



FIRST  
ROOT  
FARM  
PUSH/COVER CSA NEWS ZINE  
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"LOVE  
IS  
AN ACTION  
NEVER  
SIMPLY  
A FEELING"  
-bell hooks

*[Handwritten signature]*

# SAVORY BREAD PUDDING

with summer squash and sage

2-3 medium squash, chopped

1 onion, sliced

5 cloves garlic, minced

3-5 fresh sage leaves, chopped

1 loaf stale bread, cubed

3/4 C cheddar, grated

1/2 C parmesan, grated

2 C milk

Salt + pepper to taste

Preheat oven to

375°. Sauté onions

over medium heat until

soft, about 10 min.

Add garlic and

squash and cook until  
tender, about 10 minutes  
more. Toss with sage  
and set aside.

In a large Bowl, combine bread and milk and let sit 10 minutes, until just softened. Mix in the cheeses and veggies and season with salt and pepper to taste.

Bake for 30-40 minutes, until the pudding is soft and the top is golden and bubbly. Serve warm. Yum!



it finally rained some on our land, a long, slow, leaky faucet drip. Everything perked up, greened up but we could always use more. We have started planting our fall crops, cabbage and carrots and beets that are meant for storage. Farming is all about planning ahead, sometimes I feel stuck between two seasons - "getting ready for winter" and "getting ready for summer". Regardless of the fact that I find farming embodying and the acts are extremely useful to being present in one's body, I rarely stay present the moment any given task is up. The questions we ask ourselves are all about planning - How can I remember that we are deep in summer when I am tending fall's harvest?

# WHAT TO DO WHEN YOUR SHARE... ...OVERWHELMS YOU!

preserve, preserve, preserve!

You may be tired of chard and Kale right now, but you won't be in December when fresh, local greens are scarce. Luckily, greens are super easy to freeze, and a great place to start if you are new to food preservation.

## FREEZING GREENS: (Kale, chard, Collards...)

① Wash and chop greens

② Blanch in boiling water or steam for 2 minutes. Remove from water (Use a large strainer with a handle) and plunge into a bowl of ice water to stop cooking.

③ Lay on paper towels. Blot dry.

④ Freeze on cookie sheets to keep clumps from forming. Transfer to labeled ziplock bags.

Use in soups & stews all winter. Delicious!

More Info: STOCKING UP. Carol Huppina

Make your own

# FARM PUPPET SHOW!

## \* MATERIALS \*

\* paper - sturdy paper (construction paper, card stock, a paper plate, a grocery bag, etc.) works best.

\* scissors \* glue \* tape \* popsicle sticks, drinking straws, or pencils \*

Supplies to decorate your puppets, like: crayons, markers, \*glitter\*

yarn, googly eyes, paint, pipe cleaners...

① Draw the shape of your favorite vegetable or farm animal on a piece of paper. Cut it out.

② Decorate your cut-out shape with your craft supplies. You only need to decorate one side of the paper.

③ Once you've decorated your animal or vegetable, attach it to the top of a popsicle stick, pencil, or straw with tape.

④ Make more puppets so you can put on a show!

① draw + cut out a shape.

