

CRAB SALAD III

Prep Time: 25 Min. Cook Time: 10 Min. Ready In: 35 Min. Yields: 8 servings. Recipe from www.allrecipes.com.

INGREDIENTS:

1 1/2 C seashell pasta	1 (12 ounce) package imitation crab meat
1 small green bell pepper, diced	1 sweet onion, diced
1/2 C diced black olives	5 radishes, diced
1 tomato, seeded and diced	1/2 C diagonally sliced celery
3/4 C mayonnaise	1 tbs white vinegar
1 tsp lemon juice	1/2 packet artificial sweetener
1/2 tsp garlic powder	1/2 tsp dried dill weed
1/2 tsp dried basil	1/2 tsp dried oregano

DIRECTIONS:

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; rinse with cold water and drain. In a large bowl, whisk together the mayonnaise, vinegar, lemon juice, artificial sweetener, garlic powder, dill, basil and oregano, adjusting seasonings to suit your taste. Add the pasta to the dressing and toss to coat. Add the crab, green pepper, onion, olives, radishes, tomato and celery and gently fold into the salad mixture. Cover and refrigerate until serving.

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UPCOMING EVENTS

(complete details at www.accokeek.org)

COLONIAL HOME SCHOOL DAY

Wednesday, November 12, 2008

10:00 a.m. to 1:00 p.m.

Visitor Center, Rain or Shine

Registration Required by November 5th

\$2.00 Per Person, Ages 2 and Over

Children 2 and Under are Free

Calling all homeschoolers! Join the Bolton Family at the National Colonial Farm and spend the day learning about life on a small tobacco farm in the mid-18th century. This self-guided day of exploration will allow children to learn about heritage breed farm animals, crops and gardens, and try colonial chores. Bring a picnic lunch and enjoy the view of Mount Vernon. Please contact MaryAlice Bonomo at 301.283.2113, ext. 28.

COLONIAL FOODWAYS

Saturday, November 15, 2008

10:00 a.m. to 4:00 p.m.

3rd Saturdays Monthly March-December, Rain or Shine, Admission Fee, 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. Demonstrations vary monthly.

FIELD NOTES

Volume 13, Number 28 November 10, 2008

Since it is already November, we all thought it would be a good idea to recap the season and let you know what is next for the Ecosystem Farm apprentices.

I came down to Accokeek from Massachusetts because I wanted to start the process of becoming a farmer. I knew there was so much to learn about agriculture and starting a small business, but what I didn't quite realize was how much I didn't know I needed to know. I am happy to report, over the last 9 months, I have added to the list of things I do not know. This reminds me of Donald Rumsfeld's pontifications about the "known unknowns" and the "unknown unknowns".

Prior to the Ecosystem Farm, I spent the summer of 2004 working on an organic farm in upstate New York. I can't say what led me to work on this farm, except that friends of mine were also working on farms that summer. I was not expecting the long days or the work to be so hard. But I also wasn't expecting to love everything about it. From that point on I wanted to be a farmer, and to my parents' dismay I talked about this dream openly. My father gave me the look of, "this too shall pass," and my mother would ask, in a frantic tone, "what *is* that?" She forgot about all the summers she would help out on her uncle's dairy farm and the afternoons she would go there after school to help

THIS WEEK'S HARVEST

Broccoli

Cabbage

Celery

Collards

Peppers

Spaghetti and long pie squash

Salad mix

Sweet salad turnips

Tillage radish (daikon)

cook dinner. She forgot about all the hard work and the value my uncle put into his land. In a sense, she forgot about the value of my uncle and his labor. With less than 2% of the population working as farmers, a great cultural amnesia has emerged on the value of agricultural work to our society. As a student, I was never presented with farming as a viable career path. However, I believe this is changing. What we are experiencing, or will be very soon, is a re-humanization of farming; a takeover of machines, chemical pesticides, and fertilizers by actual, living beings. As fossil fuels become more expensive and the era of cheap energy inevitably comes to a close, we will once again rely on the energy of humans (and animals!). This transition also necessitates changing our cultural beliefs on the value of farmers and farm labor.

I should add that while I have been here at the Ecosystem Farm, my parents have grown very excited about my dream to be a farmer. They have even been doing some networking for me at their local farmer's market and accepted the idea that I could turn their precious, manicured lawn into a market garden.

I will be leaving Accokeek at the end of this month, returning to Massachusetts to begin the next phase of my journey. I am happy to take advantage of the New England Winter to research different agricultural practices. I will also continue the work I have begun here through participating in a small business course to complete my business plan and research on finance options for small farmers. By summer, I hope to rent a small plot of land from a farmer in my area to start a market garden and grow a variety of greens and herbs to sell at a Farmer's market as well as local restaurants. I am hoping this experience in growing a focused set of crops will give me practice in rotational planning, marketing skills, and financial accounting. While at Accokeek, I have been exposed to many different approaches to farming and current alternatives to acquiring land. I am open to these options and new ideas as I learn them, but one thing is certain; I am leaving with a much better response to my mother's question of what a farmer is, does, and why.

It was great to meet all of you, share stories and swap recipes. Have a restful winter and enjoy next year's harvest.

Angela

SWEET RUSSIAN CABBAGE SOUP

Prep Time: 10 Minutes. Cook Time: 1 Hour. Ready In: 1 Hour, 10 Minutes. Yields: 4 servings. "This is a simple recipe for a wonderful rich cabbage soup." Recipe from www.allrecipes.com.

INGREDIENTS:

1 1/2 pounds ground lean beef	1 (14.5 ounce) can diced tomatoes
1 (8 ounce) can tomato sauce	4 cubes beef bouillon
2 medium carrots, shredded	1 onion, chopped
2 tbs white vinegar	1/2 C white sugar
1 1/2 tsp salt	1/2 tsp ground black pepper
2 quarts water, divided	3 cloves garlic, finely chopped
1 head cabbage, cored and cut into wedges	

DIRECTIONS:

Crumble the ground beef into a large pot. Add the diced tomatoes, tomato sauce, beef bouillon cubes, carrots, onion, vinegar, sugar, salt and pepper. Pour in 1 quart of water, and bring to a boil. Stir to break up the beef while heating. Once the soup comes to a boil, cover and simmer for 30 minutes over low heat. Pour in another quart of water, and return to a slow boil. Add garlic and cabbage. Simmer for 25 minutes, until cabbage is tender. Ladle into soup bowls to serve.

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In and Out This Week

Sweet potatoes are off this week to save what's left for Thanksgiving week boxes. New in your SHARE this week: sweet salad turnips, "long pie" pumpkins to go with spaghetti squash, celery, and Daikon, or Tillage Radish. We've picked these radishes from our research plots. Angela wrote about this project a few weeks ago. Using these radishes we hope to reduce the need to till the soil. You can imagine these roots breaking up compacted soil layers and decomposing in place. Check back come spring to see how well it works.

Be Great,
Mike