



What to find in your share:

**Melons**  
**Tomatoes**  
**Celery**  
**Eggplant**  
**Peppers**  
**Beans**  
**Lettuce**  
**Cabbage**  
**Swiss Chard**  
**Parsley**  
**Basil**  
**Cilantro**  
**Dill**  
**Par-Cel**  
**Beets**  
**Carrots**  
**Cucumbers**  
**Summer Squash**

**Don't Forget!**  
**CSA Farm**  
**Potluck,**  
**Saturday, August**  
**18 from 12 – 4**

## Crisp Celery and Juicy Melons

Once again, we're happy to be offering you several new items in your shares. This week we have celery, melons, and the first of our tomatoes. This may be the only week we have celery around, so enjoy. We'll have more melons to offer in the next few weeks, and no worries on tomatoes; we have loads on the way. Thanks to all who have been bringing in bags and saving rubber bands, we appreciate it. Also, remember that the CSA Potluck is coming up in just a few weeks! Please make an effort to make it and feel free to invite friends.

**Celery-** A close relative of carrots, celery is always a tasty treat. Derived from the French word 'celeri,' celery is an essential ingredient in many French dishes as well as Cajun/Creole cuisine. It is a part of the Cajun Holy Trinity along with onion and bell pepper and is used with carrots and onions in French mirepoix, a popular base for soups and sauces. It grew wild in Italy and Greece and was found in King Tut's tomb. Our celery is unblanched, giving it stronger flavor and slightly tougher stems, perfect for soups and cooking.

**Celery and Health-** Celery is a favorite food of dieters, as it can act as 'negative calories,' requiring more calories to digest than what it contains. It also has a fair amount of fiber and several other vitamins and carbs, leaving you feeling full. Celery seed has been used for thousands of years medicinally as a pain reliever, anti-inflammatory, and for relief of arthritis and many other disorders. Celery is known as a strong cleanser of the body and its toxins. Certain individuals, often of Central European origin, may have severe reactions to the oils found in celery. Skin rashes may occur when handling plants.

## News and Highlights

**CSA Potluck Note-** We have a sheet at the farm where you can list what you're planning to bring for the potluck. Hopefully we won't end up with 20 plates of cookies this way. We hope many of you will be able to make it and enjoy the afternoon at the farm. Feel free to invite friends to come along.

**Cutting Flowers-** Several of you took advantage last week and cut yourselves nice flower bouquets. For everyone else, please feel free to bring out a vase or other means of transport and we'll show you where you can find cutting flowers.

## Coke or Carrots? Working to Change our School Lunch Programs

By Kate Pectosky

Paul Cézanne once proclaimed, “The day is coming when a single carrot, freshly observed, will set off a revolution.” Though one may not see distinct battles being waged over root vegetables, every food choice represents a very personal, political, and even moral act. A particular ethical concern over the politics of food involves school-age youth. With childhood obesity and diabetes on the rise, nutritionists, parents and local food activists have started to address the issue of school lunch programs. Under the Reagan administration, ketchup gained status as a serving of vegetables, and currently, more and more low-budget schools are accepting funding from soda companies in exchange for exclusive brand rights in vending machines. In order to combat poor nutrition and an abundance of child-centered food advertising, organizations like Slow Food and the Chez Panisse Foundation are working to move youth from the classroom to the garden, teaching them from a young age about the benefits of organic foods and environmental awareness.

This movement to empower youth through knowledge of food systems is most closely linked to Alice Waters, owner of the inspired Chez Panisse restaurant and creator of the Edible Schoolyard Program. At the Martin Luther King Jr. Middle School in Berkeley, California, students work in organic gardens outside their classroom, growing, tending and harvesting the produce that will then be used for their lunches. Because the students act as producers in their food consumption, they can appreciate alternatives to fast foods and also gain exposure to methods of food acquisition other than the conventional grocery store. Slow Food is an international organization founded in 1986 by Carlo Petrini following the opening of a McDonalds in Rome, Italy. The gastronomic organization that “celebrates the convivial table”+ has now expanded to over 50 countries and boasts more than 80,000 members. In addition to preserving heritage food varieties and animal breeds through the “Ark of Taste,” Slow Food USA works in schools through their Garden-to-Table program. Both of these non-profit organizations are able to celebrate the taste and diversity of organic food while helping to shape the palate and lifestyle choices of our nation’s youth.

To learn more about school lunch policies and the influence of corporations on child nutrition, I recommend Marion Nestle’s award-winning book, *Food Politics*. For information on how to start a schoolyard garden program in your district, go to [www.edibleschoolyard.org](http://www.edibleschoolyard.org) or [slowfoodusa.org](http://slowfoodusa.org).

### **Creamy Celery Soup**- *From Angelic Organics Kitchen*

Serves 2-4

- Melt 2 tb butter in a pot over med. heat.
- Add a large bunch of celery with leaves, chopped.
- Add 1 medium leek, thinly sliced along with 2 cloves of minced garlic. Sauté for 2 minutes.
- Add 3 cups of chicken or vegetable stock and ½ c of dry vermouth (optional).

- Simmer until the celery is tender, about 10-15 minutes.
- Place a mesh strainer in a large bowl or pan.
- Strain the soup and return to the pan and bring to a boil.
- Add 2 cups of milk (or heavy cream) and reduce heat so the mixture barely simmers.
- Simmer for 5 minutes.
- Add salt and pepper to taste and garnish with parsley (also, try your Par-Cel).