Well, here we are, week eighteen. It’s been a great season and we can’t thank all of you enough for your support - this wouldn’t be possible without you!

Make sure to take our year end season survey and let us know how we’ve done. (Go online to our website for the link.)

Keep in contact with us in the offseason for updates! We’re on Instagram, Facebook, and Twitter.

See you next year!
Student Gardens Updates

October 9, 2014 (Week Eighteen) THE END

Weekly Produce
Solo Shares
- Cherry Tomatoes
- Beet Greens
- Carrots
- Leeks
- Butternut Squash
- Red Potatoes
- Parsley
Medium Shares
- Kale
- Summer Squash
- Lettuce
Full Shares
- Eggplant
- Broccoli
- Acorn Squash

Farm fresh eggs delivered for $3.00 a dozen!
This week’s first shares receive Jonagold and Gala apples!

Reflections
Garth Woodruff

I spent a few years in a graduate program where the proof of ‘one’s’ learning was greatly based on reflection papers. I attacked my first piece with poetic beauty, wanting eloquently my emotional journey through the subject; the life changing impact and the ensuing outcome. Boy, was I shocked and disgusted when it was sent back with, “this is great... do it again... not a reflection paper.” I didn’t get it at first. With some questioning I soon found that the problem wasn’t my writing so much as my content. I was reflecting on life and not on theory, nor on the application of the academic theory specifically to my work. I have to be honest, it took some time to understand and appreciate a quality academic reflection. Now with many under my belt, I better see its value. Reflections are simply a way of laying all the facts on the table, organizing those learning pieces, thereby firming up the impact on our cognition, and then applying the lessons to our work/life process. Verbalizing this allows us to backtrack the trail of experiences, redefine or affirm our acceptance of the learning journey, and visualize exactly what we are and where we are headed.

I can’t responsibly reflect on the summer of 2014 at the AU Student Gardens alone. It was a great team that traveled the successes and failures with me. I consider myself lucky to be part of that team. We have shared setting for a number of seasons to begin unpacking the details of the last six months. Arthur and Stephanie have been mining away and are starting to present some of that preliminary data, which is truly exciting. Take the Mobile Farmers’ Market component of our garden, for example. This is the program that was supported by the Michigan government to make available local produce to the pockets of our county that have little access to good food. They may be struggling financially and where health concerns, because of this food inaccessibility, are becoming more apparent. In that goal of our customer base: consumers using food stamps to buy vegetables spent 8.5% more than those using cash, 47.2% are now hearing people in their neighborhood talk more about health, and 60.4% responded they were eating more vegetables this summer than usual. We served over a thousand people in 4 major areas of the county that were identified as ‘food deserts’ by the USDA at 7 unique stops.

We have data on what vegetables where popular, as well as the impacts of the educational component of the onsite cook. We are walking away with theoretical learning and physical results from the application of that learning; with outcomes on the operation as a whole. But, like reflection papers in a school setting, this is only part of a multi-step process. Many models picture this as a cycle where we understand theory, we apply this theory, and we assess our success, make changes thus developing a new theory, which we then put to use again. However, it’s the step between looking back on a theory and a new application that I find most fascinating, especially as it relates to reflections. Because, in the root of the word still lives a picture of the past and a picture of the future...a reflection. Making for myself, a critical connection to visualization.
Reflections

Continued...

Visualization is the communication link we have with our subconscious and it is empirically proven to have great impact on our future. In the years when Nani and I competed in traditions we used visualization as a critical tool in our personal successes. We would journey through the course a day or week ahead of time and drive or bike the entire layout. We would take in the rolls and turns and begin to role-play how we would attack the course. Based on our past performances, the advice from a coach and theory, we would build a plan. How hard we pushed, where we passed people and exactly how we would address transition, was all addressed in the visualization process. The night before and the morning of, I would play this all out over and over in my head. And after years of competition, with many wins and losses, only one race haunts me. It was a beautiful day in May on a twisty SW Virginia course. I had decided on every detail except how I would address the swim. It was still cool and my competition would likely have wetsuits. My coach had passed on advice regarding my position but I hadn’t processed everything for myself and visualized the swim. The result was a last-minute decision to just go swim and give it my all. It was one of the most frustrating and demoralizing experiences I’ve ever put myself through. I finished well, no drama, but not where I would have if I had insisted on proper reflection. Not visualizing had a measured and direct result that lives in my memory still today.

Reflection doesn’t happen involuntarily. It’s a purposeful journey where we look and then visualize the future. How we see ourselves is likely how we will grow personally or organizationally. It’s purposeful time spent in that seam of life between the past and future that makes the future what it is. Kipling said, “Gardens are not made by staking. ‘Oh, how beautiful,’ and sitting in the shade.” Gardens are made with work, hard, dirty work that’s founded in research and reflection.

We can’t thank our community enough for letting us serve you. We sell food or produce, we grow plants, students and a healthier community. We take it seriously. And as we draw a close to a season we begin the process of visualizing the greatness that lies before us. We envision you as part of that future. So, until Spring, we say goodbye.

Butternut and Acorn Squash Soup

aldiecopea.com

PREP: 20 MINS
COOK: 1 HR
READY IN: 1 HR. 20

INGREDIENTS

- 1 butternut squash, halved and seeded
- 1 acorn squash, halved and seeded
- 3 tablespoons butter
- 1/4 cup chopped sweet onion
- 1 quart chicken broth
- 1/3 cup packed brown sugar
- 1 (8 ounce) package cream cheese, softened
- 1/2 teaspoon ground black pepper
- Ground cinammon to taste (optional)
- Fresh parsley, for garnish

DIRECTIONS

STEP 1 Preheat oven to 350 degrees F (175 degrees C). Place the squash halves cut side down in a baking dish.

Bake 45 minutes, or until tender. Remove from heat and cool slightly. Scoop the pulp from the skins. Discard skins.

STEP 2 Melt the butter in a skillet over medium heat, and saute the onion until tender.

STEP 3 In a blender or food processor, blend the squash pulp, onion, broth, brown sugar, cream cheese, pepper, and cinnamon until smooth. This may be done in several batches.

STEP 4 Transfer the soup to a pot over medium heat, and cook, stirring occasionally, until heated through. Garnish with parsley, and serve warm.

GET TO KNOW US!

INSTAGRAM: augardens
FACEBOOK: Andrews University Department of Agriculture
TWITTER: BerrienMarket

2014 CSA Newsletter Week Eighteen