

Mahina Pua Farm CSA News



Happy Thanksgiving! We appreciate our members so very much!

• Our family would like to take a moment to thank our members and tell you that your business is very important to us. It takes a lot of energy to drop everything and start farming vegetables for my community and you have made it happen for us!



I strongly believe that Hawaii can grow food for its people. There is no reason to buy lettuce, greens, and many vegetables at the grocery store that has been shipped from across the ocean when it can be purchased and eaten fresh within hours of being picked.

As a Certified Professional Midwife I have studied and counseled about **nutrition** for years. It also didn't hurt to have USDA nutrition research scientists for **parents**.

The **micro-organisms** that are in the peoples bodies match those that are in the local vegetables and digestion is better. Learn more about gut micro-organisms here. <https://qz.com/993258/dirt-has-a-microbiome-and-it-may-double-as-an-antidepressant/>



<https://www.theatlantic.com/health/archive/2013/06/healthy-soil-microbes-healthy-people/276710/>

It is also an honor to be your personal farmer. We would like to give to you a **CSA cookbook** (a new one if you have already gotten one) for being a valued member of our community. When you pick up your box on November 20th or Sunday November 25th, ask for your cook book.

Announcements: New pick up spot! Tuesdays from 4-5 pm at the Kaiser High School Market in Hawaii Kai. Come pick up your box and get cheep eggs from the egg farmer!

• Volunteer Days First Saturdays of the Month! December 1st out at the CTAR station. Ahiki street from Hihimanu by Ailove Nalo restaurant. 9-12pm You can meet us at the homestead and hitch a ride if you call ahead.

Grown in part in South Oahu & Waimanalo using Restorative and Natural farming practices non-certified Organic and becoming GAP certified.



What is in the full box this week?

CSA Full Share Food Boxes about 8-10 items

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|---------------------|--------------------|
| String Beans | Fennel |
| Egg plant | Cilantro |
| Banana | Carrot |
| Kale | Green onion |
| Kohlrabi | Basil |
| Collards | Tomato |

Now selling at the Kaiser HS Market Tuesdays 4-6pm: [Kokua Sun Care](#), sunscreen made by our CSA Member! Always been reef and human safe with at least 7 ingredients from Hawaii farms.



We will be taking off a week for Christmas so no pick up or deliveries on Sunday, Dec.23rd or Tuesday Dec. 25th.

Gallery of our Work



Volunteer Days First Saturdays of the Month! December 1st out at the CTAR station. Ahiki street from Hihimanu by Ailove Nalo restaurant. 9-12pm



Feeling Blessed!
What a harvest!



Doing a little
building to
shake it up!



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 26, 19, and 14 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 graduate and working as a farmer, farming every day!

Thank you!

We, at Mahina Pua Farm, thank you for your support and encouragement
info@mahinapuafarm.net. (808)-754-6122

Recipes

Turkey and Vegetable skillet

Ingredients:

- 2 t. olive oil
- 1/2 pound ground (or chopped) turkey
- 1/2 cup onion, diced
- 2 cloves of garlic, minced
- 1 cup zucchini or summer squash, diced
- 1 cup fresh green beans, end trimmed
- 1 cup cherry tomatoes, halved
- 1/2 cup fire roasted tomatoes
- 1 t. kosher salt
- 1/2 t. dried basil
- 1/2 t. dried oregano
- 1/4 t. black pepper
- 1/2 cup smoked mozzarella, shredded (regular mozzarella, gouda, or smoked gouda may also be used)



INSTRUCTIONS

1. Preheat oven to broil.
2. In a large oven proof skillet over medium high heat, heat the olive oil.
3. When the oil is hot add in the ground turkey and break it up until it's in small pieces.
4. Once the turkey is almost cooked through add in the onion and garlic.
5. Cook for 1 minute and then add in the rest of the vegetables.
6. Cook for another 4-5 minutes or until the vegetables have softened slightly.
7. Top the turkey and vegetable mixture with the shredded cheese.
8. Put the skillet in the oven and broil it just until the cheese is melted and golden brown.

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. (ex. Holes in the kale)

