

Mahina Pua Farm CSA News



Happy Holidays!

We at Mahina Pua Farm would like to wish you all a wonderful Holiday season! Once you get your vegetables you can make the most healthy holiday meals; recipes included to help you out.



What's happening at Mahina Pua Farm?

Cucumbers galore! Many pounds are being produced at our urban sites. "What a cucky! "

• On another note, the **GoFarm** site in Waimanalo is looking good. The cover crop has been flail mowed, the soil tractor



tilled, plowed, and amended with compost and bone meal and much has been planted. Look below for pictures! Sign up for your box soon, there are *limited spaces* for the **special price of \$20/ box** and the price is lower than our regular full-share CSA box. ***** mahinapuafarm.net click food box

What is a CSA anyway?

CSA stands for community-supported agriculture where an association of individuals pledge to support a local farmer and in turn those individuals get their share of produce when harvests begin. The CSA customers also share the risks associated with food production which they take into

What is in the full box this month?

CSA Food Boxes about 11 items

Salad Mix

Kale

Sunflower shoot

Mizuna/mustard shoot

Beets

Swiss Chard

Cilantro

Purple Kohlrabi

Basil

Cucumbers

Egg plant

Beans



Grown in South Oahu using Restorative and Natural farming practices basically organic, but not certified.

"The Niu Valley yielded far less taro, in the historical past compared to the other South Oahu Valleys as a result of porous and marshy ground. Instead, yams and sweet potato are thought to have been the staple for the area."



New 1 acre residential site opening up in Kailua in the new year! **Looking for investors** to get it going. Let me know if you have any leads for financing for equipment like plumbing, a processing station, washing equipment, sand and soil,



Gallery of our Work



Urban Farmer Jansen quote to her helpers: “I see little tiny foot prints in this bed. I wonder who it could be?” 😊

Growing tip:

Prune your cherry tomatoes as they grow so you get good fruit sets. The trick is to notice



where the auxiliary stems are growing and cut them off in order to let the main stem grow strong. The auxiliary stems grow in the armpit of the leaf stems and will look like another flowering tomato stem. Also, because indeterminate tomatoes climb (determinate not so much), interweave twine around each plant securing the twine to T-posts set every 7 feet.

Give the gift of nourishment this season! 🌲

Don't forget our CSA member shares when shopping for your family and friends! It is as simple as going to our website and adding them as the customer name at checkout. If it is a gift, write a separate note with the order and receive a little card from Mahina Pua Farm for your loved one. AND if you purchase a full share of the 10 week GoFarm CSA, you will receive a **free cookbook**.



ABOUT THE FARMER

Vanessa Jansen has been a gardener all her life. She has had her hands in many farm school programs on the mainland and here in Hawaii and now is in her 2nd year of market farming. She is also a Certified Professional Midwife and has raised three children aged 25, 18, and 13 and has had them tag along to all of the home gardens and community gardens she has created over the years. She has had training in biodynamics from the Rudolf Steiner College in Sacramento and had the wonderful opportunity to learn from Harald and Cynthia Hoven and worked for an additional time with the apprentices. See more here <https://vimeo.com/168816094/b2311a8c88> Biodynamic Farming. Currently a UH GoFarm student and working as a farmer, farming every day!

Thank you!

We, at Mahina Pua Farm, thank you for your support and encouragement!



Kale

Skillet Eggs with Kale and Chorizo MACSAC

1/4 pound Spanish-style chorizo (or other spicy, hard sausage like Italian salami or garlic summer sausage), diced
1 bunch kale, stems removed, leaves chopped coarsely

lemon juice
pepper
4-6 eggs
grated Parmesan or asiago cheese (optional)

Heat large, nonstick skillet over medium-high flame. Add diced chorizo and cook, stirring often, about 3 minutes. Add all the kale and cook, tossing often, until wilted, about 3 minutes. Sprinkle a little lemon juice and pepper over the mixture and toss well, then push kale/chorizo mixture to outer edges of pan. Reduce heat to medium and crack eggs 1 at a time into center of pan. Cook briefly uncovered, then sprinkle 3 tablespoons water over kale and eggs, cover, and cook until eggs are set, about 3 minutes. Sprinkle a little grated Parmesan or asiago cheese over the dish and serve immediately, right from the pan. Makes 4-6 servings.

Wonderfully Easy Pasta with Kale Ann Romanczuk, Common Harvest Farm

1/3 pound penne or farfalle pasta
2-3 tablespoons olive oil
1 small onion, diced

2 or 3 garlic cloves, minced
1/2 pound chopped kale leaves
salt and pepper

Bring 6-8 cups salted water to a boil; add pasta and cook until tender. Meanwhile, heat olive oil in a large skillet over medium heat, add the onions and garlic, and cook until tender. Add the kale and sauté until wilted. Drain the pasta and combine it with the onions, garlic, and kale. Season with salt and pepper and serve immediately. Makes 2 servings.

