

CSA Newsletter

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“Nature can teach
us everything.”

-Mokichi Okada

Shumei CSA Newsletter: Second Issue

Hello and welcome to the second issue of our CSA Newsletter! We appreciate your support for our farm; this support is one of our most invaluable assets, and allows us to continue to serve our community.

Winter is approaching and we have started growing winter vegetables, such as broccoli, swiss chard, and carrots. We have also started building a new green house so that we will be able

to provide more vegetables to you and the community.

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

Thank you!

Masa, Eiko and the farm staff.

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Kimpira Carrots



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

Ingredients (serves two):

- 1 carrot, cut thin
- 1tsp. sesame oil
- 1Tbsp. sesame seeds
- 1Tbsp. soy sauce
- 2tsp. sugar
- 2tsp. sake

Heat the sesame oil in a small skillet over high heat.

Add carrots and stir for 2 to 3 minutes making sure they don't burn.

Add the soy sauce, sugar, and sake and stir until liquid has evaporated.

Turn off the heat, mix in the sesame seeds.

Kimpira is a traditional Japanese dish, which is stir-fried and salty-sweet with sugar, soy sauce, and sake. We usually use burdocks, daikons, and carrots.

Chinese Cabbage Stew



Preparation time: 15 minutes
 Cook time: 20 minutes
 Ready in: 35 minutes

Ingredients (serves two):

- 1/4 of a chinese cabbage, cut into the big pieces
- 1/2 of a carrot, cut thin
- 1 Tbsp. olive oil
- 2½ Tbsp. wheat flour
- 3/4 cups vegetable broth
- 1 bay leaf
- 3/4 cups soy milk
- kosher salt and pepper

Heat the olive oil in a small soup kettle over high heat.

Add the carrots and chinese cabbage and stir for 2 to 3 minutes.

Add the wheat flour; mix well.

Add the vegetable broth, the bay leaf and cook until they're softened.

Add the soy milk, season to taste with salt and pepper.

Sautéed Swiss Chard



Preparation time: 10 minute
 Cook time: 15 minutes
 Ready in: 25 minutes

Ingredients (serves two):

- 1 small bunch swiss chard
- 1 thinly sliced garlic clove
- 1 Tbsp. olive oil
- 1 Tbsp. red wine
- 1 Tbsp. lemon juice
- kosher salt and pepper

Heat the olive oil in a stir-fry pan over medium heat, cook the garlic until fragrant.

Add the swiss chard; cook, stir until slightly soft.

Add the red wine, lemon juice and season to taste with salt and pepper.

Edible Weed

Purslane



I would like to introduce Purslane as an edible weed in this issue. Purslane has a very unique appearance. It has a smooth, round, reddish stem like spaghetti and a spatula shape leaf. It is completely smooth, not hairy.

I found Purslane while I was weeding. One of our interns told me that it was edible, so I tried it. It was actually good. It was chewy and somewhat juicy.

According to NutritionData.com, Purslane is a good source of Thiamin, Niacin, Vitamin B6 and Folate, and a very good source of Vitamin A, Vitamin C, Riboflavin, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.

With all of those beneficial nutrients for the body, it can lead one to want to try an edible weed. I just picked and ate it, but I am sure it can be used for a salad or stir-fry.

As a word of caution, if you want to try a weed, please obtain advice from a person that is familiar with the native weeds in this area.



Farm News

Seed Saving: Why Do We Collect Them?



As you know, we have collected seeds from our vegetables. This is the season to collect seeds from summer crops, such as zucchini, cucumbers, green beans, corn, and soybeans. From the perspective of conventional farmers, seed saving is non-sense because it takes time and labor. In addition, collected seeds do not always promise good results. They believe that buying seeds from a seed company is cost-effective for farmers. If that may be true, why do we collect seeds? The reasons are 1) to grow plants that are suitable to this region and 2) to maintain biodiversity.

Plants can adapt to the regional climate and soil by using their genes in a seed. Most seeds sold in a market are grown by applying chemical or organic fertilizers. These seeds become familiar to the application of fertilizers, so they will not grow well by Shumei Natural Agriculture methods because we do not apply fertilizers. Therefore, using seeds grown by the Shumei Natural Agriculture method is very

important to our success and benefits everyone as well.

Another reason to save seeds is to maintain biodiversity. According to “The Future of Food” (a DVD), more than 5,000 varieties of potatoes used to be grown in the world. Now, only 4 varieties are grown in the world. This creates an environment that is susceptible to disease and pests. If a farmer grows one type of vegetable in his whole field, and if pests appear which prefer that vegetable, the vegetable will be eliminated. As a result, the farmer cannot earn his livelihood. Maintaining biodiversity, even in a small field, helps to increase a buffer against a shock.

If you would like to learn more about biodiversity, you will find it in “The Future of Food”. We would be able to lend it to you for your enjoyment.