

# Mahina Pua Farm CSA News



## What's new at Mahina Pua Farm?

A Potluck and film showing for our CSA members and more at Calvary by the Sea Lutheran Church. March 23rd - 5339 Kalaniana'ole Highway



**Mark Kitchell**  
Director/Producer/Writer of "Evolution of Organic"  
<http://evolutionoforganic.com> - **watch trailer here**

Mark Kitchell is best known for *Berkeley in the Sixties*, which was nominated for an Academy Award, won other top honors, and has become a well-loved classic, one of the defining documentaries about the protest movements of the 1960s.

More recently he made "A Fierce Green Fire," which is a big-picture synthesis of environmental activism spanning fifty years from conservation to climate change. It too was a big success, culminating in national broadcast on American Masters on Earth Day 2014. So "Evolution of Organic" is his third film about social change movements in America.



Kitchell went to NYU film school, where he made *The Godfather Comes to Sixth St.*, a cinema verité look at his neighbors caught up in filming *The Godfather II* – for which he received another (student) Academy Award nomination. He has a long career in production, beginning with "Grand Theft Auto" and including a Brazilian soap opera. He has written, produced and directed non-fiction television and made films for hire like "Integral Consciousness."



Don't forget about the Variety show Tuesday



Grown in South Oahu using Restorative and Natural farming practices non-certified organic.

## What is in the full box this month?

CSA Food Boxes about 8-10 items

- Red/Bok Choi**
- Soy Beans.**
- Beets**
- Kale**
- Shoots**
- Carrot**
- Garlic chives**
- Chard**
- Salad Mix**



Vanessa helping out at the GoFarm booth at the Malama Honua Fundraiser 3/10.



Veggies from the farm

# Gallery of our Work

## What's happening at GoFarm?

I had my plot presentation/ evaluation and I think I did pretty good. What a view! Anyway, I am in the plaid shirt to the left, Chris and Liam on the right by the red table. I was the first to present on Saturday and 6 classmates to follow. It was a really great opportunity to hear what others were dealing with in their plots and how I could improve! Someone said, "Where are the weeds?"

Really nice 😊

## Reminders for our members:

Please fill out the survey and return it by email or paper as soon as you can. It will really help our operation.

•\*\*\*Pick-up time for CSA Veggie box - Can you come between 7:30-9am? After my evaluation it was suggested that I try to make Tuesday pick up more efficient. We would like to be able to farm on Tuesdays after pick up. That way we can keep up with production and get more varieties out for your boxes! Let us know if you can come earlier!

## How's it growing?

So many of our brassica plants are looking beautiful. kohlrabi, kale, turnips, broccoli, cabbage, choi We can't wait for our egg plant and cucumbers when the sun comes & it gets to the warm season!



GoFarm Plot Monday

## 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!



## Recipes

### **Beans! More specifically, Kernels, Legumes and Pods.**

There are dried beans, fresh shell, snap, and yard-long.

This week you will be getting a fresh shell variety called Green soy beans or edamame right on the plant!

Green soy beans are grown specifically to be enjoyed fresh. They are deliciously sweet and simple to prepare.

Boil whole pods until just tender, drain, and sprinkle with a little coarse salt.

Serve them whole, and eat them by popping the beans out one at a time, with either the fingers or teeth.

(Be sure to serve them with an extra dish to discard empty pods.)

Or shell the blanched beans and add them to tofu dishes, salads, or any dish in which they will not be overcooked. Like fave beans, soy beans are safe to eat after brief cooking.

