



SUNSHINE IN A BOX



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CSA Week 9

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Farm Updates

August is already flying by and with the full moon on Monday the harvest is finally starting to bring in some new summer vegetables. We are now past the half way point between the spring and fall equinox and cooler weather this week gives a sense of the contracting season.

With the moon moving into the waning gibbous phase over the next week I will continue to harvest, prune, trellis, plant, and cultivate. Irrigation is also a must without any rain events the past week.

As our collective situation evolves and passing time tips towards fall, we each have our own challenges and worries.

Full Moon Seed Saving

This month's full moon is called the Mdaamiin Giizis (corn moon) or the Manoominike Giizis moon (ricing moon)

in the Ojibwe calendar, and it is a reminder to think about future generations because of its correspondence to seed saving in Anishinaabe culture. (13 Moons and Native Harvest Products, 2017) (Ojibwe Moons, 2015)

I was glad to harvest some plants for seed saving this week which got me excited to think about next spring. One principle of biodynamic farming is saving your own seed which creates more robust plants that become accustomed to the native soil and climate. After some initial successes I'm encouraged to save more seed—the resulting plants have a glow to them I don't notice as much in purchased seed. (cont. p.2)

Farm Updates
Week 9 Produce
Recipes

Kale and Wild Rice Bake



Week 9 Veggies

Broccoli: A successful summer planting of broccoli!

Tomatoes: Assorted heirloom tomatoes. More coming soon! Cherry tomatoes include old favorites like sungold and new varieties like blue cream. Great for snacking, or try slicing in half and tossing with oil, balsamic vinegar, salt, pepper, and a little honey for a tasty salad.

Kale: A nutritious addition to any meal. For raw kale salads, try salting 10-15 minutes before adding dressing. Also try it baked with wild rice in the recipe below.

(Full Moon Seed Saving Cont. from p.1) Seed saving is a generational activity and also requires regular stewardship since seeds need to be planted to carry on their viability. There is a bit more risk involved in replanting saved seed, especially for a market gardener, because if undesirable cross pollination occurred, the result might not be exactly what one expected. For example, the gardener must use open pollinated seeds, and each crop needs to be isolated certain distances depending on the type of pollination. Crops can also be hand pollinated and sealed to prevent undesirable cross pollination, and advanced seed savers can even cross certain breeds to create interesting hybrids (Penniman, 2018). At this point the risk seems greater in not trying to preserve seeds and vegetable varieties.

Seed saving takes planning. Where to plant the seed plants, when to harvest, and where to store and process are all considerations. If a window of opportunity is missed, that plant could be lost forever. Didn't plant garlic in October? There won't be any next July. Our food supply has seen a major decrease in diversity over time because of the loss of this ancient art form. Seeing this goal start to materialize gives me a sense of increased resilience and connection to both past and future generations.

Recipes

Wild Rice Kale Bake

1 bunch kale
¾ cup diced onion
1 clove garlic
1 cup wild rice
1 cup water
1 cup broth

Salt and pepper to taste
4 Tablespoons butter
1 Tablespoon sunflower oil
2 Tablespoons maple syrup
¼ cup blueberries
1-2 sprigs parsley, finely chopped

Preheat oven to 325 degrees f. Remove kale leaves from stalk and wash leaves. Drain and pat dry. In a heavy oven proof baking dish with lid (a small dutch oven or cast iron pan with lid works well), add 2 tablespoons butter and 1 tablespoon sunflower oil and heat on the stove on low. Raise heat to medium and add the onion and maple syrup. Cook until softened, about 3 minutes being careful not to burn the onion. Increase the heat to medium high. Add the wild rice, kale, blueberries, and garlic and stir to coat in oil, cooking until the kale has reduced slightly in size and the rice is lightly toasted. Add the water and broth and bring to a simmer. Cover and transfer to the oven and cook for 30-35 minutes until the liquid is absorbed and the rice is fluffy. If the rice is not fully cooked, add more liquid if needed and continue to bake another 5 minutes. Sprinkle with finely chopped parsley to serve

References

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