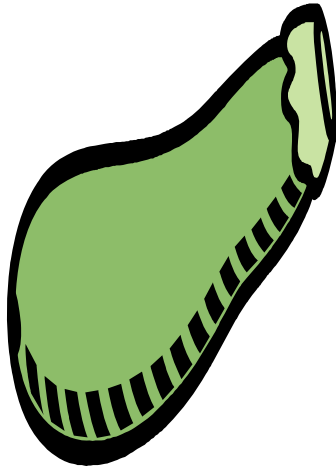


Be Wise Ranch Quarterly Newsletter

Organic Produce, Taste the difference summer 2007



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Cancellations for CSA box deliveries can be made by e-mail at bill@bewiseranch.com Or by telephone at (858) 756-3088. If it is after hours or the weekend, leave your cancellation request on the answering machine. Be sure to speak clearly leaving your name, pick up location and cancellation date. See our cancellation policy on the next page.

Be Wise Ranch Crop News 2007

Well I have good news to report, it has been a long time coming but we have finally received our building permit from the city of San Diego. The concrete slab has been poured and the metal supports for the building have been erected and painted. Next up is the insulation, roofing and the siding which should be completed in approximately 2 weeks. We will be looking at another month or so to complete the inside in order to prepare to move the operation inside. We are all very excited and I believe that having this completed office and packing house will make our daily work life much more pleasant and efficient.

The strawberries should continue for about another month or so. At that time the sugars in the strawberries will be too highly concentrated to ship the product locally. We would then move to the next phase which is to send the strawberries to a fruit processor. The dry weather has been good for the berries and all of the greens that we grow here at the farm. We are just about finished with zucchini here at the home ranch and the San Pasqual plantings should start up in a couple of weeks. The first plantings of the



cucumbers, slicer tomatoes, grape tomatoes and the heirloom tomatoes have all been completed and we still have 4 additional plantings left to complete. The beans were seeded a couple of weeks ago and we anticipate them starting in approximately 6-7 weeks depending on how much of a May - June gloom we receive. I am sorry to report that we are unable to grow corn or melons again this year. After looking at the cost; it is just not cost effective and we cannot justify the expense at this time.

We are working on setting aside 1 acre for a demonstration garden at the San Pasqual Ranch. This would allow us to set up and hold organized farm tours for our members. The San Pasqual Ranch is too spread out over distance to tour the entire parcel so a demonstration garden in a central location would allow us the opportunity to have our members come out and visit the farm. We will keep you posted with our progress in our newsletters as well as on our website.

The staff and I would like to again thank all of our supporters and Community Supported Agriculture members for all of the kind words and positive comments that have come in over the past two years. It has been a long process trying to keep the farm going with all of the changes over the past two years, it has been a long time coming and we can see some light at the end of the road. Thank you again.

Bill & Marsanne Brammer

We are on the web at www.bewiseranch.com
 In order to receive credit for cancelled csa box deliveries, members must e-mail or call the office by 12 midnight the Sunday before delivery. Messages can be left on our office phone (858)756-3088 or you can
 E-mail our office with your schedule changes to bill@bewiseranch.com

GROW

*Waters of the earth,
 Bring us new crops
 which will grow like a
 newborn fawn shyly
 taking its first look at
 the world around her*

*George Clark, 3rd
 grade*

Website News

The office continues to receive phone calls regarding the weekly box contents. We post the weekly pick list on our website every Monday morning; visit our website at www.bewiseranch.com and click on the link "weekly pick list" to view what's in your box this week. We will continue to make changes over the next few months to improve our website and make it more user friendly. We hope to add the quarterly newsletter as

New Recipe Idea- Lacinato Kale Bruschetta

1 ½ lbs. Kale
 2 Tbsp extra virgin olive oil
 5 garlic Cloves
 Salt & Pepper
 Large pinch of crushed red pepper flakes
 ½ loaf crusty italian bread, cut into ½ inch thick slices
 Slice the kale leaves in half crosswise. In a deep skillet, heat

well as a recipe section.

To find out more information about the web design services provided by Beth Williams you can contact her at:

Spinneret_info@san.rr.com

2 tablespoons extra virgin olive oil over medium heat. Add crushed red pepper and sliced garlic. Cook, stirring until tender. Remove from heat and season to taste with salt & pepper. Cover to keep warm. Toast the bread and lightly brush with olive oil, rub a garlic clove across the bread. Top the toast with the kale and serve.

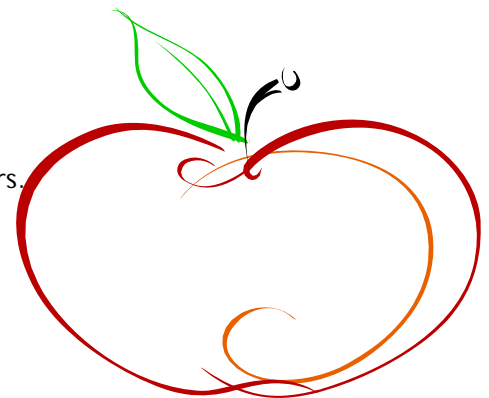
In Praise of Fertile Land Edited by Claudia Mauro

A Recipe for a Garden

Throw in some soil,
 Create some labels
 And water by the power of the sun.

