

Growing Up

From John

As most of our returning members know, I have a fairly strict policy of remaining apolitical in my Busy Bee columns. But I have always maintained that the exception is where politics affects our ability to continue farming which I am sure to get into when we discuss the Farm Bill in the coming weeks. There are many reasons for this. The simplest of which may be that I am too busy to get into arguments but that isn't really the main reason, I have a long history of engaging in matters' politic. The principal reason is that I want our little food community to be a place where everyone is included and everyone feels welcome no matter who they are, where they exist in the socio-economic strata, what they believe and hold dear to their hearts and to be a place where no one ever feels alienated. Getting to know so many of you, we find that we have an amazing mix of people who are members of our farm. We serve the rich, the poor, young couples, families, retirees, immigrants, liberals, conservatives, independents, straight people, gay people, the pious and the agnostic all the same. Our one abiding principle is that of love, to love each and every person as another human being just trying to make it however they know how, trying to find their little bit of happiness along the way. In this age of partisanship, animosity and divisiveness what we dream of is that of a coming together. Coming together to realize that no matter how far apart we feel we may have strayed from one another, we are really all so close. For the most part we want the same things in life and share the same goals. We want to be safe in our homes, we want to have reliable employment, to be financially secure, we want our children and future generations to have opportunities to succeed, we want safe drinking water, fresh air, a livable planet, we want to be healthy and we want to be happy. No matter what your political stripe, I doubt if any of you would argue with wanting these things. Sure there is room for a great debate as to how we think we should get to

ON DECK

It's that time of year when you really start getting what you pay for, and what a value it is. We still have great greens and herbs and while some spring things will fade away for now, we will be delivering more eggplant, peppers, onions and tomatoes with watermelons and sweet corn coming up very soon. It also looks like green bean season is just around the corner as well!

those goals and how we should define them. But that's just fine; the point is that we all essentially want the same things. One of the things I love about our CSA is that people that would almost never be together in the same place at the same time all come together at the pick-up sites each week. As friends and neighbors in our little community of food and farming none of those other things matter. What matters are the reasons you all become members of the farm, having shared values about food and farming. We care about the environment, we care about the morals and ethics of food production, we care about supporting businesses in our community when we can, and we care about fixing our health and maintaining it. We are not a nation, not a state, not even a village, but we are a small community, just one of 1000's of CSAs not so different from our own. It's so easy to be discouraged when we follow the news and see the childish political discourse that dominates our legal system. It's all too easy to tune it out and disengage. Perhaps most insidious, it can become too easy to judge. To take people that we may not agree with and stereotype them, to try fit them into these neat little compartments based on their views or lifestyle. To define and judge the content of their souls based on the stereotypes we have created and stuffed them into. We have all done it to someone at some point. This is as dangerous as it is easy to do.

It is perhaps our CSA members above all else that give me hope that we can raise the bar, relearn how to listen, how to compromise and how to work together towards our shared aspirations. This isn't easy, especially compromising in a culture that wants to label anyone a hypocrite that yields an inch. And perhaps there are issues we shouldn't yield on, but

we shouldn't allow those few things to push us so far apart that we forget how to even talk to one another as civil, intelligent and discerning human beings. We have never had a negative exchange with a member even if our politics don't align; in fact some of the members we have drawn closest to are some of the ones whose politics are most dissimilar to our own. But we look past that and see kind, generous and loving people and hopefully they do the same. We see members chatting laughing and getting along that we know have very different politics. Perhaps it's because of the fact that that they at this place together at the same time, knowing that they implicitly share many of the same values without having to ask. I don't mean to suggest that CSA's will save the world, but it's a shining example that we see each and every week. Seeing very different people come together and getting along with mutual and fundamental respect for one another. And if everyone treated each other this way, we would indeed live in a much happier world.



Cover crops are always lucky on our farm!

News and Notes

- It's time to start thinking about chickens if you want any. We will be getting 100 chicks next week. 50 have already been spoken for and we keep about 20 for ourselves. There will always be a couple of chicks that don't make it so there could be as few as 25 birds left. Please visit our [Chicken Page](#) or email us at farmers@fbt.ag for more info. If there is enough interest we can order more chicks but that window will close pretty soon.
- Thanks to all the help from our volunteers our farm looks as good as ever. Thanks for all your hard work.

Featured Item

It's hard for us not to get excited when the potatoes finally start coming in. The early potatoes are a lot later than usual this year and we are a little concerned that our yields will be lower than we would want because of some issues at planting. That aside they look gorgeous and the flavor of the Dark Red Norlands in your share this week is just amazing. We ate some last night and they were so creamy and delicious it is hard to imagine every eating another potato not grown on our farm and enjoying it. If you are wondering why the potatoes are dirty it is because 'fresh', 'early' or 'new' potatoes have very delicate skins and don't hold up to washing very well as you can probably see. Just leave them in the paper bag in your fridge or in a cool dark place in your kitchen and give them a wash just before preparing them.

Recipe of the Week

Spicy Potatoes, Carrots and Cabbage

Ingredients:

- 1 to 4 Tbsp. butter or vegetable oil
- 1 onion, chopped (or about ½ bunch scallions)
- 3-6 cloves garlic, smashed
- 1/2 tsp. salt, plus more to taste
- 1 tsp. ground ginger
- 1/2 tsp. turmeric
- 1/2 tsp. freshly ground black pepper
- 1 head red or green cabbage, cored and cut into bite-size pieces
- 3 potatoes, peeled and cut into bite-size pieces
- 3 carrots, peeled and cut into bite-size pieces

Preparation:

1. Melt butter or heat oil in a large frying pan or medium pot over medium high heat. Add onions, garlic, and salt and cook, stirring frequently, until soft, about 3 minutes.
2. Add ginger, turmeric, and pepper. Stir until fragrant, about 1 minute. Add cabbage, stir to combine, cover, reduce heat to medium low, and cook until starting to wilt, about 3 minutes. Stir, cover, and cook until completely wilted, about 5 minutes.
3. Add potatoes, carrots, and 2 cups water. Bring to a boil. Cover, reduce heat to simmer, and cook until vegetables are tender, about 15 minutes. If necessary, cook with the cover off to reduce liquid before serving