



What to find in your share:

Pie Pumpkin
Winter Squash
Parsnips
Turnips
Leeks
Onions
Garlic
Potatoes
Scallions
Eggplant
Tomatoes
Peppers
Lettuce
Beets
Carrots

**We Bid You
Farwell.**

*Thanks So
Much to
Everyone for
Your Support.
Buy Local and
Think and Act
Green!*

Frost Hits and the Season Closes

So we've finally reached the last pickup of the season. We hope you've enjoyed the produce and your experience in the CSA. Nearly five months ago, many of you were first trying strange new Asian greens and snacking on tasty peas. We hope you all have tried some new foods and learned a little about our food system and how our choices really matter. Thanks again for being part of the CSA and continue supporting local businesses throughout your lives.

Parsnips- Parsnips, a close relative of carrots, originated in Eurasia and were widely cultivated by Roman times. Parsnips have a pale white color and a much sweeter and stronger flavor than carrots. They contain higher levels of vitamins and nutrients than carrots with very high levels of potassium and dietary fiber and many B Vitamins and some Vitamin C. Many of the vitamins are near the skin surface, therefore, recipes often call for them to remain unpeeled. Parsnips become sweeter with cold weather.

Using Parsnips- Before the arrival of the potato in Europe, parsnips were used as a staple crop and found in all kinds of dishes. They can be boiled, steamed (most flavorful way), roasted, or added to soups, stews, and casseroles. Some people boil parsnips into stew or soup and then strain them out, leaving a milder flavor and thickening up the dish with their starches.

Try chopping parsnips, turnips, carrots, beets, potatoes and onions in 1-inch pieces and lightly cover with olive oil, salt, pepper, and minced garlic. Put on baking sheet at 400, turning several times for about 40 minutes. or until soft.

News and Highlights

Chickens/Turkeys- Chickens will be available for pickup this Saturday the 20th from 3-6. Turkeys will be available the following Friday the 26th from 4-6 and then on Saturday the 27th from 9-12. Sizes will vary, first come first served. All poultry will be fresh and should be cooked within a few days or frozen.

Fire Wood- We have quite a bit of seasoned, hardwood firewood for sale. If interested, please let us know and we can arrange details.

Stock up for the Winter! – If you'd like to purchase extra veggies so you can stock up for the cold winter, let us know. Beets, carrots, parsnips, cabbage, winter squash, potatoes, onions, and garlic all store well. Feel free to stop by over the next couple weeks for other items as well.

The Green Issue: **Simple Lifestyle Changes that Make a Global Difference**

So this is our final newsletter, meaning we have one last chance to indoctrinate you with our liberal, green conspiracy theories and the world is ending jargon. Seriously though, the world is at a unique moment, with unprecedented population growth, use of natural resources, and climate change. The United States, with a mere 4.5% of the world's population, uses over 25% of all the world's natural resources!

But rather than pointing fingers and talking about disasters, we want to provide you with useful information on how each and every one of us truly can make a difference. This is the time to act, and rather than waiting for Congress and governments to mandate changes, each and every one of us have the ability and responsibility to make simple lifestyle changes that can make a world of difference. So please read on and hopefully you'll find helpful information and resources to improve our planet day by day.

The Perfect Lawn by Kelly O'Neill

Do YOU suffer from lawn obsession? If so you're not alone! Grass is the most irrigated crop in the United States. Americans use an average of 8 billion gallons of water a day on home lawn and landscape irrigation. In fact, the United States Environmental Protection Agency estimates that approximately one-third, and in some areas one-half, of all residential water use is devoted to irrigation. In Massachusetts, summertime demands for irrigation increases water usage by about 50%. At one time the state had abundant freshwater supplies, but today almost 70% of river drainage basins are flow-stressed due to excessive water use. And it doesn't end there. America's lawn obsession has other environmental impacts as well. Fertilizers used to create the sought after perfectly lush lawn contain nutrients such as phosphorus which run off into groundwater causing algal blooms and eutrophication in nearby rivers and lakes. This can result in fish die-offs due to oxygen depletion. Likewise, gas powered mowers are highly polluting. EPA statistics show that they account for 5% of U.S. air pollution and in fact, every year more gas is leaked refueling lawn equipment than was spilled in the Exxon-Valdez oil spill.

