



SOIL BORN DIGEST

“Quien estudia y no practica lo que aprendio, es como el hombre que labra pero no siembra”
“He who studies and does not practice what he has learned is like a man who
plows but does not seed” - Arabic proverb

6/1/10

Farm News

By Armando Huaroto

It's amazing how much I am learning, living and working at Soil Born. When I applied to the Multinational Exchange for Sustainable Agriculture (MESA) Program, my goal was to find an American farm where I could learn new techniques in organic agriculture, and then return to my hometown of Ica, Peru and show them to



May harvesting kohlrabi

small farmers, However, when I got here, I realized that Soil Born is more than I expected it would be and I feel very lucky to be here.

Coming soon... Potatoes

I was talking to Sean about when we can harvest potatoes, and he said a couple of weeks because many of them have flowers. I'm excited about that because you can not imagine the amount of delicious Peruvian dishes that can you make with them. I promise to give you the recipes when the potatoes are ready!



In Your Box:

Squash
Collard
Kale
Beets
Carrots
Lettuce
Cipollini Onions
Kohlrabi
Cauliflower / Cabbage

Spring Onions

You can use the green part of the cipollini onions as well—use them as you would scallions.

Recipes: Squash & Kohlrabi**Empanadas**

3 cloves of garlic, finely minced
 1 inch of ginger, peeled and grated
 2 medium kohlrabies, peeled and cut into small cubes
 1 large summer squash, cut into small cubes
 2 large scallions (or spring onions), both white and green parts, finely cut
 1 T. extra virgin olive oil
 1 T. butter
 salt and pepper to taste
 dash of freshly grated nutmeg
 homemade or pre-made pie crust
 1 egg

In a skillet, heat oil and butter over medium heat. Add garlic and ginger to brown. Add kohlrabi cubes, a pinch of salt and some pepper. Toss well and cook 3 or 4 minutes until kohlrabi are softening a bit. Add squash cubes and continue to cook for 4 more minutes. Add scallions, nutmeg and another pinch of salt and pepper. Mix well and cook for one minute before removing from heat. Set mixture aside to cool.

Roll out your pie crust dough a little thinner than usual. Using a cereal bowl or large circular cookie cutter, cut out circles from the dough about 6 inches across, yielding about 15.

Pre-heat oven to 425 F and line a cookie sheet with parchment paper. Prepare egg wash by beating the egg with a teaspoon of water and set aside along with a small bowl of water.

To make the empanadas, spoon one tablespoon of kohlrabi and squash mixture into the center of a circle of dough. Dip your finger in the bowl of water and run it around the outside edge of the dough. Fold dough over the filling to create a half circle and press down the edges. Carefully pick up the dough pocket and pinch edges or use a fork to seal them tightly.

Lay empanadas on the lined cookie sheet when done. With a fork, prick the tops once and brush with egg wash. Bake for 8 minutes and turn over. Bake another 5 to 7 minutes until deep golden brown and flaky. Best served straight from the oven.

Farm News (cont.)

Soil Born isn't just an organic farm, we also teach people how important it is to care for the environment and reconnect with the land in so many ways. We teach youth how to grow their own food and eat healthy. We help small farmers to sell their products at farmers' markets. We produce organic food for many families through our CSA boxes and the Saturday morning farm stand. Soil Born is part of a local food system, which reduces gas emissions that cause global warming... Before coming here, I thought that I would return to Peru with information about new methods in organic farming. Now I realize that I can bring more because of all I have learned through this experience about Soil Born's approach to sustainable agriculture, food access and education. I try and live every day to the fullest so that I can take all that I can back to Peru.



Teaching kids how to plant flowers