

Tierra Miguel Foundation CSA News

Produce pickup on Tuesday, March 9, 2010



Jennifer Conway

[Delivery Schedule](#)

CSA Box Contents

Arugula
Cabbage
Carrots
Chard
Cilantro
Lettuce
Parsley
Parsnips
Strawberries

Any Lettuce Salad

This recipe is adapted from [Nourishing Traditions](#) by Sally Fallon.

lettuce, washed and dried
arugula, washed and dried

2 tablespoons finely chopped walnuts
2 tablespoons freshly grated Parmesan cheese
1/2 cup walnut dressing (walnut oil, olive oil, sherry vinegar)

1. Walnut dressing

makes 1/2 cup

Stir with a fork:

2 tablespoons sherry vinegar

2 tablespoons unrefined walnut oil

6 tablespoons extra virgin olive oil

2. Toss greens with dressing

3. Sprinkle on walnuts and cheese

Upcoming Events

Biodynamic Work Day

Saturday, March 27, 2010

At the farm, Please RSVP csa@tierramiguelfarm.org to find out time.

Wear work clothes and bring food to share for a potluck lunch.

Open House

Saturday, April 3, 2010

Wear work clothes and bring food to share for a potluck lunch. Farm tour and work project.



Views of Tierra Miguel Farm

Professor Deborah Small's students from California State University, San Marcos, have been out to the farm to take photographs. You can see their beautiful work on the students' blogs:

Donovan Olson: <http://donovanolson.wordpress.com/>

Ken Muckey: <http://edenshooter.wordpress.com/>

Mike Niblett: <http://www.mikeniblett.blogspot.com/>

Jennifer Conway: <http://jenniferconway.wordpress.com/>

Jennifer Conway's panoramic photograph of Tierra Miguel is featured at the top of this newsletter.

Deborah herself has a striking ethnobotany blog:

<http://deborahsmall.wordpress.com>



Farm Fundraising Update

As you know, we sent out our fundraising letter February 25th. Our goal is to raise \$10,000 by March 19th to support Tierra Miguel's goals.

To increase promotion of sustainable and Biodynamic methods, to grow quality food and build a sustainable food system, we need your immediate help. These times call for our thoughtful and meaningful action committed to the present and the future. We will achieve these objectives through our many current projects.

- The San Diego Growers' Project is a collaborative effort of twelve local growers, led by Tierra Miguel, to develop a Regional Food Hub in San Diego. The Hub will offer a permanent retail location for farmers and be a point of aggregation and wholesale distribution to provide schools and hospitals with high quality, fresh, local food.
- We are leading the Food System Assessment of San Diego County. We have partnered with Health & Human Services Agency, Childhood Obesity Initiative, San Diego Hunger Coalition and the International Rescue Committee to develop policy recommendations that will promote Better Health and Well-being of Residents, Agricultural Stewardship and Thriving Communities and Sustainable Economic Growth.
- We have also donated five acres of farmland to immigrant farmers from Somalia and Kenya through a Refugee Entrepreneurial Agriculture Program (REAP) that was developed by the International Rescue Committee. The farmers are the next generation of growers in San Diego.

Your donation is tax deductible. Donations can be made through our website www.tierramiguelfarm.org or mailed to:

Tierra Miguel Farm
PO Box 1065
Pauma Valley, CA 92061

Thank you, from the bottom of our hearts, for your support. Thank you to everyone who has already given so generously!

The Tierra Miguel Team