My First Harvest

Eight days ago I participated in my first harvest. Prior to that day, not once in my 26 years had I ever pulled a plant out of the ground with the intention that myself or someone else eats it. You see, for most of my life my relationship to the food I ate, like so many in my generation, was rather similar to the one I had with my mom’s brother’s nephew’s wife’s uncle’s friend down in Atlanta. That is to say, it was distant. We didn’t keep in touch all that much. And it was not just the physical distance (though I think that is a huge part of our collective disconnect with the food we eat). For me, it was more a distance in thought, understanding, and care. As long as I had a meal to eat that tasted relatively good, I didn’t think much more about where that meal began or how it arrived in front of me. Over time, I grew to care, think, and understand more about how all our meals began their voyage from the soil to our stomachs. The more I engaged in these kinds of thoughts and actions, the more that distance between me and my long lost relative seemed to shrink. Eventually, my pursuit of a relationship with food led me here, to the apprenticeship.

So when I strapped on my shiny, new razor-sharp harvest knife last week to go cut lettuce in the rock field, I felt as though I had finally closed the gap that remained between my food and me. Kneeling down between rows of lettuce and Swiss chard, feeling the warmth of the rising sun on my back, and focusing every cut to maximize the harvest from every living plant felt at once completely foreign and strangely intuitive. I was surprised both by how much labor goes into harvesting ten, 300-foot beds of vegetable crops by hand and by how much food is produced on that same amount of land. I felt ashamed that as a society our interest in pursuing and passing on this kind of land-based knowledge is sorely lacking. I renewed my hope of the possibility of small-scale agriculture as the future foundation of our food system. Most of all, I gained appreciation for the millions of farmers worldwide that supply us all with the nourishment and sustenance we need to survive.

My first harvest put me back in touch with a distant relative. For me, the season will be spent “catching up” on what’s been going on all these years that I was so far away from. As the season progresses, please join us at the Farm on Tuesday or Friday mornings for what perhaps may be your very own first harvest.
**Blueberry Pie**  
Submitted by Zea Luce, First-Year apprentice

I grew up in the Finger Lakes region of New York where my parents farm 2.5 acres of blueberries for a U-Pick. I remember when they were planted and have spent much time in that blueberry field over the years – running barefoot down the rows in the summer, screeching under the sprinkler irrigation, or bundled head to toe, braving the winter weather to prune each bush.

As the season in NY does not get underway until mid-July, popping the sweet gems in my mouth here at the Farm as early as May has felt as though I am cheating, getting an undeserved head start this year!

Here is a family favorite blueberry pie recipe that is especially yummy with a ginger snap crust, but graham cracker works as well.

**Filling:**
- 1-1/2 quart fresh blueberries
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1/2 cup sugar

**Crust:**
- 30 gingersnaps
- 2 tablespoons sugar
- 5 tablespoons melted butter

Crush gingersnaps. Add sugar and butter. Form crust and bake at 375° 8 minutes. Cool.

Mix cornstarch and cold water. In saucepan, combine 3 cups of berries, cornstarch mixture and 1/2 cup sugar. Bring to boil. Boil 1 minute, stirring. Remove from heat. Add rest of berries. Pour into crust. Chill 5 hours.

**Source:** Zea Luce

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**Sautéed Turnips and Cipollini**

2 T unsalted butter  
1 teasp. brown sugar  
Sea salt and fresh cracked black pepper  
3 turnips, peeled and trimmed (save the greens and julienne)  
1 bunch cipollini, small diced  
1/2 cup water  
1/2 bunch of basil

Melt butter in large sauté pan over medium-low heat. Add brown sugar and cook until butter starts to brown, about 1 minute. Add turnips and onions, swirling pan to evenly coat. Add water, cover, and cook until almost all water has evaporated and vegetables are glazed, about 20 minutes.

Remove cover; add turnip greens and continue cooking until liquid has evaporated and vegetables are caramalized, 3-5 mintues. Season to taste with salt and pepper. Transfer to a large serving platter, and garnish with fresh basil.

Source: CheFarmer Matthew Raiford

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**Berry Zabaglione**

2 C blueberries  
2 C strawberries hulled and cut in half  
4 large egg yolks  
1/4 C sugar  
1 vanilla bean  
1/2 C Grand Marnier or ice wine

Preheat the broiler. Half fill a medium-sized pot with water and bring to a boil on the stove.

Place the berries in bowl and toss, then transfer into 4 medium ramekins.

Split the vanilla bean in half and scrape out the seeds in a bowl with the yolks, sugar and liqueur or ice wine. Place the bowl over the pot of water and whisk constantly until the zabaglione is thick, and slightly pale in color. Zabaglione will be fluffy.

Pour the zabaglione over the berries and place in the oven for approximately 2 minutes or just until brown.

Source: CheFarmer Matthew Raiford

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**Kale Salad**

1 bunch of kale – stems removed  
1 shallot – sliced thin  
1-1/2 tablespoons fresh lemon juice  
3 tablespoons extra virgin olive oil  
1 small clove garlic – minced  
1/2 teaspoon kosher salt  
1/3 cup toasted pine nuts  
1/2 cup fresh dill (optional)  
Fresh ground pepper to taste

Whisk together lemon juice, salt and olive oil. Mix with kale and shallot, set for at least one hour in refrigerator.

After at least one hour, combine remaining ingredients with kale mixture and serve.

Submitted by CSA member Catherine Sanders

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