



SWALLOWTAIL FARM

All the Food that's Fit to Eat

Week of December 15nd, 2009

THIS WEEKS BASKET



Salad Mix

Baby Boc Choi

Lacinato Kale &
Swiss Chards

Turnip Greens

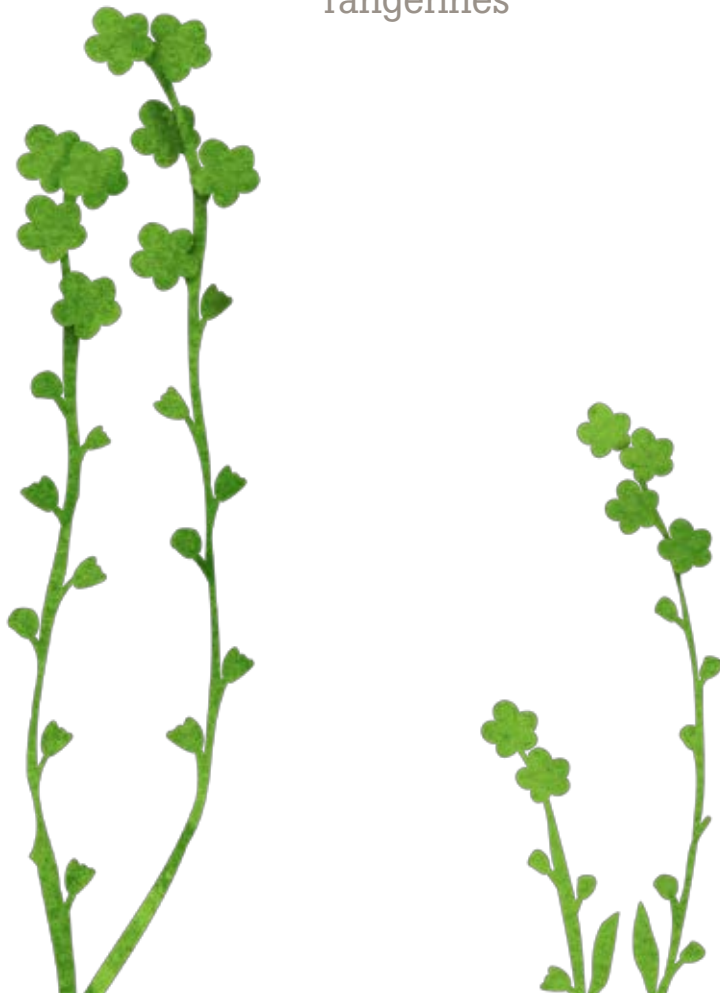
Sweet Potatoes

Herbs - Rosemary,
Cilantro, Dill, Parsley
& Oregano

Grapefruit

Lemon

Tangerines



RECIPES:

Mashed Sweet Potatoes

2 large sweet potatoes
2 tablespoons butter or tahini
1/4 cup whole milk
Chopped fresh Rosemary
Chopped fresh or dried dill
2 cloves minced garlic

Cut sweet potatoes into 1/4ths Boil sweet potatoes for 15 minutes or until flesh is softened

Strain water and add butter or tahini

Let butter melt slightly and mash in with milk and rosemary, garlic, sea salt and dill.

Cool and serve

Braised Kale And Collards

Bunch of kale and collards
Heaping tablespoon grated Ginger
Tablespoon tamari or soy sauce
Tablespoon sesame seeds or sunflower
Tablespoon sesame oil
2 gloves garlic minced

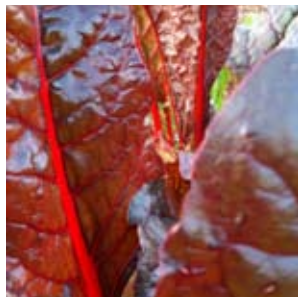
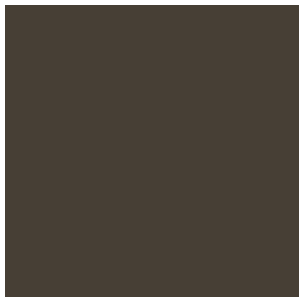
Heat oil and add garlic and greens

Cover and sit on med low heat for 5 minutes

Add Ginger, soy sauce, and seeds

Keep on heat for a minute or so

Cool and put over pasta or rice



towards
light
and
warmth

Though the weather here is loath to betray this simple truth, Old Man Winter is here. Finally, the leaves are loosing their tired grip on their mother trees and falling to the browning carpet. It's as colorful a show in the canopy here as we will see; burnt crowns and fiery oranges and umbers signal the last riot of energy before a long sigh of rest. The nights are long, the sun is tracing a southerly arc, and in a hurry each day to cross the sky. The Sandhill cranes reminding us each day with their lofty presence and their dovish calls. Their movement gives clear direction of the way of wintertime in the Northern Hemisphere: their V-formations literally point the way out of the creeping cold. We can look up and see them and hear them speak through form, "This way toward warmth." The morning comes later and the children are easier to bed in the evening, for the darkness and its cool blanket of stars bring us quiet night...

Within the week, we will have passed through the longest night of the year; the Winter Solstice. This is the time of year when light takes on new meaning for us, though in the modernity of city-dwelling and always-open business, there's more challenge now to really feel this ancient truth. It is the time for festivals of light, for firewood and candles and hearth. My daughter has been singing more and more in the last few weeks, and though there has not been much in the way of cold yet, her song is a tonic and a comfort for the gathering bitterness.

Demeter, whose generosity of heart in the spring months brings flowers to the fields and paints the trees their vital greens, is missing her daughter. Persephone, tricked into tasting the pomegranate, food of the dead, must now spend half the year in the company of Hades. With her spirit below ground, her mother mourns and will not provide 'the force that through the green fuse drives the flower' til the return of her daughter in spring, She is gathering strength until reunion.

May all our hearts be filled with sweet rest that winter provides, and keep warmth with the sharing of light and song. May we relish the darkness that allows for a greater appreciation of light. May we take heart in the gathering of energy that is happening in our roots and in the unseen realms. May we rest to be renewed.

With light and warmth, and a song from little Taye,

Noah Shitama
Swallowtail Farmer

"Personally, I have been very impressed by the slow food movement. It is about celebrating the culture of food, of sharing the extraordinary knowledge, developed over millennia, of the traditions involved with quality food production, of the sheer joy and pleasure of consuming food together. Especially within the context of family life, this has to be one of the highest forms of cultural activity."

- Prince Charles