



What to find in your share:

**Leeks**  
**Potatoes**  
**Celeriac**  
**Cabbage**  
**Garlic**  
**Pac Choi**  
**Lettuce**  
**Swiss Chard**  
**Kale**  
**Tomatoes**  
**Eggplant**  
**Peppers**  
**Parsley**  
**Basil**  
**Cilantro**  
**Dill**  
**Beets**  
**Carrots**

## Frost Free and Full of Veggies

We've had some cold nights, and nearly a frost, but we're still fortunate to have many of our summer veggies and herbs available. Although the cool temperatures have gotten the best of some crops, most are still going strong. Thanks to all who made it out to the farm this last weekend. We had a great turnout and beautiful weather for it. Our last pickup will be on October 15/18, here in a couple weeks.

**Leeks-** Originating in Mesopotamia and commonly used in Ancient Egypt, leeks are a delicious fall treat. Leeks were the favorite vegetable of emperor Nero in Mesopotamia and they are on the National Emblem of Whales. On St. David's Day, many wear leeks on their clothes or hats. In Europe leeks are commonly referred to as "poor man's asparagus." Closely related to onions, leeks have a milder taste and can be sweet. Leeks gain more sweetness and flavor after a frost. Leeks are high in folic acid, potassium, and iron.

### **Leek, Celeriac, and Beet Soup**

By Angelic Organics Kitchen

\*Put 3-4 medium beets in a large pot and add enough water to cover them about halfway. Cover tightly and simmer until tender, 20-40 minutes depending on size.

\*Drain beets and let stand until cool enough to handle. Peel the beets and chop coarsely. Put them into a food processor and puree.

\*Heat 1 Tbs olive oil in a skillet over medium heat. Add 2 chopped leeks, half of a peeled and chopped celeriac bulb, and 2 cloves of minced garlic. Sauté until tender, about 20 minutes.

\*Combine leek mix and pureed beets in a large soup pot. Add 4 cups of veggie or chicken stock, 1 ½ tsp of lemon juice, and salt and pepper to taste. Simmer, partially covered for 15-30 minutes. Garnish with sour cream.

## News and Highlights

**Farm Meats-** The chickens and turkeys are growing quickly and will be ready before long. The chickens will be ready the final week of the CSA and the turkeys shortly afterwards, depending on growth. We'll let you know exact dates next week.

**Recycling Program-** Thank you to the many of you who have brought in cell phones and inkjet cartridges for recycling. If you have forgotten, we'll be accepting them until the CSA finishes and then we'll send them all in.

**Farm Stand-** We have many new fair-trade items from Africa available. We also have plenty of organic hot cocoa, baking cocoa, tea, and mugs available, all great holiday gift items.

## Lancaster farmer plants deep immigrant roots

By Christine M. Quirk  
Thursday, June 30, 2005

**F**arming is in Maria Moreira's blood - and the seeds she is planting today are having a profound effect on farmers who only recently began calling America home.

Moreira, who owns 70 acres of farmland on the Bolton Flats in Lancaster, sponsored a training last weekend for immigrant farmers, hoping to help those men and women who grow their own food, however much or little, to be successful.

"I'm an immigrant myself, from the Azores, and I've been dairy farming in Lancaster since 1982," she said.

Moreira first leased out spaces on her Route 117 land to an immigrant family in 1984 and the plots have ebbed and flowed since that time. Ten years ago, there were 120 families on an eighth of an acre each. Today, though the families participating have decreased, the acreage used has increased and this year, there are 50 families on larger plots as well as seven commercial growers. The Hmong - an immigrant group from Southeast Asia - get first dibs and Moreira uses the leftover land for corn.

"We've grown from little plots, a lot of people growing for their own families and extended families, to people selling at farmer's markets," Moreira said.

It used to be farming was a necessity, a way to feed one's family, Moreira said. Now, because life styles have changed, immigrants don't rely on farming they way they used to, but they still come each year to grow specialty Asian vegetables.

"Because they're from an agrarian background, farming is in their blood, and no matter if they have a Ph.D., they still want to do a little plot," Moreira said.

Last weekend's training involved vermiculture in the morning and irrigation techniques in the afternoon. Vermiculture is the practice of using worms to decompose composting for use as fertilizer, and Growing Power's Will Allen came armed with worms and knowledge to share with the dozen farmers and interested people who came to listen and learn.

Growing Power's projects include turning both a former brownfield site in Ohio and a portion of a Chicago park into vegetable gardens.

"Our mission is to support [farmers] ... locally, regionally and nationally," Allen said. "I go out and work with projects like this, training farmers. I've been farming a long time. I won't tell you how many years."

Moreira started offering trainings last year. She is a member of steering committee for the National Immigrant Farming Initiative, and through that project has met many people who share her passion for helping newcomers to this country grow their own good food.

"There are projects that help immigrant farmers, but sometimes it takes a farmer to help another farmer," she said. "That's why a farmer training another farmer sometimes works better. This is hands on. We can't put any of this in a classroom. People can't speak English, they can't read English, so you have to show them."

Moreira said she's interested in good marketing and she and her fellow dairy-farmer husband, Manny, have had their own cheese business for 20 years. Because she concerns herself with the cash as well as the crops, Moreira said people have accused her of being materialistic, a notion at which she scoffs.

"Money is not the only thing, but try to live without it," she said. "Money is not everything, but you have to be able to have the necessities."

Moreira said she is committed to helping farmers continue to do what they love - work the land themselves and make it thrive. Her enthusiasm is obvious as she bustles among the farmers, making sure everyone is comfortable, has enough to eat and drink, and is learning ways to improve their growing season.