



FARM

CCOF Certified Organic
since 1985



In Your Box This Week:

For ideas on the produce in your box, see the recipe page on the Full Belly website. You are also welcome to call us!

- Artichokes
- Asparagus
- Broccoli
- Baby Beets- the greens are great to eat, too!
- Strawberries
- Red Russian Kale- see recipe
- Mixed Lettuce
- Cippolini Onions



School kids are hands on with all aspects of the farm, especially the animals. For many, it is their first time milking.

The Full Belly Beet

A Newsletter of Full Belly Farm's Community Supported Agriculture Project

May 9, 2012

News From the Farm

This past week we had another of our amazing classes of Waldorf and Charter school 3rd graders come to visit the farm as part of their food system curriculum. They spent their days harvesting with Hallie and me, talking about organic agricultural practices, doing animal chores – everything from milking the cows to feeding the chickens and collecting eggs. They made butter and sang songs of peace, compassion and arithmetic and most importantly they assembled your CSA boxes. Under the watchful supervision of parents and farmers, these kids got down to business. It was really inspiring to see them take such great pride in their work, especially in packing the artichokes they had harvested earlier that same day with their own two hands (50 chokes each!) One mother working with her daughter, both who have muscular dystrophy laughed, “great, a lot of help we’ll be”, but in the end they not only made their quota but selected some of the most beautiful chokes of the season. Through their actions they are – at lightning speed – piecing together all the many components necessary to grow healthy produce

I am always in awe of how this farm brings out *capability* in the individuals who choose to come participate in the organism that is Full Belly. I think that because in this world there are so many people living in such close quarters and because we have a culture of connoisseurship and expertise sometimes we are trained not to interfere or interject when something is not our business. But this place breaks that mould and encourages everyone to dig in. Full Belly can only survive if everyone takes ownership and invests themselves whether they are great chefs, weeders, educators, artists, conservationists, administrators, problem solvers, comedians, tractor drivers, or CSA box assemblers. Farming is not about being the best, it is about keeping up with the overwhelming fertility of nature and trying to mess up as little as possible and not giving up when we do mess up – oh yeah, and loving every minute of every day no matter how hot and tired you get. Without the contribution of many the burden of work would be too great for just a few to manage.

One of my favorite stories that Hallie tells the kids is that when she was six she got bitten by a rattlesnake while bushwhacking. Instead of being mad at “Jake” the snake, she took her hospitalization and enormously swollen body as a reminder that Full Belly belongs not just to her and the partners but to every creature, person and especially 3rd grader who works hard, gets their hands dirty, and who shares in the life force of this sacred land. Ask Hallie about the rattler next time you see her, she tells a much more riveting version of the snake saga.

At night, after a full day's work the kids camped out in our walnut orchard, making a dinner with lettuce, radishes, sugar snap peas, artichokes, asparagus, strawberries, broccoli and carrots they had harvested. Late into the evening their laughter and screams of joy peeled across the farm, like the sound of a boisterous flock of starlings, chirping, squawking and mimicking the multifarious sounds of their surroundings.

At the end of their two-and-a-half day visit, we gather in a circle under the palm tree in the Mullers' garden and each share a story of something we had learned together and something we most enjoyed. This ritual is an amazing tradition. There is so much that they absorb in such a small amount of time and they are so articulate in their sharing.



We look forward to seeing everyone on Sunday at the Mother's Day Garden Tour! More information online: capayvalleygardentour.com

Driver Needed

Full Belly is looking for a delivery driver to make home deliveries of CSA boxes in the Sacramento area. East Sacramento area just South of Hwy 50 ranging as far North as Carmichael. Boxes must be delivered on Wednesday afternoons, before 6pm. If you are interested, please contact Becky at csa@fullbellyfarm.com or call 800-791-2110.

Mark Your Calendar

2012 Full Belly Farm and Community Happenings:

May 13 – Capay Valley Mother's Day Garden Tour – *This community event benefits local gardening programs. Visit capayvalleygardentour.com for more information.*

June 2 – Open Farm Day – *Join us for our CSA member appreciation day! For more information email Hallie Muller, hallie@fullbellyfarm.com.*

June 16 – Farm Dinner – *For more information email jenna@fullbellyfarm.com.*

More events are listed on our website!

These kids were exceptional, they taught me the names of weeds I'd never known and identified the ladybug in her larval stage, they worked tirelessly and begged for more when we were done for the day. We forget when we grow up that, as kids, work and play are often one and the same. Their senses were on overload (per usual I guess when you are nine years old) and their energy contagious.

With the exception of spending time with Hallie, baby lambs and me, their favorite part of coming to the farm is most often the CSA line. This is a subtle but powerful concept to me. The fact that kids LOVE work is telling. We need to follow their example and be sure to make work for ourselves that we love and strive for a society where work never stops being our passion so that our future generations can cultivate a healthy sense of logic, work ethic and well-being as they grow into adults and our future leaders. We do not patronize the kids, they wouldn't stand for it, instead we challenge them and entice them to open all their senses and drink deeply the sights, sounds, smells, flavors and ideas of farm life. As we say our goodbyes, the kids shower us with hugs and shove little hands into our own rough, calloused ones, promising to come visit soon or asking for our digits, I cannot believe we've spent less than three days with these kids and yet we all know, trust and care for each other so much. This is not free child labor, this is a mentorship and a cultural exchange. Given the opportunity every person can be compassionate, giving, strong, resourceful and happy.

Here is a great big thank you and we miss you to Golden Valley Charter School! Come back soon!

-- *Ingrid Lassleben*

Recipe of the Week – Yummo Greens

Dear Full Belly,

I tried this recipe with last week's box. It is yummo!

1 bunch of radishes
1 bunch of greens (kale, beet tops, chard, bok choy, etc)
1 onion (Cippolini onions work great!)
2 TBS olive oil
1/2 tsp sesame seed oil
soy sauce or salt and pepper to taste

Wash and dry all veggies. Chop the greens into 2-inch sections. Separate the radishes from greens and thinly slice. Thinly slice bulb end of onion.

Heat olive oil and sesame seed oil until hot. Stir fry all veggies for 3-5 minutes. Cover for 2 minutes to rest. Dress with soy sauce or salt and pepper to taste.

You'd be amazed at the flavor change in the radishes and how nicely they complement the greens!

Sincerely, Stephanie Thompson and Susan McReynolds

Contact Us!

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