



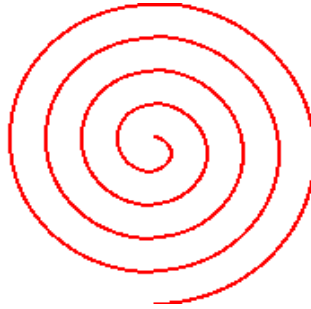
## RICOTTA LASAGNA SWIRLS

This is based on a recipe by the same name from Frances Moore Lappe's *Diet for a Small Planet*. New York [Ballantine Books, 1971]. I've been making it since 1971 – it was great in college, it was great with young children, it's still great for teenagers and young adults, and it looks about right for retirement! Average serving has 14 grams of usable protein.

8 cooked lasagna noodles

### Filling

2 pounds fresh spinach, chopped  
2 tablespoons Parmesan cheese  
1/4 teaspoon nutmeg  
1 cup ricotta cheese  
Salt and pepper to taste



Wash 2 pounds (less will work) fresh spinach; place washed spinach in saucepan and steam for about 7 minutes, until it is limp but not mushy. Mix spinach cheeses, nutmeg, salt and pepper. Coat each noodle with 2 to 3 tablespoons of mixture along the entire length of the noodle.

Roll up, turning on end so that you see the spiral. Stand on end in a baking dish.

### Sauce

2 cloves garlic, minced  
1/2 cup chopped onion  
2 cups tomato sauce  
1/2 teaspoon basil  
1/2 teaspoon oregano  
Sauté garlic and onion. Add tomato sauce, basil and oregano. Pour sauce over noodles and bake at 350 degrees F for 20 minutes.

## OUR FARM: COMMUNITY SUPPORTED

### AGRICULTURE

From the editor's inbox, a note from my husband, Leo Keightley  
Subject: Weeds and bees

Hi Martha,  
Something I noticed in my tomato marathon this week: When I take a bite of farm tomato, I can taste and smell the fragrance of the farm fields. I had noticed it before, but having spent more time visiting the farm this year, I recognized the smell of the herbs, flowers, and weeds. I just noticed the same types of flavors are in the [fruit share] peach I brought to work.  
Love, Leo



## Gleaning crops for the CSA

*A note from John Mitchell, Farm Manager*

At this time of year, certain crops that have diminished in productivity to the point where we can no longer harvest for the entire CSA are opened for gleaning to CSA members. These items are usually specialty crops in which our charity clients often have little or no interest. They are also labor-intensive to pick, and the availability of labor around the farm is greatly diminished at this time of year as the students have all gone back to school, so we have to triage what we harvest with the labor that is available.

The crops for gleaning are:

*Basil*  
*Cilantro*  
*French Beans*  
*Hot Peppers*  
*Parsley*  
*Specialty Basil*  
*Tomatillos*



## Calendar of Events

**Oct. 19, Sunday, 3<sup>rd</sup> Sunday Gathering**  
at the farm, byo picnic and beverage,  
12:30-1:30.

**Oct. 20, Monday, 8pm Board Meeting**

**Nov. 1-5, 7th Annual Community Food Security Conference** - in Boston this year! This year's CFSC conference is an excellent opportunity to connect with food activists and analysts to share experiences and learn from each other about building food systems that work for our communities.

See <http://www.foodsecurity.org/events.html>

**Nov. 16, Sunday, CFO Annual Meeting, election of 2004 Board of DirectORs, and dinner.**