



“There are five elements: earth, air, fire, water, and garlic.”

- Louis Diat

## News from the Farm

**Welcome to Week 15!** What a beautiful week of weather! The tomatoes are peaking in the field! Come and get them. You get a half bushel with your share and if you want to fill the bu I just charge you 1/2 price because you do the picking. \$12.50 for a bushel of organic tomatoes! This past Friday I was able to host NorthCentral Technical College's Culinary Arts Class with Chef John and Chef Travis. We toured the farm and talked breeds, varieties, and methods. It was good for me to bring Chef Travis through the kitchen. I learned about steamed jacketed kettles. If you are making tomato sauce at home, I think I have a great method: the roasting pan. I put a cup of water in the bottom of the roasting pan fill it with tomatoes. If they are romas I just clean them and dump them in turn the heat to 300 and cover them for an hour. I come back after they are steamed, and blend them with an emersion blender, then turn up the heat all the way and let the water boil off usually for about 4-5 hours. I unplug it, let it cool and put it in freezer bags. My problem is that in the past couple years I've been making 400 gallons of this stuff and it's a bit rough on the NESCOs. I have 3-4 of them plugged in for 14 hours a day for 7 days a week for a month and a half. Needless to say I burn a few up and its messy. Chef Travis told me about the steam jacketed kettle which allows me to avoid the burning issue with more control and greater volume. Formal Training! Who Knew? Sweet corn is rolling, Fall greens are delicious, and I still have beef for sale! **Have a delicious week-Tony, Riley, Ted and Maple**

cheese

## In Your

### Box

Chinese Cabbage  
Spinach  
carrots  
Peppers (All Sweet)  
Kohlrabi  
Cherry Tomatoes  
Garlic  
Sweet Corn

**Next Week's best Guess:**  
greens, onions, , beets ,  
swiss chard salad mix,  
sweet corn

### **Pizza specials of the week – Bluegreen**

**Veggie** – onions, blue  
cheese, swiss chard,  
peppers, basil pesto,  
**Kinda Corney** – Stoney  
Sausage, Peppers, onions,  
Garlic scape Pesto, sweet  
corn; **Mar** – ham, garlic  
scape pesto, chevre goat

## Farm to Table Recipes Gleaned By T-Bone Schultz

- 1. Basic Kim Chi Adapted from Chowhound.** - 1 (2-pound) napa cabbage, 1/2 cup kosher salt, About 12 cups cold water, plus more as needed, 8 ounces daikon radish, peeled and cut into 2-inch matchsticks, 4 medium scallions, ends trimmed, cut into 1-inch pieces (use all parts), 1/3 cup Korean red pepper powder, 1/4 cup fish sauce, 1/4 cup peeled and minced fresh ginger (from about a 2-ounce piece), 1 tablespoon minced garlic cloves (from 6 to 8 medium cloves), 1 1/2 teaspoons granulated sugar
- 2.** 1Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end. Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours.
- 3.** 2Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside. Place the remaining ingredients in a large bowl and stir to combine. Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture. Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month.

## The Creative Distribution of Local Food

The story of my identity as a farmer is one that centers around coming of age politically at a time of crisis on my farm and the surrounding landscape. Shortly after I turned 18 I came home from football practice and sat down for dinner with my family before chores and was told by my father that we were selling our cows. I was decimated and confounded. I implicitly cherished our farm and the identity of being a family farmer. I was proud of the work we did and proud of a work ethic the upbringing had given me. I cried and begged but the decision had been made.

As I gained perspective on what happened and created a narrative around it I started to say, “the decision had been made, but not necessarily by him (him being my father). Selling the cows took place within the context of an intense phase of a broader transformation in the history of agriculture known as the dairy crisis. In the 1950s our state had nearly 60,000 dairy farms. It earned the reputation as the dairy state and put a little red barn on our license plates. Since that time the dairy industry concentrated dramatically at the level of processing and distribution and consequently, in the form of factory farming, at the level of production. The commodity price paid to dairy farmers over the course of that period and continuing today fluctuated steeply with short peaks and long low valleys that failed to meet the cost of production and forced 1000s of farmers off the margins of existence. Financial institutions reinforced concentration by often only offering credit for expansion. Last year the number of dairy farms in the state fell below 10,000 and continues to fall.

The dairy crisis has at times been referred to as a political economy term known as creative destruction. This was a term coined by Joseph Schumpeter in 1942 to describe the incessant product and process innovation mechanism by which new production units replace outdated ones. Schumpeter considered it an essential fact of capitalism. Examples of creative destruction abound. The typewriter being replaced by the personal computer. Netflix replacing broadcast television with its convenience and depth of selection. Creative destruction is not without controversy and does not occur in a vacuum outside of the realms of society, ecology, and other economic forces. Jobs are lost and entire landscapes are reshaped, and even though politicians and economists have done it, it is not comforting to cite creative destruction in the face of a plant closing or the loss of a farm.

Despite the obvious historical change in the dairy industry, the idea that this is driven by creative destruction is not entirely convincing. The most efficiently run dairies in terms of yield per cow and quality of milk still comes from 50-100 cow dairies largely because of a tight ratio of animals to careful management. In other words a smaller scale is essential to greater productivity. There is also the issue of product quality, as farms and processing have concentrated, nutrient density has weakened, unwanted chemical and hormone use (rBGH) has increased, and mass produced quality (Kraft Singles) leaves much to be desired in terms of health and taste.

Agriculture’s modern historical transformation is defiantly driven in part by a change in the technological regime, the other major driving force in the concentration is because of how food has become a commodity and commodity markets have concentrated. The small farmer is still efficient and makes a better quality product, but it is feeding a mass market that says, “fill up a whole milk truck and bring it to my plant.”

In the face of this concentration in agriculture, no matter how much it has to do with “creative destruction” I’m calling for a countervailing force to reorient agriculture around its local markets. Essentially I’m calling for a strengthened and creative local food movement putting people and their communities at the center of the food system and I’m calling it **creative distribution**. Creative Distribution refers to the effort of humans to rebuild markets oriented toward ecological sustainability, human health, and egalitarian distribution of wealth and decision making. Local food from a family farm is an example of creative distribution. Creatively distributed food doesn’t have to compete with a commodity market where the rules are dictated from on high with an “invisible hand”, though it is influenced by it, but really it is more influenced by human norms. It has to provide quality food at an affordable price. It can evolve to make food convenient and interesting, it will do this within a local economy responding and providing for a local economy. It’s advantage is authenticity or proximity to the real. It’s benefits are providing the basis for local economies (especially rural economies) the multiplication of wealth in those economies, and creation of local culture based on local production. The agrarian author Wendell Berry once wrote an essay entitled “What are people for?” lamenting the industrialization and concentration of the economy. But as an answer to that question, we can be for each other. We just have to define our project, rebuild our markets through human relationships and creatively distribute our production.