Sprinkle every dry day,
 And dig holes for seeds to come into flowers.
 Add roses and a huge stretch for tulips.
 Pinch in a bowl of knowledge.
 Hope for daisies to grow.

Combine bravery with it
 to come up with corn, peas, potatoes,
 tomatoes and strawberries.
 Add a net for crows,
 Then, continue so it comes to life.
 Now make one more garden



Henry Phillips, 2nd grade

Leafy Greens; Hearty Greens

Kale, Collards and Chards are a great source of fiber, calcium, iron, vitamins A & C. Because they grow best in cool weather, these leafy vegetables will soon be on hiatus. That makes this a good time to try new things before the season is over. If you always reach for spinach at the store next time pick up a bunch of kale, or chard. Find some of our favorite greens; and nutritious recipes at CookingLight.com/features

Nutrition News Highlight/ Donna Wolf R.D.

Donna Wolf a long time CSA member is a registered dietitian with over 30 years experience in the dietetics field. She has achieved additional certification in weight management from the American Dietetic Association and has been conducting the Healthy Directions of Poway program since 2005. She has been involved in teaching gourmet cooking classes for the Poway Unified School District and is an organic gardener. Donna has also worked with the San Diego Chapter of the Arthritis Foundation leading their self help

course. Donna has published numerous articles on popular nutrition topics. She has been featured in recent newspaper articles highlighting her private practice at Healthy Directions of Poway. Donna conducts healthy gourmet cooking classes where she uses organic produce from Be Wise Ranch. In addition, she conducts classes on long term weight management and lifestyle modification programs. To find out more about how Healthy Directions can benefit you and to check out the new calendar of classes e-mail Donna Wolf at:

donnawolfrd@cox.net

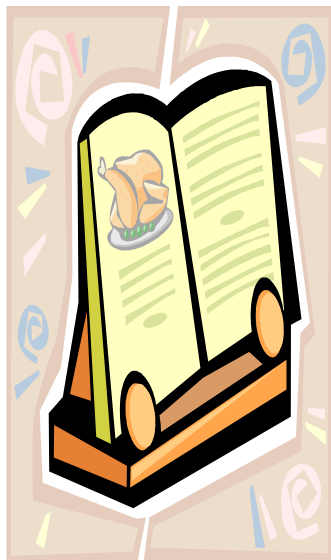
www.healthydirectionspoway.com



Recipe Suggestion

Bok Choy Soup-The Good For you Garlic Cookbook

1 tsp. butter
 ½ cup minced leek or onion
 4 garlic cloves, minced
 4 cups of bok choy thinly sliced
 8 cups of chicken or vegetable broth
 2 large russet potatoes
 2 tsp. chervil (optional)
 2 tsp. dried marjoram
 1 carrot peeled and grated
 3 ounces dry vermicelli
 Salt and pepper



Place the butter and ¼ cup of water in soup pot; add the leeks and garlic and cook slowly until beginning to brown. Add the bok choy, broth and 2 cups of water; bring to a boil. Add the potatoes, the herbs,
 & the carrot. Simmer for 25 minutes. Add the vermicelli; cook 10 minutes. Add the salt & pepper to taste. Makes 8 servings.

Recipe Idea from CSA Member Carrie Franklin

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bill@bewiseranch.com

Carrie Franklin a long time csa member sent in some information about a great site that she uses for food & gardening/blogs. It was great.
www.eatingthegarden.wordpress.com

Sick of chard yet?

Enter the sausage, greens, and beans ragout. This dish is super adaptable - change the sausage to any protein, change the greens, change the beans, change the herbs - it's always delicious, and so easy!

3 chicken sausages, halved and cut into bite-sized pieces

3 garlic cloves, pressed Olive oil

1/2 cup chopped onion

3 chicken sausages, halved and cut into bite-sized pieces

3 garlic cloves, pressed

3 zucchini, quartered and cut into bite-sized pieces

1 bunch chard stems separated and

cut into bite-sized pieces, leaves coarsely chopped

15 oz can diced tomatoes (or Trader Joe's Starter Sauce in my case)

15 oz can white beans (I used Great Northern)

1/2 cup water

fresh rosemary, salt and pepper

Heat olive oil in a large skillet over medium heat. Add the onion and sausage and cook, stirring occasionally, until sausage is browned, about 5 minutes. Add the garlic and zucchini and sauté a few minutes more, until the zucchini is almost tender. Add the chard, tomatoes, beans and water and bring to a boil. Cook about 4 minutes more, until greens are well wilted.

3 zucchini, quartered and cut into

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