

Mahina Pua Farm CSA News



Happy New Year!

Our Niu Valley Market Stand is open! I have consolidated our resources and decided to take the plunge and put more energy into selling where we are instead of far away by setting up our booth right on our own block near where much of the produce is grown. Now the Niu Valley residents can enjoy very local, fresh produce on their way home from work or as they walk their dogs. We set up on Mondays and Fridays from around 3:00-6:00 pm where the old Monkey Pod tree was torn down on West Halemaumau St.



What's happening at the GoFarm Site?

- Spaces for our \$20/box Gofarm share are all full! Mahalo to those who spread the word and got your friends to join! There are spaces left in our Homestead CSA with great new produce to come. \$25/box go to 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 consideration before becoming a member.

What is in the full box this month?

CSA Food Boxes about 8-10 items

- Salad Mix**
- Broccoli Rab**
- Carrots**
- Beets**
- Radish**

- Swiss Chard**
- Cilantro**
- Purple Kohlrabi**
- Cucumbers**
- Garlic Chives**



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

“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.”



Christmas dinner Salad!



Gallery of our Work



GoFarm Before and after cover crop!
Below: My dad from Minnesota on the left and Chris on the right, recruited as Wwoofers. We are all hand picking the evil nut-sedge grass!



Growing tip:

When growing your basil plants remember to cut the top (apical meristem) off fairly soon after it has the two large



leaves or in the beginning of its growth. This encourages the plant to produce more side stems that produce from the tiny stem nodes making a bushier plant.

Give the gift of nourishment for Valentines Day!

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.



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!



COMMUNITY RECIPES

ANIA'S BORSCHT (BEET)

BY HEIDI ACCOLA OF ROOTS & SHOOTS FARM

Every family from Russia to Romania has its own recipe for borscht, a hearty and classic eastern European soup that highlights the rich, sweet flavor of beets. Borscht is delicious served hot or cold. The beets will turn the whole dish a vibrant reddish-pink.

SERVES 12-16 // VEGAN // SIDE DISH

INGREDIENTS

- | | |
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| 2 tablespoons olive oil | ½ tablespoon dried marjoram |
| 1–2 onions, chopped | Salt and ground black pepper to taste |
| 1–2 leeks, chopped | 1 teaspoon sugar (optional) |
| 2 cups shredded cabbage | 1 sweet apple (Pink Lady, Golden Delicious, etc.),
peeled, cored, and shredded |
| 1 (28-ounce) can tomatoes (crushed or diced) | 1 bunch leafy greens
(beet greens, parsley, Swiss chard), chopped |
| 3–4 beets, chopped | 1 (15-ounce) can white beans |
| 2–3 carrots, chopped | 1 tablespoon lemon juice |
| Several celery stalks, sliced | Sour cream (optional) |
| 12 cups broth and water (6 cups of each) | |
| 3 bay leaves | |

PROCESS

Heat the olive oil in a large stockpot over low heat and sauté the onions and leeks for 1–2 minutes. Add the cabbage and sauté some more (at least 10 minutes). Add the tomatoes, beets, carrots, and celery. Stir everything and sauté a few minutes more. Add the broth and water (enough so that everything in the pot is covered and there is still room for the greens), bay leaves, marjoram, salt, pepper, and sugar (if desired). Cook until everything is tender, 30–40 minutes. Add the apple, greens, beans, and lemon juice. Cook for a few minutes more. You may use an immersion blender to puree the soup, but it's not necessary. Serve with a dollop of sour cream (if desired).