

Journey School Food Community CSA Newsletter

Week Twenty-Four: June 30, 2007

I am humbled this week by the non-human world. One of the jobs I had working my way through college was training horses. Mostly, I worked with “unbroken” horses so that they would accept a bridle, saddle, and rider. The reason a bridle works so well to communicate our instructions to these much larger beings is that it sits in a sensitive spot between their teeth. I was hired to correct the behavior of one horse, the largest I’d ever ridden, who had developed the frightening habit of getting the bit between her teeth.

Still today, I recognize that feeling in myself: rushing headlong towards the barn, disregarding all cues and calls to slow down or take a different path, I can feel my neck muscles tighten as I grit down on that bit and plow forward. With the big mare, the trick turned out to be a little, old, slow Shetland pony. The two had been stall mates for years and apparently, the pony was boss. With her along, the mare was content to enjoy the ride, checking out the scenery and smelling flowers. For me, I was blessed with Zoe and RaeLani as stall mates. Our desire to give our girls the healthiest food possible with which to grow caused Jeff and I to break ground for our first garden as adults. And where our children started this lesson, Nature soon stepped in as an expert tutor.

In your share this week, you have onions that have been in the good Island soil since August 2006. When you eat them, think of all the grown-up things that have passed in and out of your life while that onion grew from seed to recipe ingredient. You also have the first Basil of the season. Ahhh, basil... what was your last bite of garden fresh basil? And you have the first bunch of kale from the new plants. Do you know that all of the kale you’ve received this year was from one bed, planted at this time last year? I give you lots of nutritional and even medicinal information about our food shares but imagine, a plant that can feed you fresh greens for an entire year! What a gift.

We hope this week brings you moments of great joy and contentment.
Sincerely, Your Shetland Pony, The Mathias Family

Onion Basil Sandwich Spread

Ingredients

- 1 cup chopped Onion
- 1/2 cup drained small Spanish, pimiento-stuffed green olives
- 1/4 cup extra virgin olive oil
- 1/4 cup sliced fresh basil or 1 tablespoon dried
- 2 tablespoons capers, drained
- 1 tablespoon red wine vinegar
- 1 teaspoon chopped fresh oregano or 1/2 teaspoon dried

Combine Onion, olives, olive oil, basil, capers, red wine vinegar and oregano in a food processor and pulse until ingredients are finely chopped. Transfer relish to a bowl, cover and let stand for 1 hour

A NEW HOME FOR THE GOATS, TAKE NINE!

Written by Zoe N. Mathias

I'm sure you have heard us complain about our noisy, stubborn goats! And I'm sure you have heard us praise them highly! When we moved to Plain Old Farm we did not have a shelter or a pen for the goats, so they slept in the open and were tied up for the most part. Sassy and Penny liked to know where we were, and it was pretty hard to watch us while they were tied up, so they yelled at us saying 'Where the heck are you?'. We had a very restless summer, as Sassy tried to tell us, loudly, night and day, what she wanted. Finally Mama clued in and told us that Sassy wanted a little red barn with a white picket fence. Problem was we didn't have the time to build the little red barn and a white picket fence.



Towards the end of fall, after our first attempt at getting the goat girls a better home, Dad built a nice little barn for them, but still the open space for them to play was small. Then because the pen was too small Sassy stood on a stump, almost all winter, when it wasn't raining, and complained to the neighborhood.

I started to take the goats on short walks, between rain showers, and they were happier. A couple times we said we would go to a live stock auction and sell them, but something always came up.

But seeing that we are moving off island next winter, we renewed our search for a new home for them. Mama has said that it's hard enough trying to find a place to live with a dog and a cat, let alone two loud goats. We started looking around in January for a good home. We tried to say good-bye many times, but then found that they would stay with us just a little longer.



Until... Monday, June 25, 2007 the goats went to their new and lovely home. Their new home is located at the farm where our chickens are staying. The people who have taken the goats will probably inherit the chickens when we leave the island. The farm is close enough that Rae and I can ride our bikes over by ourselves. Two days after the goats moved into their new home my dad asked if we would help butcher meat goats if we were ever to get some. I love meat and pride myself on being able to help butcher chickens, but found that if we ever were to get meat goats, I could definitely not bring myself to butcher them.

Rae and I had a sleep over with the goats their first night at the new house, to help them transition. They hardly made a peep! Two nights later we visited them, and when we left Sassy and Penny did not make a sound, but stood quietly beside their new herd person. They are having fun and are adjusting well. I hope they are adjusting to a new family for the last time.

Brazilian Kale

- 1 pound kale
- 1 clove garlic, minced
- 1 medium onion, chopped
- 2 tablespoons olive oil

Wash and drain kale thoroughly. Bunch the leaves together and cut into 1/4 inch strips. sauté the garlic and onion in oil. Add kale and cook over moderate heat for about 5 minutes. Kale should be soft and brilliant green.