit some home runs, and contribute to a healthier

balance of mind/body/spirit !!!

Many of us think we don't have the necessary tools to get into balance. But, we do. One of the tools is our “mental energy”. Your desire to be and live from greatness is an aspect of your spiritual energy. In order to create balance in this area of your life, you have to use the energy of your thoughts to harmonize with what you desire. Your mental energy attracts what you think about. For example: thoughts that pay homage to frustration will attract frustration. The more you think that you will fail, the universe will match your mental energy of that negative energy. If you think positive thoughts, that you will do good, then the universe will bring all good things your way. What you think you will attract.

The single most important tool to being in balance is knowing that you and you alone are responsible for the imbalance. You can create a new alignment with your mental energy and instruct the Universe to send positive opportunities your way to correct this imbalance. When you do so you will find out that the world of reality has its limits, and the world of your imagination is without boundaries. Out of this boundless imagination comes the sprouted seed of a reality that has been screaming to be restored to a balanced environment.

Chose to restore a semblance of balance between your dreams and your habits. Believe in yourself and chose to change your habits. Doing this will bring about an energetic alignment. When you shift to firmly believe in looking up and seeing, and letting go of old habits, the Universe conspires to work with you and will send you precisely what you're thinking and believing. Be patient, it doesn't always happen instantaneously, but once the realignment has started in your thoughts, you have begun being in balance.