

Table of Contents

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- 1) In Your Box Next Week
  - 2) CSA Sign-up Reminder, Calendar, New Web Form and other changes
  - 3) CSA Member Feedback Survey
  - 4) News of the Farm
  - 5) Brush Clearing Work Day - Saturday, Saturday February 23
  - 6) Eat food, not too much, mostly plants. Michael Pollen - In Defense of Food
  - 7) Donations Needed for Second Intern House
  - 8) American Native Pecan
  - 9) CSA Work-share Volunteers for Winter Session?
  - 10) Recipes
  - 11) Subscribe/Unsubscribe To Newsletter
  - 12) Johnson's Backyard Garden Contact Information
- 



- 1) In Your Box Next Week

I am new to trying to figure out what will be in the boxes in advance so bear with me. For Wed the 20<sup>th</sup> and Saturday the 23<sup>rd</sup> I am predicting.....

Baby lettuce heads...we have many kinds sizing up

Collards

Mars Oranges

Rio Star Grapefruit

Onions or Garlic

Spinach

Chard

Cracked Native Pecans (Last week of our pecans)

Cilantro

Lemon Grass (maybe...we are transplanting and we will see how it looks)

Mystery Item or two???

Growing....more Bok Choi and Kohlrabi should be ready in a few weeks

Checkout our [storage tips](#) on our website.

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## **2) CSA Sign-up Reminder**

Now is the time to send in your CSA membership payment for Spring. The last box for the winter session is Feb 20<sup>th</sup> for Wed deliveries and February 23<sup>rd</sup> for regular Saturday pickups. Since the sign-up reminder in our last newsletter we have been filling up our membership slots fast.

We cannot accept online payment yet, but the [sign-up form](#) located on our website can be used to create a mail-in order. Simply fill it out, submit, and print. Then mail your order and payment to us. We will e-mail you a confirmation and additional details regarding pick-up as soon as it is received.

We are limiting our membership and may soon have to start a waiting list. If you are a new member, please send in your membership sign-up form and payment ASAP to guarantee a membership slot.

## **New Reminder Calendar**

When you printout your sign-up form a calendar is also generated. Please do not mail the calendar page to us. We recommend you keep it handy or post it consciously to help you remember when to pickup your veggie box. Icons are on the calendar dates when you are scheduled to pickup a CSA box.

## **New Web Sign-up Procedure – Start at Anytime...Pay in 10 or 4 week increments**

Some of you may have noticed our new [sign-up form](#) on our website. We are changing our CSA membership a little and we will no longer have individual 10 week sessions. Members can now start at any time and either pay in 10 week or 4 week increments. We have decided to switch to a 4 week option based on feedback from our customers who are on a limited budget. You choose if you would like your veggie box weekly or every other week. Also please note the pickup times for each location. Some

have changed slightly....notably the South Austin pickup times for Saturdays. We are working on buying a refrigerated delivery van and so we had to adjust pickup times slightly to allow one vehicle to make all of the deliveries.

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### **3) CSA Member Feedback Survey**

I appreciate everyone who took the time to complete our survey your comments are very valuable to us and we are continuously working to provide the best service and quality possible. When we plant and pack the CSA boxes each week your comments help tremendously. Feel free to email us with other ideas as you think of them.

If you would still like to take the survey below is the link.....and it is only 9 questions!

[http://www.surveymonkey.com/s.aspx?sm=mhoC6rrM2ft5bDR4kl4Png\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=mhoC6rrM2ft5bDR4kl4Png_3d_3d)

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### **4) News of the Farm**

We are making good progress on bringing 12 more acres into production. Over the past couple of weeks we have received a lot of help from work share CSA members on Saturdays cleaning up the fields. Will (one of our interns) has also already chisel plowed and roto-tilled 3 additional acres. Last week we planted potatoes and also completed one more planting of broccoli, cauliflower and other cool season crops on part of the newly prepared ground.

One new discovery was that the soil where the pecans were planted was a heavier clay than the soil where we have been growing. From the soil maps we knew that the farm was comprised of a silty clay loam and a clay loam. This will be our first year growing on the clay loam so I guess we have some learning to do. For one thing it does not dry out as quickly. This can be both good and bad. When it rains it takes a lot longer to be able to get back in the field and work the soil. But since it holds more moisture it does not dry out as quickly. At least we got the planting done before all the rain last night.

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### **5) Brush Clearing Work Day - Saturday, Saturday February 23**

This weekend on Saturday, February 23 we are having a work day from 8-12:30 to clean up more of the brush in the rear pasture. This is dangerous work as we will be working with the tractor, chipper and numerous chainsaws. If you have a chainsaw and are experienced in using it we would welcome more hands. For those of who do not have a chainsaw we could also use help in dragging brush to the chipper. We plan to start at 8:00 am sharp and work till about 12:30.

If you would like to help out please email me at [farm@johnsonsbayardgarden.com](mailto:farm@johnsonsbayardgarden.com). Protective eyewear, long pants, long sleeve shirt and sturdy shoes or boots. We are anticipating a crew of 20-25 guys and are renting a large chipper so that we can leave the chipped brush in place and provide organic mater for the soil.

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## **6) Eat food, not too much, mostly plants. Michael Pollen - In Defense of Food**

Below are a couple of links to an interesting Michael Pollen interview I listened to a few weeks ago on NPR. The funny quotes I remember was “Don’t eat any thing your great grandmother would not recognize as food....Squirt into your mouth convenience food.....

Imagine her reading ingredients.&#xu201D;

Pollan says nutritional science has failed us and suggests a better source of wisdom regarding healthy eating is culture. He also says that plants are really important...&#xu201D;eating your fruits and vegetables is the best thing you can do to avoid cancer, diabetes&#xu201D;.

