



June 14, 2007

Greetings CSAers,

Our tractor arrived this week! We started hilling potatoes immediately. This will change the way we do most everything on the farm. The end result will be a more challenging, and satisfying work experience for the growers, and all of us. If you can get away please join us tomorrow, Friday, 3pm for a little celebration. A trustee from the Boeing Employees Community Fund, who gave us the equipment grant, will be here. Tractor cake for all!

Beth's Farm News: What's Growing On

Purple Lupine. Magenta Sweet William. Blue Canterbury Bells. Thanks to perennial flowers started from seed two to three years ago, we have a splash of color at the entrance to the farm by mid-June. Consequently, we can start our flower bouquets earlier than in years past. The daikon and beets still need to be thinned so that we can produce large roots a few weeks later. Rather than toss the tasty leaves into the paths, we like to pass on the goodness to you. Expect to see thinnings of these crops for a few weeks until you see the larger, mature vegetable you typically see at market. Garlic tips are a one-time treat to give you a taste of garlic before mid-summer. These are the unopened stalks of stiff-necked varieties of garlic, in this case the variety 'Music.' They can be used whole on the grill, or cut up and sauteed. Cutting them for you is a true delight as the garlic juices drip all over our hands. We made some great progress unburying beans, flowers, and potatoes this past few days, thanks to help from Cedar Creek and volunteers Sue and Shannon. Laying out irrigation increases in priority as the June rains taper off and summer begins next week!

What's in Your Box

Arugula or mustard greens
Green Romaine lettuce
Kale, assorted varieties
Parsley, curly or Italian
Daikon thinnings
Chard, green, rainbow, or red
Garlic tips!

Recipes

Mustard Green Pesto

¼ c. golden raisins
1 T. sherry vinegar
1 T. water
One bunch mustard greens (save out two leaves and slice thin, set aside)
½ t. kosher salt
1 clove garlic, sliced
½ c. roasted walnuts (chop half and set aside)
3 T. boiling water
6 T olive oil
Salt and pepper

Combine raisins, vinegar and water in small saucepan and bring to a boil. Cover, turn off heat and let stand.

Cut up rest of mustard leaves, rinse and spin dry.

In food processor, combine cut up mustard, salt, garlic, and half the nuts. Drip boiling water over all.

Blend to a coarse puree. Continue to blend, gradually adding the oil.

Toss the pesto with pasta and distribute raisins, chopped reserved nuts, and thin sliced mustard leaves over the top.



Cheryl's soup with kale:

1/2 onion diced

4 cloves garlic,

chopped fresh oregano -1 tablespoon (more if you prefer)

sauté all in a little olive oil until soft..

add 6 cups of broth, i used beef, and bring to a boil and let simmer.. add 1/4 teaspoon hot red pepper flakes and 1 tblsp italian seasoning , also some chopped fresh rosemary is nice.

when simmering, add carrots (2 chopped) and 1 +1/2 cups of dried lentils.. simmer about 20 minutes.

lastly add chopped kale, chopped pea tendrils, 1 can tomatoes and some browned ground beef or sausage, or nothing if you prefer..

(easily converted to vegetarian or vegan, just use vegetable broth and don't add meat)

simmer another 10 minutes..

garnish with freshly grated parmesan or asiago cheese.. could also use fresh pesto when in season.

very hearty, great with a good heavy bread like from our little neighborhood bakery..

bon appetit.

Reminders

Pick-up is on Thursday in Olympia. Some of you veteran members recall Tuesday deliveries from past years. Now we harvest Tuesday for the Tumwater Farmers Market, so last year we moved CSA harvest to Thursday.

Bring your box back! The waxed boxes don't recycle, and we reuse them many times, so please return it.

If you have any questions, call me! My cell # is 402-3748, and home is 754-1928.

Volunteer Work Party

Come out this **Saturday, June 16**. We'll be weeding and transplanting **from 9 to noon**, then have a potluck lunch featuring some farm fresh produce and whatever you would like to contribute.

Our next volunteer work party and workshop will be **Saturday July 7, 9am – 3pm**. Dr. Steve Booth, Entomologist and Integrated Pest Management Specialist, will take us for a bug walk around the farm. Steve will identify garden pests and beneficial insects and teach us some pesticide-free management solutions to common pest problems. Farm work in the morning and workshop after lunch/potluck.