

## Flood at the Farm

We were awakened in the middle of Friday night with a lightening bolt that sounded like it hit our house. As I lay in bed, I kept waiting for it to stop raining...thinking that I would be getting up soon to harvest the broccoli, cauliflower and other crops...and knowing that I did not have a good rain jacket. Well the rain did not stop and when I got up and looked outside the pecan orchard and parts of the vegetable field were several inches under water. A couple work share members also called and asked if we would still be harvesting vegetables for the boxes. Thankfully five of them made it to the farm and despite the muck, rain and freezing cold (for Texas) we managed to get the boxes prepared. Although, as soon as everyone arrived, I thought they were all going to leave when a lighting bolt cracked just above us! Today I checked the computer for yesterdays Austin-Bergstrom Airport rain total and it was nearly 4.5 inches. Don't mind the mud on the boxes!

### BOX ADDITIONS AVAILABLE

#### FREE RANGE EGGS & ORGANIC COFFEE

Included in the box this week are samples of organic/fair trade coffee and a half-dozen free range eggs. The coffee is from Texas Coffee Traders [www.texascoffeetraders.com](http://www.texascoffeetraders.com). The owners are CSA members. We thought that adding their coffee as an option to the boxes would be something our members would be interested in. We have been drinking their coffee since we use to sell at the Austin Farmers Market and we really like it. We can add *1 lb of organic coffee* for *\$10.50*...choose whole bean or ground Just like last year *fresh free range eggs are \$4.00 per dozen or \$2.00 for a half dozen.*

Eggs and coffee will be placed in a separate box and cooler for pickup at the drop off locations. Please email us or mail us a note and a check if you would like eggs or coffee added to your future boxes.

### NEW WALKING TRACTOR

I made a new equipment purchase this past week. I bought a new Grillo tiller. It is a bright green Italian made machine and it will be replacing the 26 year old Troy bilt that I have been using. For several months I have been trying to make a decision on purchasing a replacement tiller or a tractor. With the tight budget we are working with and the large amount of expenses in getting the farm operational we opted for the less expensive choice. We still plan to add a tractor and other implements to the equipment lineup but they will have to wait until next year. The tiller will be used to prepare the field for planting behind the pecan orchard. We will also have to extend the irrigation system. About a 1000' more pvc pipe will be buried to bring water to this 3 acre field where we plan to plant tomatoes and a lot of our summer crops.

### REMINDER

Please either return your box each week or bring a cooler to transfer the produce contents to at pickup. We reuse the boxes each week and they are costly to replace.



This is a picture of the tiller we are expecting delivery of next week

In your share this week:

Cauliflower	Beets	Arugula
Broccoli	Radishes	Dinosaur Kale
Green Garlic	Turnips	New potatoes
Red Swiss Chard	Rio Red Grapefruit	
Beauregard Sweet Potatoes		

\*we planned to include baby butterhead lettuces but with the cold and rain we forgot!

## Recipes

### BROCOLLI AND CAULIFLOWER SALAD

2 bunches fresh broccoli  
Crumbled bacon bits  
Grated cheese  
Any or all of the following: Grapes halves, Cauliflower, Slivered Almonds, chopped purple onion,

Sauce: Mix together in a small bowl and pour over other ingredients.

1 cup mayonnaise  
4 tbsp apple cider vinegar  
1 - 2 tbsp sugar  
salt  
pepper

Preparation: Cut the florets of broccoli. For a less crunchy salad, blanch or steam the broccoli (and cauliflower, if used) briefly.

Mix everything together, but add almonds and bacon bits (if used) at the last minute so they will stay crunchy. Salt and pepper to taste, if desired.

Source: From Kevin from the Austin Master Gardening Class, September 2006



Farm Crew - Left to right from top Kristin, Susannah, Jesse, Kelli, and Betsy. Not pictured are Matt and Grit. Grit and her husband will be moving into the house on the farm this week.

### **BEET, GOAT CHEESE AND PINE NUT SALAD** (serves 12)

#### Ingredients:

1 1/2 lb beets  
 1 lb mixed salad leaves  
 8 oz. goat cheese  
 4 oz. pine nuts  
 1 bunch of basil  
 2 garlic cloves  
 1/2 C olive oil  
 freshly squeezed juice of 2 lemons  
 salt and pepper

#### Preparation:

1. Put the beets in a roasting pan and roast in a preheated oven at 350°F for 45 minutes. Let cool, peel and cut into bite sizes.
2. Put the mixed salad leaves on a big serving dish, add the beets, crumble goat cheese on top, then sprinkle with pine nuts and torn basil leaves.
3. Mix chopped garlic, oil and lemon juice together. Season with salt and freshly ground black pepper and pour over the salad. Serve with bread or toast.