Potato Kale Soup Jim Harvey, MACSAC member

4 tablespoons olive oil
2 medium onions, chopped
10 cloves garlic, chopped
1/2 tablespoon red chile flakes or to taste

1 1/4 teaspoons salt
6 medium potatoes, peeled and diced into 3/4-inch cubes
3 cups coarsely chopped kale
black pepper

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and sauté until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 minutes. Puree soup in blender or food processor. Season with pepper to taste. Makes 6-8 servings.

Classic Colcannon Tony and Dela Ends, Scotch Hill Farm

4-6 large potatoes (about 3 pounds)
2 tablespoons butter
3 cups, packed, chopped kale leaves
1 cup chopped onion

1/2-2/3 cup milk, warmed
1-2 tablespoons chopped parsley
salt and pepper

Peel and cut up potatoes. Boil in salted water until tender. Meanwhile, melt butter in skillet over medium flame. Add kale and onion; cook, stirring occasionally, until onions are barely soft. Drain potatoes and mash them with the milk; mix in kale/onion mixture and parsley. Season with salt and pepper to taste. Spread in buttered baking dish; bake at 375 degrees for 20 minutes. This is from a fall 2000 Scotch Hill Farm newsletter written by former intern Ben McCann. It's excellent with corned beef and cabbage. Makes 4-6 servings.

Sautéed Kohlrabi Oak Ridge Farm, adapted from the *Cook's Garden Cookbook*

2 kohlrabi (3 if small)	1 tablespoon fresh herbs (thyme, chives, sage, etc.)
4 tablespoons butter or light oil	1 teaspoon salt
1 medium onion, diced	

Grate kohlrabi, place in colander, and sprinkle with salt. Let stand 30 minutes to drain. Heat butter over medium heat, add onions, and sauté a few minutes. Stir in kohlrabi, reduce heat to low, cover, and cook 10 minutes. Increase heat to medium and cook 2 more minutes. Remove from heat and stir in fresh herbs. Makes 2-4 servings.

Low-Fat Kohlrabi Cakes with Yogurt Mint Sauce Barb Bishop, Harmony Valley Farm member

Sauce:	Kohlrabi cakes:
1/3 cup plain yogurt	4 kohlrabi bulbs
3 tablespoons chopped fresh mint leaves	1/4 cup chopped green garlic
1 teaspoon lemon juice	Egg Beaters equivalent to 2 eggs (or 2 eggs, beaten)
pinch of salt or more to taste	2 tablespoons dried bread crumbs
	1 teaspoon salt
	1/4 teaspoon crushed red pepper flakes
	black pepper to taste
	oil cooking spray

Mix sauce ingredients in bowl and chill at least 30 minutes before serving. Meanwhile, peel and shred kohlrabi. Transfer to a mixing bowl by fistfuls, squeezing out excess moisture as you go. (This is essential.) Combine kohlrabi with green garlic, egg substitute or eggs, bread crumbs, salt, red pepper flakes, and black pepper; stir until blended. Heat large skillet and spray it generously with cooking spray. Drop mixture by large spoonfuls into hot pan and fry the cakes in batches until golden brown, 3-4 minutes per side. Drain on paper towels. Serve hot with yogurt mint sauce. This recipe is adapted from *The New Basics Cookbook* by Julee Rosso and Sheila Lukins. If you don't have green garlic, use green onions and add a small clove of finely minced garlic. Makes 4-6 servings.

Kohlrabi and Pea Vine Patties with Cilantro Yogurt Sauce

Linda Halley and Jordan Lichman, Harmony Valley Farm

Sauce:	Patties:
1 bunch cilantro, stemmed, finely chopped	1 tablespoon Dijon mustard
juice of 1 lime	1 tablespoon minced ginger
1/2 teaspoon salt	1 tablespoon minced garlic or green garlic shoots
1 teaspoon honey	1 tablespoon curry powder
5 ounces plain yogurt	salt and pepper to taste
	1/2 cup packed chopped pea vines or Asian greens
	3 medium kohlrabi, peeled
	2 tablespoons flour
	1 egg
	1/4 cup vegetable oil
	1 cup bread crumbs

Combine sauce ingredients and let stand 30 minutes. Meanwhile, mix all ingredients for the patties except breadcrumbs and vegetable oil. Heat oil in a large nonstick skillet over medium heat. Form kohlrabi mixture into small patties, squeezing hard to extract excess moisture. Roll patties in the bread crumbs. Fry patties on both sides until golden brown, about 4 minutes per side. Drain on paper towels. Serve with cilantro dipping sauce. Makes 6 patties.