

## SWEET AND SAVORY KALE

Recipe [www.allrecipes.com](http://www.allrecipes.com).

### INGREDIENTS:

2 tbs olive oil	1 small onion, diced
2 cloves garlic, minced	1 tbs Dijon mustard
4 tsp white sugar	1 tbs cider vinegar
1 1/2 C chicken broth	4 C stemmed, torn and rinsed kale
1/4 C dried cranberries	salt and pepper to taste
1/4 cup sliced almonds	

### DIRECTIONS:

Heat olive oil in a large pot over medium heat. Stir in the onion and garlic; cook and stir until the onion softens and turns translucent, about 5 minutes. Stir in the mustard, sugar, vinegar, and chicken stock, and bring to a boil over high heat. Stir in the kale, cover, and cook 5 minutes until wilted.

Stir in the dried cranberries, and continue boiling, uncovered, until the liquid has reduced by about half, and the cranberries have softened, about 15 minutes. Season to taste with salt and pepper. Sprinkle with sliced almonds before serving.

*Cut along dotted line for 3x5 recipe card*



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### UPCOMING EVENTS

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### TREE PLANTING

**Saturday, October 18, 2008, 8:00-11:30 a.m.,  
Education Center, Rain or Shine, Free**

Join us for a morning of tree planting as we celebrate Gorgeous Prince George's County Day. Wear closed-toe shoes, terrain will vary. Tools and gloves will be provided.

#### COLONIAL FOODWAYS

**Saturday, October 18, 2008, 10:00 a.m.-4:00 p.m., National Colonial Farm, Rain or Shine  
Admission Fee Required, Members Free**

Love food? Ever wonder how people cooked before microwaves or what people ate before fast food? Join us as costumed interpreters demonstrate preparation of foods, representative of "middling" sort tobacco growing families in the late 1700s.

#### COLONIAL CANDLE-MAKING CLASS

**Saturday, October 18, 2008, 10:30 a.m.-12:30 p.m., Rain or Shine, \$20 Non-Members, \$15 Members, Registration Required**

Join us for this hands-on workshop to learn the art of candle-making. You will learn about wicks, waxes, uses of candles in the 1700s, and safety instruction. We will also discuss recipes and ideas for making your own candles at home.

# FIELD NOTES

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## Thinking Ahead

We're busy working out ways to adapt to wet springs. This may well be a many-year process, and this year's strategies involve building beds and covering them with appropriate crops and mulches, as well as exploring different types of cover crops.

This week we are also at work in the large greenhouse and on our preparations for spring plantings of blueberries and asparagus. It may be two to three years before we see any of the latter crops in production. These like to be planted as early in spring as possible, so we hope for a dry period early on next year to make final preparations and get both species established before summer.

## Credit Where Due

The Foundation last week hosted a panel discussion on agricultural financing especially for beginning farmers. The goal was to invite young and beginning farmers, especially, to hear about and discuss programs designed to help them start and sustain a successful agricultural business.

Of the various challenges to farm enterprises, access to

## THIS WEEK'S HARVEST

Arugula

Beans

Beets

Broccoli

Garlic

Kale

Peppers

Pie Pumpkins

Potatoes

To take: Tomatoes and Hot Peppers

knowledge is one of the easier ones to deal with. There are many good farmers to work with and learn from, programs to participate in (such as ours), books to read, and workshops to attend. Access to land and capital are a little more challenging for many of us, as many young and beginning farmers don't come from farming families or have family land. While protecting and providing access to land is another project we are working on here at the Foundation, we are also keenly interested in how to navigate the business side of the business.

A small business requires hard work, commitment, knowledge and expertise in the field. But especially it requires a knack for, or at least a command of, financial planning and management. So we have been working this fall to build these skills. We began with two courses in starting a small business and writing a business plan, given by the SBDC, supported by visits to successful farm operations of different scales, and now followed by last week's panel discussion. We are exploring how to make a go of it.

I hope you will take a moment to chat with Angela and Natesha about their thoughts on starting a farm. One of the take-aways for many of the interns and apprentices there last Tuesday was the need to have a well-articulated goal and a clear vision of how to run a farm business. At what scale will you operate? Using what kind of equipment? On how much land? Employing how many people? Using what marketing strategies? And how the heck will you pay for it?! There are some who pursue a career in farming because they think they can avoid things like mortgages, loans, and the like. For them, the panel was a bucket of cold water in the face. For others it was a chance to learn about some of the loan and grant opportunities that are out there for farmers. Those opportunities are there, supported by the agencies such as the USDA, by MARBIDCO here in Maryland, and by commercial banks such as Colonial Farm Credit.

This may seem like an odd time to pursue credit and loan programs. In many ways it is – banks are and will be far more conservative than many have been in lending money. It is certainly frustrating that this credit crisis hits now, at a time when the effort to move in new directions is underway (what good are state programs that buy

agricultural easements if revenues fall, budgets are cut, and these programs are underfunded? Maryland has developed the first of its kind Next Generation Farmland Acquisition Program – but will it ever function as it promises to? It has already been put off a year pending available funding.)

The most fascinating thing I learned the other night was that Farm Credit - the regional commercial bank - finds that small farms, CSA projects, and sustainable agriculture are *profitable*. They can rely on those kinds of loans being repaid. This is truly a turnaround: they can rely on people, borrowing on a small scale to do sustainable – not just sustainable but *regenerative* agriculture, one that *regenerates* lost fertility and resources and then sustains *that* agriculture – agriculture, that they can rely on these to get a return on their investment.

Perhaps we can take a lesson from the kind of financing we learned about last Tuesday and apply it more broadly. In fact, the global economy loses more money due to the loss of natural systems and the services they provide (such as purifying our air and water) than the current credit crisis. Perhaps we could redirect investment into the restoration of natural and social systems such as wetlands and forests, and sound agricultural systems; the systems that form the foundation of any real life economy.

Local and regional food systems will be an important part of our future, regardless of how smoothly this transition occurs. We know that sustainable and regenerative farms support cleaner air, water, land, and food; support biodiversity; and support healthy communities. At a time when energy prices are increasing, jobs are being lost, and real wages are decreasing, more food must be produced closer to home. And because the costs associated with conventional agriculture are directly associated with energy costs, this agriculture will be sustainable in nature.

Which makes the future a tasty thing to think about. By eating local and fresh we are all working to make that a successful, safe, and sustainable reality.

Be great,  
Mike