If you love your lawn AND the environment or if you just love the environment, there are a variety of alternatives to over-watering and over-fertilizing.

You can:

- Let your grass go dormant in the summer and not water it at all!
- Water the lawn in the coolest part of the day to avoid evaporation from the strong mid-day sun. (And NEVER more than an inch per week, including rainfall.)
- Use native plants and grasses. They are hardy and have adapted to local conditions.
- Install a rain barrel! Rain barrels attach to your downspout and collect rainwater that you can use later!
- Raise the mower blade to 3-4 inches. Taller grass can compete better with weeds. This also allows the grass to sink its roots deeper in the soil allowing it to better withstand drought. Likewise, taller lawns require less watering and prevent soil erosion.
- Keep the mower blade sharp. This will reduce stress on the grass.
- Allow clippings to stay on the lawn. It will put nutrients back into the soil.
- Purchase an electric or, even better, a reel mower. (Bonus: this also lowers noise pollution.)
- Install a fake lawn! (Pros: no mowing or watering necessary. Cons: no CO2 uptake.)

Sadly, the love affair Americans have with their lawns is of tremendous cost to the environment, but luckily the tips above can offset this cost. Don't forget to pass them along to your neighbors! You can help conserve water and reduce pollution by making smarter choices when it comes to your lawn.

http://www.boston.com/news/globe/editorial_opinion/oped/articles/2007/06/10/lawn_binge/
<http://www.news.cornell.edu/stories/May07/lawn.care.cc.html>
<http://www.neponset.org/Volunteer/Issues/Lawn%20Care.htm>
http://www.idealbite.com/tiplibrary/archives/turf_war/
http://www.idealbite.com/tiplibrary/archives/making_the_cut_lawnmowers/

Green Your Home by Anna Harris

I'm going to start by talking about Sesame Street, since it was during my tender years when tuning into PBS was the highlight of every morning that I first learned what an eco-friendly lifestyle might entail. The influential short featured a young girl romping around her house, venturing from the kitchen to the living room, turning on her TV, all the lights, a toaster or something of that nature, and generally having no appreciation for any of it. If my memory serves me, it was a deep and encouraging voice that interrupted her to say something to the effect of "Gee, little girl! If you continue to do that, there won't be any more electricity. Leaving all your appliances on while you aren't using them is wasteful." The girl, enlightened, retraced her slipshod steps to rectify the situation and I vowed to follow her. While my time at Kettle Pond Farm has shown me that sustainability is a complex pursuit, its path littered with obstacles planted by government and corporations alike, I'd like to sustain my idealism as well. Here are a few good ways to keep your home running happily, without running out of the good stuff.

Reduce and Reuse: The three R's are ranked in order of importance, so recycling should be a last resort. Carefully consider what comes into your house, and how it might be reused. Paper or cardboard may replace notepads and glass bottles make snazzy vases. Donating interesting finds to an artistic friend or your children can make for crafty projects. And of course, the internet makes everything a cinch. Use Freecycle.com and the "free stuff" section of Craigslist.com to pass on undesirables.

(If you must) **Recycle with Class:** Separating recyclables into separate containers as they are used makes for a stress-free recycling plan. Spicing up your mini recycling center can't hurt either. Refer to Martha Stewart's Blueprint magazine online for a creative spin on taking out the trash. (Google search: "Martha Stewart Trash Course")

Buy Recycled: Creating a demand for recycled products will lessen the likelihood that forests will be destroyed on your behalf. (Eek!) Especially look for toilet paper and paper towels, napkins, etc.

