



June 7, 2007

Greetings CSAers,

It is **week 2** of CSA harvest, though for many of you it is your first delivery of the season. Welcome! And thank you for joining us on this journey through the growing season at Left Foot. Buying a share of the farm's produce makes you our partner in production. Your investment up front helps us to purchase the inputs we need to get the crops in and keep our crew's wages paid. We all expect it will pay off in a generous bounty of good organic produce from now through October. But while you share in a good harvest when you enter into this relationship with our farm, you also share the risk of production falling short of expectations. Two years ago it was a killing frost in September that cut short our harvest of peppers, cucumbers, basil and squash. The year before it was poor bean and squash germination and weeds that got out of control. Last year we had wonderful corn and more squash and cucumbers than perhaps anyone cares to remember! We grow as many different crops as we can to provide as much variety as possible and to ensure that when one crop doesn't do well, something else will. So hang in there with us and we'll do our best to grow!

The most important person at the farm for you as a consumer may well be Lydia Beth, our farm production manager. Beth is in her 5th season of growing here. She'll provide farm news to keep you up on what's growing. Here's her news of the week:

Beth's Farm News and Notes

Late spring/early summer marks a busy time when everything comes crashing together: Major plantings must be completed, marketing moves into full swing, irrigation needs to be laid out (while chasing hoses and sprinklers in the meantime), regularly weekly vegetable sowings must be maintained -- and the weeds are going crazy. The weeds seem to grow from the time I've walked the length of a field. The potatoes, beans, chard, and flowers are quickly getting buried. We're pecking away at them every day. Growers Michael "The Weed King" St. John and Maria Reed, along with great help from Debbie White, have been working steadily the past few days on what I've called the PLF -- Potato Liberation Front. Hopefully we'll get a step up next Tuesday when the volunteer crew from Cedar Creek Correction Center comes out.

I sowed corn right on schedule last week: six rows of early-ripening 'Seneca Horizon' and six rows of beautiful and yummy 'Kandy Korn.' If we can keep them properly watered, thinned, weeded, and free of animal damage, we will be enjoying corn this fall. Two successions of lettuce were planted Tuesday, and on Wednesday the cut flowers and cucumbers were set in the ground. Now I'm looking forward to a good soaking rain the next few days!

What's in Your Box

Beet greens, thinnings

Daikon thinnings—steam or stir fry the root and the leaves. The ribs are wonderfully crunchy.

Green or red bunched onions

Kale, Siberian

Bok Choy

Extra surprises left from Wednesday market—mustards, parsley, lacinato kale

This is looking to me like a big stir fry, but there are many things you can do with these greens. Try steaming the beet greens whole. Check out the attached info on greens handling and storage.

Recipes

Bok Choy Stir-fry

This is my favorite stir fry recipe. I use it as a base and vary it with whatever greens I have available.



2 T soy sauce

2 T water

1 tsp sugar

1 T canola oil

1 tsp sesame oil (optional)

1 bunch bok choy with leaves. cut stems crosswise into ½ inch pieces, leaves into 1 inch pieces

4 green onions, chopped (or bulb onion, sliced thin)

½ inch cube ginger, shredded fine

In a teacup, mix soy sauce, water and sugar; set aside. In a wok, heat canola and sesame oils over medium-high heat. Add bok choy stems, green onions (garlic), ginger, and stir-fry 3-5 minutes. Reduce heat and add soy sauce mixture and bok choy leaves. Stir-fry just until bok choy is wilted, about 3 minutes. Serve over short grain rice.

Options: add daikon or other radishes, sliced; minced garlic; greens (daikon, kale, turnip, chard); crushed red-pepper flakes; stir in chopped peanuts right before serving.

