



June 28, 2007

Greetings CSAers,

The weather is a bit cool for this time of year, slowing down the squash. But it was great to have the rain today even though it was messy. The beans are well watered and beginning to climb, and the potatoes in the field shown here from a few weeks ago are beginning to flower.



## What's in Your Box

Carrot thinnings

Basil, a sample

Kale

Chard

Parsley

Turnips--Shogoin, Golden Globe and White Egg. These all have tasty roots and greens.

## Beth's Farm News: What's Growing On

Thanks to the monumental weeding efforts of several people, including Ann and her family, Debbie, Gwen, and Joanna, we rescued the carrots from the weeds and have thinnings for you to snack on this week. Like the beets and daikon, we need to thin the carrots so we can produce larger roots. The thinnings themselves are too good to toss! The basil, too, is just a pinch of what we'll have in store by the middle or end of July. The varieties we are growing are green Genovese, purple Red Opal, and Thai.

We transplanted the tomatoes into our new hoop house in the field this week. If we can keep them watered, staked, and weeded, we hope to give you a combination of slicing and cherry tomatoes in yellow, red, and orange hues and outstanding flavors later in the summer.

## Recipes

Though it's summer, this weather seems just right for a soup.

### **Kale and White Bean Soup**

1 Tbsp olive oil

6 ounces kielbasa sausage, cut into thin rounds

1 medium onion, chopped

2 3 /4 cups chicken broth

1 /2 large bunch kale, stems cut away, leaves thinly sliced

1 can small white beans, drained

3 /4 cup dry white wine. (sauvignon blanc highly recommended)

Heat oil in heavy large saucepan over medium heat. Add sausage and onion, saute until onion is tender, about 6 minutes. Add broth and kale; bring to boil. Reduce heat to medium-low; simmer uncovered 10 minutes. Add beans and wine. Cook until kale is tender, about 10 minutes. Season with salt and pepper.

Makes 2 servings, can be doubled.

**Radish or Turnip Greens with Miso Sauce**

I enjoyed this one last week. The flavor is nutty and sweet. You could add the sliced turnip or radish roots to this as well.

1 bunch turnip or radish greens

1 T miso paste

1 T vegetable oil

$\frac{1}{2}$  tsp sugar

1 tsp toasted sesame oil

Steam the greens for 3 minutes. Drain and run cool water over them to stop the cooking. Squeeze out excess water. Finely chop and set aside.

Thin the miso paste with 2 T water and add the sugar. It should be the consistency of a thick sauce.

Heat the oil at medium. If you're using the radish or turnip roots, sauté them for a few minutes. Add the greens and stir til they are tender and heated through. Add the miso sauce and stir til thoroughly combined. Stir in the toasted sesame oil. Serve over rice.

**Basil-Garlic Cream Cheeze**

This is just right for the small bunch of basil in your box.

8 oz. cream cheese, softened

$\frac{1}{2}$  c chopped fresh basil

$\frac{1}{4}$  c chopped fresh chives (if you don't have these already, ask us! We have plants.)

2 cloves garlic, minced

2 T olive oil

$\frac{1}{2}$  tsp salt

Black pepper to taste

Mix all the ingredients until smooth. Let the flavors develop for an hour. Use as a spread or a dip, or on a baked potato! Store in the fridge.

**Volunteer Workparty and Workshop Coming Up**

Save the date! **Saturday, July 7** we will have a volunteer day on the farm. Garlic harvest in the morning and a potluck lunch. In the afternoon, entomologist and Integrated Pest Management specialist Dr. Booth will lead us on an insect walk around the farm. You'll learn to identify the common insect pests and predators (beneficial insects) in your garden.

**When** Saturday, July 7, 10am to 3pm

**Where** Left Foot Organics Farm, 11122 Case Rd SW

**To bring** grubby clothes, a dish to share, water bottle

Thanks! Enjoy this food!