Carpool: There is a middle ground between careless and carless. Find out whether your plans coincide with neighbors or friends, so as best to use your miles (and your gas money). And if you don't mind strangers, try iCarpool.com and erideshare.com. or look into sharing programs like FlexCar or ZipCar. Make Jack Kerouac proud!

The Stop and Go Shower (Also known as the Navy): Lather, rinse and repeat no longer! Try for soaping up with a bit of water, lathering with the water turned off, and rinsing clean for an enjoyable finale. A typical shower takes 60 gallons of water, while The Stop and Go can use as little as 3. One person can save 15,000 gallons per year!

Unplug: Stand-by is a covert power-wasting nightmare. Your computer, cell phone, stereo, and even your can-opener can all be unplugged when they are not in use. Do it right and turn everything off at night!

Double, No Trouble: Use a watch or cell phone as an alarm clock. Doubling up

functions on multitasking appliances can help reduce the use of electricity.

Fill ‘er up: If washing your dishes by hand sounds like a cruel joke, make sure to fully load the dishwasher. The same can be done with the washing machine. Hang dry towels and clothing when possible.

Eco-friendly Soaps and Disinfectants: Look for Seventh Generation or other non-petroleum based, fragrance, and toxin free products at your local supermarket (ahem, not Wal-Mart). If U.S. household replaced just **one** bottle of petroleum-based dish soap with vegetable based, we would save 81,000 barrels of oil, enough to heat about 4,600 U.S. homes for one year!

Hug a Tree: Remind yourself what it’s all about.

Sustain Your Optimism: The unlimited power is your own. Seize the day to ensure all of our tomorrows, and smile while you’re at it!

BOOKS AND FILMS TO NOURISH YOUR MIND by Daisy Novoa

At Kettle Pond Farm we have had the chance to read, watch or discuss certain books and films, and we want to share some of those titles with you. They are loaded with incredible information and sometimes can be eye openers. In addition, we have found some other interesting items related to sustainability and ecology, and we are sure that all will learn something useful from that.

It is worth it to take a look at some of the recommendations that follow. There are things for the whole family, and we hope you enjoy them! Make sure to keep your mind hungry for new information because knowledge is power and freedom!

Books that you should definitely read:

Stolen Harvest by Vandana Shiva

Even though this is a book that Vandana Shiva wrote many years ago, it is important to check it out due to the alarming information it contains. Shiva makes a strong argument that local, small-scale agriculture is more effective and gentle to the land than the agribusiness model that is based mainly in monocultures and chemicals. Some of the statistics that the Indian physicist and environmentalist collected for this book, more than 10 years ago, are outrageous and will make you wonder how much worse are things now...

“ Shiva points out that many of the productivity gains attributed to the Green Revolution were achieved by dramatically increased inputs of fertilizer, seed and water. When one compares units of input with units of output, however, native practices produce higher yields -- especially when one takes into account the multiple uses derived from a single product.”

For example, mustard oil is a vital product used by many of India's poor for cooking, seasoning, medicine and other uses. It has been banned by the Indian government (under highly suspicious circumstances) in order to allow imports of soybean oil products. While giant corporations benefit from expanded sales, native industries have been destroyed, contributing to poverty and malnourishment.

Shiva discusses the commercial fishing and aquaculture (shrimp farming) practices that inevitably result in environmental destruction and reduced catches. She compares this shortsighted approach with traditional Indian fishing techniques that have successfully sustained themselves for generations while protecting important ecosystems such as mangrove forests. Among other things, Shiva discusses corporate patenting of seeds, the topic of genetic engineering (GE) crops and the threat it poses to biodiversity, food safety and human health...”
This book is highly recommended!

One Week to Save the Earth by Marc A. Franke

This is a very easy to read book that will inform you about important issues regarding global warming and sustainability and will help you help the Earth. "The use of energy and the way we obtain it is fundamental to the health of our environment, economy and national security." One Week to Save the Earth takes a three-fold approach to building awareness and commitment to action:

(1) **See** - learn and understand; the impact on global warming, pollution, health and the risks to our economy and national security are explained in simple language. The history of oil, U.S. foreign policy, and its impact on the world's people is explored.