Bok Choy with Shiitake Mushrooms

Serves 4

- 2 pounds bok choy
 - 1 TB olive oil
 - 1 TB minced fresh ginger
 - 4 cloves garlic, minced
 - 8 ounces fresh shiitake mushrooms, stems discarded and caps sliced into 1/4"-wide strips
 - 1 TB cornstarch
 - 3/4 tsp salt
 - 1/2 tsp pepper
 - 1 cup water
1. Trim 1/4" off root ends of bok choy. Cut into 2" sections, keeping stems and leaves in separate piles.
 2. In a large nonstick skillet, heat oil over medium-high heat. Add ginger and garlic and cook 30 seconds until fragrant.
 3. Add bok choy stems and mushrooms and cook, stirring, two to three minutes or until vegetables are beginning to soften.
Meanwhile, in a small bowl, combine cornstarch, salt, pepper, and water, stirring until cornstarch is dissolved. Add bok choy leaves and cornstarch mixture to pan and cook, stirring constantly, for one minute or until sauce is slightly thickened and leaves are just limp.

Cream of Bok Choy Soup

Serves 4

- 1 TB dark sesame oil
 - 3 scallions, cut into large pieces
 - 3 cloves garlic, peeled and crushed
 - 2 slices (1/4" thick) fresh ginger
 - 1 pound bok choy, cut into 2" sections
 - 1 large all-purpose potato (8 ounces), peeled and diced
 - 3 cups water
 - 3/4 tsp salt
 - 1/4 tsp pepper
 - 2 TB reduced-fat sour cream
- 1.
 2. In a medium saucepan, heat sesame oil over medium heat. Add scallions, garlic, and ginger and cook, stirring, two to three minutes until fragrant.



3. Add bok choy, potato, water, salt, and pepper and bring to a boil over high heat. Cover, reduce to low, and simmer 20 minutes or until potato is tender. With slotted spoon, transfer solids to food processor. Pulse until puréed. Return solids to pan and stir to combine. Stir in pepper and sour cream. If you like, top with an additional dollop of sour cream and thinly sliced scallions.

If this is your first newsletter, please read on for some basic info on deliveries:

Delivery

The process for **Olympia** pick-up is this: We deliver the boxes between 5 and 6pm, and share members come to pick them up any time after that (the sooner the better for getting produce home and into cool storage). If you are unable to pick up your box, have a friend or neighbor pick it up for you. Or, if you are out of town and want to cancel your box for a week, call or email me. Under any special circumstances or when in doubt, call! Chances are we can work something out for you if we know ahead of time. However, if we don't hear from you and you don't pick up on delivery day, your box will disappear!

In Olympia the pickup options are:

1. **The farm**, 11122 Case Rd, 2 miles south of 93rd Ave. just before 113th and Scott Lake.
2. **My house on the Westside**, 1609 6th Ave SW, corner of 6th and Decatur. Boxes are in the covered patio in the back, enter off of Decatur.
3. **Cheryl Waitkevich's house at 2027 Bethel on the Eastside**. Cheryl's house is on the corner of Jasper and Bethel, about ¼ mile north of Roosevelt Elementary and the San Francisco Bakery. Boxes will be in the front yard, Bethel side.
4. **NEW: Fertile Ground Guesthouse, 311 9th Ave SE**, behind the library downtown. They have a small shed in the alley they are letting us use for pick-up.

Half-share members in Olympia, you will pick up every other week. Once start dates are sorted out I will send you a calendar of your pickup days in a separate email.

For our **Tacoma** members, **pick-up is during farmers market hours at the Proctor market, 9am to 2pm on Saturdays beginning June 2**. Shares not picked up before market closes will return to Olympia with us. If you're unable to get to market before 3pm, ask a neighbor or friend to pick up for you, or call me (I have the cell phone with me at market, 360-402-3748) and we will cancel your box for that week.

The **bags/boxes are labelled**, so look for your name and **ONLY take the bag/box with your name on it**.

After the first week, remember to bring your empty box back when you come to pick up. We reuse them, and they don't recycle with other cardboard because they are waxed. They are easy to flatten. Look at the bottom and you'll see how to unfold it. They are designed to bend in the right places so that they don't rip.

Feel free to call me at home, 360-754-1928. This number is always better for reaching me after farm hours (i.e., evenings). We will be using email for most of our communication with share members (newsletter and such).