

NATURAL BRIDGES FARM NEWS

A weekly, seasonal publication of life at the Homeless Garden Project's Farm

June 8, 2012

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FARM MUSINGS



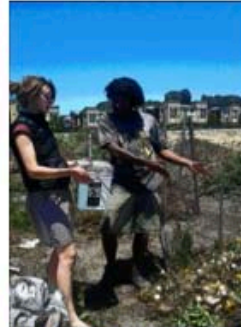
What do I do with all this veggie matter? I'll ask the Homeless Garden Project!



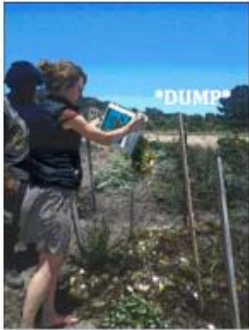
Michael, where can I put this veggie matter?! Does it matter?



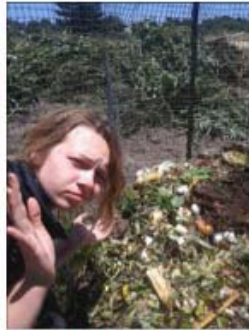
Yes it does matter! HGP is always accepting veggie waste for compost. Let me show you our composts...



Nothing at our farm is wasted. All plant matter* goes to the compost where it eventually turns back to nutritious soil.



Thanks for the useful information! I'll be bringing my compost here more often!



How does plant matter turn back into dirt?



In the natural world, when plant materials fall off of the plant, microorganisms break it down so that all of the plants' nutrients return to the soil. When we compost plant materials, it emulates and expedites this natural process to we can use this soil for planting again.



...And remember, where you put your plant waste matters!

Composting at the Homeless Garden Project!

Photo credit to Rebekah Kim.

*Please don't bring your dairy, meat, or weeds to the HGP compos

IN YOUR SHARE THIS WEEK:



- Chandler Strawberries
- Organic Flower Bouquet
- Mixed Herb Bundle
- Fava Beans
- Assorted Lettuce
- Kale
- Edible Flowers
- White Spring Onions
- Beefsteak Tomatoes
- Zucchini
- Asian Raab



*All flowers, vegetables and strawberries are certified organic by CCOF.

Vote to keep Homeless Garden Project Envirotokens at New Leaf!

http://www.newleaf.com/common/news/store_news.asp?task=store_news&sid_store_news=234&storeID=J3OSSEQX5CS92J2000AKHMCQJAJ05T39

Ian's Hike, a Homeless Garden Project Fundraiser

<http://homelessgardenproject.org/blog/>

Edible Flowers:

We grow a lot of flowers at Natural Bridges farm—some of our favorites are the edibles!

This week we want to send you home with a sample pack to garnish your daily salad or special dessert.

Each edible flower has its own delicate flavor, so try them and see if you can taste the hint of cucumber in the little blue floral stars of borage or the nectar hidden in pineapple sage!



HOMELESS GARDEN PROJECT

Administrative Office & Retail store:
30 West Cliff Dr., Santa Cruz, CA
831.426.3609

Natural Bridges Farm:
Intersection of Delaware Ave. and Shaffer Rd.
Santa Cruz, CA
831.423.1020

FROM OUR FARM TO YOUR KITCHEN

Kale Rajas

- 1 bunch kale, cut into ½” strips
- 1 tablespoon olive oil
- 1 white or yellow onion, diced
- 2 garlic cloves, minced
- Pinch thyme
- Pinch parsley
- Pinch oregano
- Pinch salt
- ¼ pint heavy cream

Directions:

1. Heat pan to medium high heat and add olive oil.
2. Sauttee onion with garlic, oregano, thyme, and parsley.
3. Add kale strips and cook until edible.
4. Add salt and cream.
5. Let cook until cream is hot and serve.

Properly Washing and Drying Lettuce

<http://pinchmysalt.com/a-recipe-for-keeping-lettuce-fresh-and-crisp/>

1. Fill a sink with *cold* water, separate all the leaves of lettuce, place them in the water and swirl them around. If the lettuce is a bit limp, let it soak in the water for 30 minutes and it will miraculously come back to life.
2. Drain the water, turn on the faucet, and briefly rinse each piece of lettuce as you remove it from sink and place in the basket of your salad spinner.
3. When the spinner is full but not tightly packed, spin the lettuce until dry.
4. Spread a hand towel (or 2 paper towels) and spread the lettuce evenly across it. Wrap the towel around the lettuce and gently roll it around. Unroll and place lettuce in an air-tight bag (lined with paper towels for maximal freshness), squeeze the air out and close the bag.
5. The lettuce can now be stored in the fridge.