(2) **Act** - simple actions anyone can do in 7 days; clear, understandable advice on how to select energy saving light bulbs, reduce gasoline consumption and save on household energy along with tips on recycling and lifestyle choices. Learn how food and drink can affect our energy consumption.

(3) **Engage** - connecting with society for larger changes; individual action is highly important. To meet the big challenges we face, we'll also need the efforts of the majority in our society. How to keep our own "eyes on the prize" and not lose focus. How to engage our friends, neighbors and communities to cultivate needed culture change. Advice on raising awareness and building support is given. The book is simple, quick to read and accessible to all with clearly presented concepts, information and practical tips with many web links included for additional information and on-line video.

Marc A. Franke is an expert on sustainability and we are sure you will learn something good from his book!

Ecological Literacy: Educating our Children for a Sustainable World (The Bioneers Series) by Michael K. Stone (Editor), Zenobia Barlow (Editor) and various authors.

This is a book that I found online and I am sure is worth reading. I had the chance to read a sample from it, and I really appreciated and enjoyed the information. It was interesting and made me think a lot. It also educated me, so I think this is a book for anyone, regardless of if you have kids or not! In addition, it had a lot of good reviews on the Internet. Here is a summary of its content:

"Reorienting the way human beings live on the Earth and educating children to their highest capacities have much in common, say the thinkers and educators behind this groundbreaking book. Both endeavors must be viewed and pursued in the context of systems: familial, geographic, ecological, and political. And our efforts to build sustainable communities cannot succeed unless future generations learn how to partner with natural systems to their mutual benefit. In other words, they must become 'ecologically literate.'

The concept of 'ecological literacy' advanced by this book's creators, the Center for Ecoliteracy in Berkeley, California, extends beyond the discipline of environmental education. It aims, as David W. Orr writes in his foreword, 'toward a deeper transformation of the substance, process, and scope of education at all levels.'

The reports and essays gathered here reveal the remarkable work being conducted by the center's extensive network of partners. In one middle school, for example, culinary icon Alice Waters founded a program that not only provides students with healthy meals but teaches them to garden--and thus to study life cycles and energy flows--as part of their curriculum. Other hands-on student projects supported by the center and described in this book range from stream restoration and watershed exploration to confronting environmental justice issues at the neighborhood level.

With contributions from distinguished writers and educators, such as Fritjof Capra, Wendell Berry, and Michael Ableman, Ecological Literacy marries theory and practice based on the best thinking about how the world actually works and how learning occurs. Parents and

educators everywhere who are engaged in creative efforts to develop new curricula and improve children's ecological understanding will find this book to be an invaluable resource.”

The Omnivore’s Dilemma by Michael Pollan

This is an author highly recommended by Curtis.... So “What should we have for dinner? The question has confronted us since man discovered fire, but according to Michael Pollan, the best-selling author of The Botany of Desire, how we answer it today, at the dawn of the twenty-first century, may well determine our very survival as a species. Should we eat a fast-food hamburger? Something organic? Or perhaps something we hunt, gather, or grow ourselves? The omnivore’s dilemma has returned with a vengeance, as the cornucopia of the modern American supermarket and fast-food outlet confronts us with a bewildering and treacherous food landscape. What’s at stake in our eating choices is not only our own and our children’s health, but the health of the environment that sustains life on earth.

“In this groundbreaking book, one of America’s most fascinating, original, and elegant writers turns his own omnivorous mind to the seemingly straightforward question of what we should have for dinner. To find out, Pollan follows each of the food chains that sustain us— industrial food, organic or alternative food, and food we forage ourselves—from the source to a final meal, and in the process develops a definitive account of the American way of eating. His absorbing narrative takes us from Iowa cornfields to food-science laboratories, from feedlots and fast-food restaurants to organic farms and hunting grounds, always emphasizing our dynamic coevolutionary relationship with the handful of plant and animal species we depend on. Each time Pollan sits down to a meal, he deploys his unique blend of personal and investigative journalism to trace the origins of everything consumed, revealing what we unwittingly ingest and explaining how our taste for particular foods and flavors reflects our evolutionary inheritance.