Source: Easy Vegetarian, published by Ryland, Peters & Small

### **CALZONE** (makes 4)

#### Dough:

3 to 4 C of flour  
 1 tbsp yeast  
 1 tbsp honey  
 1/2 C milk  
 1/4 C water (best carbonated water)  
 1 tbsp Olive Oil  
 pinch of salt

Preparation: Warm milk with honey on stove. Add yeast to it. Pour flour into a large bowl. Make a hole into the middle of the

flour hill, pour milk mixture in it. Let mixture sit for 5 to 10 minutes until the yeast bubbles up. Add water, olive oil and salt and knead the mixture into a dough. Add more flour as needed.

Let dough rise for 1/2 hour at a warm place. In the meantime prepare the filling. Using puff pastry or filo dough instead of making the dough from scratch also works fine.

#### Filling:

mushrooms (1 small container)  
 1 bunch of collard greens (kale or swiss chard work also)  
 1 clove of garlic  
 onion or garlic greens  
 olive oil  
 salt  
 pepper  
 chili powder  
 fresh oregano or thyme (optional)  
 provolone cheese

Preparation: Cut mushrooms and greens into slices, chop garlic. Grate cheese. Sauté the garlic in olive oil. Add mushrooms and season with salt and pepper. After the mushrooms have been 3/4 cooked down, add the greens and more olive oil. Continue



Betsy's first day at the farm. "Do I look cold?"

cooking until greens are soft and tender. Add onion or garlic greens and fresh herbs, season with chili powder, salt and pepper and cook for another minute.

Cut dough into 4 pieces, roll flat and spoon the mushroom filling and cheese onto one half. Make calzones. Brush olive oil on top of the calzone. This makes a nice golden color during baking. Bake at 350° F for 1/2 hour. The calzones are ready when the dough has turned golden.

Source: modified from the "Schrot & Korn" magazine, a healthy-eating magazine distributed in German organic grocery stores

# Johnson's Backyard Garden

## 2007 CSA Signup Form



### Where would you like to collect your box each week?

- Hyde Park - 4408 Barrow Avenue (1-7pm)
- South Austin Pickup- Jones Road/Manchaca Area (1-7pm)
- Downtown Austin, Eastside - 1305 Holly Street (1-7pm)
- Farm Pickup - 9515 Hergotz Lane - Near Austin Bergstrom Airport (12:30-7pm)

### Pick-up Frequency?

- Introductory Box
- Every week
- Alternate weeks

### When would you like to start?

- January 20<sup>th</sup>
- January 27<sup>th</sup>
- Other Saturday \_\_\_\_\_

2007 CSA Box Calendar - Saturday Pick-ups

January	February	March	April
6 13	3 10	3 10 17	7 14
20 27	17 24	24 31	21 28
May	June	July	
5 12	2 9 16	7 14	
19 26	23 30	21 28	

### Payment frequency?

CSA members make a seasonal commitment to our farm but can make payments monthly or seasonally.

- One-time introductory box (\$28.50)
- Alternate week box - (\$57\*) monthly
- Weekly box - (\$114\*) monthly
- Alternate week box - (\$400) seasonally **One free box!**
- Weekly box - (\$800) seasonally **Two free boxes!**

\*Please be aware that payment may need to be adjusted for March and June if you receive an extra box

### Box Additions?

Free-range eggs  \$4.00 per dozen  \$2.00 per half dozen

Coffee - Certified Organic/Fair Trade from Texas Coffee Traders  1 lb. whole bean \$10.50  1 lb. ground \$10.50

If you are going on vacation and would like to put your box on hold or change your pick-up location, e-mail or call the farm (389-2515) the Friday prior to your next delivery.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

\*\* Once we receive your payment we will contact you to confirm your membership and provide pickup instructions. Questions? E-mail [bjohnson88@sbcglobal.net](mailto:bjohnson88@sbcglobal.net) or call (512) 389-2515

Mail this signup form with payment to:

**Johnson's Backyard Garden**  
9515 Hergotz Lane, Unit E  
Austin, Texas 78742