



June 21, 2007

Greetings CSAers,

We are see-sawing our way into summer, and I am personally hoping for a little rain in the next couple days to give a little drink to all the plants and knock back the dust a bit. I went to a machinery workshop over the weekend and I am thinking a lot about filters—air filters, oil filters, fuel filters—and how to protect the engine of our brand new tractor from the affects of soil particles and debris. It's a big responsibility to take care of our Massey Ferguson, and I know we can do it! Here it is. I thought we'd call her Collette after the Boeing grants administrator who was so helpful and enthusiastic about local organic food. That's Glenn in the drivers' seat.



What's in Your Box

Bok Choy
Turnip, 'White Egg'
Shungikyu -- Edible Radish Leaf
Chard
Kale
Mustards

Beth's Farm News: What's Growing On

Ahh, the beginning of summer. Time to look forward to warm days and nights. It's when a farmer's thoughts turn to...winter. Sowings of cabbage, broccoli, kale, and collards begin, and we'll be transplanting through July and early August so that we can enjoy these nutritious greens through the cold, dark months.

This week's box contains shungikyu, a specialty radish grown for its soft tasty leaf instead of its root. I grew these when I worked with Debbie Leung at 9th Heaven Herbs and Vegetables. They can be used fresh in salads, lightly steamed like spinach, or thrown into a stir fry. We're trying a new variety of turnip this year called 'White Egg.' The beautiful white root can be grated raw onto salads or boiled and mashed like mashed potatoes. Chop up the greens and add them to stir fries and soups. They are a great source of calcium.

The snap and snow pea plants have started to bloom, so we can look forward to crunchy pods in 2 to 2-1/2 weeks. Ahh, summer!

A word on greens from CSA member Diana:

Haven't we been waiting all winter for greens that look and feel like this box. So crisp and full of life, not like the ones that came from California during the winter months. So this is what I am going to do with mine. Some of them are going into the vitamixer (my glorified blender AKA, food processing machine) with fruit. Yes, this is the diet of the gorillas and chimpanzees, 96.8% like us. The blades break the cell walls of the greens and make them very sweet. Mixed with fruit, it is the smoothie you have been waiting for. I got this from a great book, Greens for Life: <http://www.amazon.com/Green-Life-Paperback-Book-Blending/dp/B000IDXNT4> Yummy. Filling. Fiber. Green. My other favorite green dish involves a freshly cooked pot of grains such as millet, quinoa, rice, or kasha. I roll the green leaves as I might a tight cigar

and cut it the short direction making very thin threads. I put the greens on the bottom of a bowl and put the hot grains on top. The greens soften but aren't over-cooked. I stir them up with a ready-made sauce. Tahini thinned with water is the fast and easy sauce.

Enjoy life! Enjoy this food! Diana Renison

Recipes

Here's one I haven't seen before. I love pesto, so I'm going to try it. It's from "Farmer John's Cookbook, the Real Dirt on Vegetables" (www.angelicorganics.com)

Kale and Walnut Pesto

1 T salt
 $\frac{1}{2}$ lb. kale, coarsely chopped
 $\frac{1}{4}$ c. chopped walnuts
2 cloves garlic, chopped
 $\frac{1}{2}$ c. olive oil
 $\frac{1}{2}$ c. grated Parmesan
 $\frac{1}{2}$ tsp. salt
Pinch of fresh ground black pepper

Bring 2 qts. water to a boil. Add 1 T. salt and kale. Cook until tender, about 10 minutes. Drain.

Toast the walnuts in a dry skillet over high heat, stirring constantly, til fragrant and beginning to brown. Immediately transfer to a dish to cool.

Blend walnuts, kale, garlic and olive oil in the blender or food processor till smooth. Transfer to a bowl and stir in the parmesan, $\frac{1}{2}$ tsp. salt and pepper to taste. Serve hot over roasted potatoes or your favorite pasta.

I've learned something about kale from trial and error and from reading Farmer John's book. Kale is sweeter when it's cooked longer. If you cook it just past the bright green stage it can be bitter. Go ahead and let it cook, whether steaming or sautéing, you'll be glad you did. And kale is such a hearty green it stands up to it.

CSA Calendars

Some of you pointed out I had an error in one of the half-share calendars, so a corrected version is attached. Match up the week number with your delivery to figure out which one to use.

Tote Bags Coming, T-Shirts Too!

If you paid in full and haven't received your tote bag, they're coming! The response to the offer was so great we quickly ran out of bags. I did some searching and found a business with organic canvas totes (Eco Bags) and a local printer to print them so we will soon have your tote bags to you. Eco Bags also sells organic cotton t-shirts and we will have those printed and available for a donation, to help us pay for a shirt for each of the growers, volunteers and staff on the farm this summer. Sponsor a grower and get a t-shirt for yourself!