The surprising answers Pollan offers to the simple question posed by this book have profound political, economic, psychological, and even moral implications for all of us. Beautifully written and thrillingly argued, The Omnivore’s Dilemma promises to change the way we think about the politics and pleasure of eating. For anyone who reads it, dinner will never again look, or taste, quite the same.”

Thirst: Fighting the corporate theft of our water

by Alan Snitow and Deborah Kaufman with Michael Fox

This is one book that everybody should read, especially those who buy tons of bottled water. “The new water barons want free public access to clean water to be a thing of the past. But citizens around the world have mounted fierce resistance to attempts by multinational corporations like Nestle and Suez to privatize ‘blue gold.’ This literary follow-up to the authors’ 2004 documentary of the same name is an urgent call to stop the sale of water sources to the highest bidder.” Silja J. A. Talvi

Books that your children could read:

Going Green: A Kid’s Handbook to Saving the Planet by Viking Children’s Books

This is a classic book that has been around for a long time. “This comprehensive guide introduces young readers to the major concepts of ecology and provides them with ways in which they can make a contribution to saving the planet. Includes explanations of ecological issues and projects, and an alphabet of thoroughly practical things - feeding the birds, closing the refrigerator door - that young people can do to help.”

William the Curious by Charles Santore

This is a book for young kids, very easy to read and entertaining. It has a lot of good reviews by mothers and children as well.

“A courageous little frog dares to tell a queen how she has disrupted the harmony of the rest of the kingdom in her quest to achieve absolute perfection in her castle...” A tale that teaches kids about ecology and respect for nature.

The Wump World by Bill Peet

Many people really love this story and enjoy its illustrations. A book for young kids. “The cute, shaggy Wumps on their perfect world are invaded by the Pollutians, who have used up their own world and have arrived on Wump World to cover it with freeways, skyscrapers, and waste.”

What the Parrot Told Alice by Dale Smith

This is a book with excellent reviews. Kids and adults of all ages enjoy it.

“What the Parrot Told Alice is a remarkable story, founded on fact. It is destined to awaken the conscience of young people to crucial issues of our time, such as habitat destruction and exploitation of wildlife. It deserves to be read (and will be greatly enjoyed) by all thinking people from nine to 90. It is so much more than a children's story -- it is a cry from the heart of one of an increasing band of forward-looking individuals who understand the destruction of the world's resources must be halted quickly, and that this can be done only by educating today's young people.”

Films that you should definitely watch:

Ourtown by Red Door Media

This is a film that Curtis found in the filmconnection.org website, and it is about a small town that put a size cap on retail development to avoid having a Wal-Mart in their community. I watched this documentary recently, and it brought tears to my eyes a couple times. You should definitely watch it.

“Ourtown is the story of a small community and how it is transformed into a voice that becomes informed and finally resolute about what kind of town its residents want to live in...Wal-Mart has announced plans to build a Supercenter in this small coastal Maine community of 2000 people. This perceived threat initiates a journey of discovery and education about the problems associated with big boxes. It uncovers two unlikely dynamic leaders who rouse this sleep little town and ultimately revolves around the concept and uniqueness of what a “Sense of Place” means amid this era of chain stores, out of control development and retail sprawl.” If you get the film make sure to also see the interview with Al Norman, an activist that has been fighting big boxes stores for a long time.

King Corn by Aaron Woolf

We haven't watched this film at the farm but we are eager to. We have heard many good things about it.

“Two college buddies move from Boston to Iowa to grow an acre of corn. But this lighthearted documentary is also enlightening, as the pair supplements their farming efforts by tracking down corn through the food system- visiting cattle operations that use it as feed, interviewing urban doctors about obesity that my stem from corn based sweeteners, even brewing up a batch of their own high-fructose corn syrup” kingcorn.net