I agree with him that more time or more money is a question of priorities. Why is it that so many Americans have devalued food?. Pollan sees chronic disease such as heart disease, diabetes, and cancer is a direct result of how we eat. Check out the article for yourself.

[http://www.nytimes.com/2007/12/16/magazine/16wwln-lede-t.html?\\_r=1&ref=magazine&oref=slogin](http://www.nytimes.com/2007/12/16/magazine/16wwln-lede-t.html?_r=1&ref=magazine&oref=slogin)

NPR interview January 1, 2008

<http://www.npr.org/templates/story/story.php?storyId=17725932>







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## 7) Donations needed for our Second Intern House

Thanks to all the CSA members that provided a number of items to help furnish the house for our interns Caroline and Will. Now that our farm manager Brad is recently moving on to pursue other endeavors we are now in need of more items to furnish another intern house on the farm. To make the place livable we will be happy to pickup any extra housing items that you may have. We could use the following items: furniture, lamps, kitchen table, chairs, couch, rugs, coffee table, mirrors, plants, pictures, paint (interior or exterior), washing machine, drying rack, clothes pins, bed frame and mattresses, sheets, blankets, night stand, dresser, hangers, towels, cooking and kitchen stuff. Basically anything for the house!

If you come across anything that you think we could use for the place I would appreciate you letting me know.

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## 8) American Native Pecan

*Carya illinoensis*





Originally renowned for their tough, difficult to crack shells, the fruits of the American Native Pecan tree are the inspiration for the tree's name. The etymological root of pecan is "pacane," which comes from the Algonquin language and means "nut so hard as to require a stone to crack." Because of current market demands, this name is no longer completely fitting, as pecan varieties are now cultivated to have thin, easily crackable shells.

During its potential 150-year life, each pecan tree produces a nut that is unique in variety, producing millions of distinctive pecan nut flavors. Texas leads the nation in pecan production with an estimated 600,000 acres of trees consisting of 30,000,000 individual trees.

Presently, the pecan is eaten mostly raw or baked into the pecan pie, the epitome of an American dessert. The nut has been a staple food for American Indians who pound the nut into a thin meal and then add water to create a nutritious pecan milk. Pecans are also frequently added to vegetable dishes that included beans, corn and squashes.

Pecans are highly nutritious as they are sodium-free and contain upwards of 19 vitamins and minerals. As a nut with a high protein content, (18% protein content) the pecan is listed on the USDA Food Guide pyramid as a nourishing alternative protein for people on a plant-based diet.

Although not explicitly endangered, the American Native Pecan is at risk and in need of revitalization.

Slow Food USA – Ark of Taste  
[http://slowfoodusa.org/ark/american\\_native\\_pecan.html](http://slowfoodusa.org/ark/american_native_pecan.html)













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## 9) CSA Work-share Volunteers for Winter Session?

Interested in work sharing in exchange for a veggie box? Our CSA is a little different than most in that veggies each week are harvested mostly by CSA members. If you are interested in having more involvement in the farm please e-mail us for information on our work share program. In exchange for working from 8-12:30 on Saturday mornings we provided a CSA share of veggies in trade. Our CSA is growing rapidly and we always need plenty of friendly and energetic members to help with the harvest. We also accept volunteers on weekdays too, however most work-share members come on Saturdays.

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## 10) Recipes

The recipes this week are from a friend of mine from Sacramento, California...Marsha Prillwitz. The recipes below are family recipes, however Marsha has written a couple of gardening and cooking books that you should checkout. Search for her on Amazon.com

### **Lifit (Pickled Turnips with Beets)**

Nahat Family

Yield: 4 quarts



Comments: My mouth waters just thinking about it!

Prep Time: 1 hour

4-5 pounds turnips, fresh, firm to touch

¼ cup coarse salt

6-8 medium beets

Peel, quarter and cut turnips into to ¼- ½ inch thick slices.

Wash beets slice into quarters or smaller.

Sprinkle turnips with salt and set aside for 15 minutes.

Pack turnips and beets tightly into jars that have been washed and rinsed with scalding hot water.

Brine:

Boil water, add vinegar and salt.

Pour boiling Hot mixture into jars, filling to 1 inch from top.

Seal immediately. Cool and refrigerate.

6 cups water

3 cups white vinegar

3 tablespoons coarse salt, not iodized

Serving Instructions: Wait at least one week before serving. The turnips will turn a pretty pink as the beets offer up their color. A beautiful addition to any appetizer plate.

### **Rishtaya (Lentil, Spinach & Noodle Soup)**

Source: Nahat Family

Yield: serves 6

Comments: Warms heart, soul and tummy on a cold winter day.

Prep Time: 1 hour

12oz. lentils

3 qt. water

4 cloves Garlic, whole

To taste Salt (~1/2 tsp.)

½ pound Noodles, medium wide

1 bunch Spinach, fresh, cleaned (May substitute 1 package frozen spinach)

1-2 Onions, sliced lengthwise

~1/4 c. Olive oil

Instructions

1. Wash lentils. Add water, salt, and garlic. Bring to a boil then simmer until almost tender.

2. Boil noodles separately until nearly tender. Drain, add to cooked lentils and simmer until lentils and noodles are tender.

3. Add spinach and cook until just limp.
  4. While soup is cooking, brown onions in oil until almost crispy. Serve on top of rishtaya.
- Serve With: Cut up cucumbers, tomatoes, olives, cheese, and/or green salad with lemon/olive oil dressing.

Marsha Prillwitz, 2008.

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## **11) Subscribe/Unsubscribe To Newsletter**

If you would like to subscribe or unsubscribe to our email newsletter click [here](#).



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## **12) Johnson's Backyard Garden Contact Information**

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Organically Grown Vegetables  
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