



July 5, 2007

Greetings CSAers,

A summery belated happy 4th to you! We celebrated by marching with wagons we decorated for the farm and for the Tumwater Town Center Farmers Market in Tumwater's 4th of July parade. We passed out lavender sprigs, yarrow and daisies to cheering parade watchers and sold red, white and blue sweet peas at the market. Grower Glenn wore a watermelon slice costume and carried an onion balloon. Other produce—grapes, an apple and a carrot—marched as well. Growers Ron and Maria joined us along the parade route. It was a fun way to spend the holiday, together out in the community showing our spirit.

This week is the beginning of summer on the farm for our youth partners, high school students primarily from rural, south county communities. **Jade, Jacob** and **Alex** have been working with us on Saturdays since February, and **Meagan** and **Lydia** have just joined the crew. These youth were selected for their commitment to our values of teamwork and respect for people of all abilities and for the land. They are all enthusiastic about our mission, and we are excited to have them with us. They'll be working on Saturdays, so you'll have a chance to meet them if you come out for the volunteer day and workshop this Saturday.

What's in Your Box

Arugula
Cilantro
Daikon radish
Kohlrabi—purple and white
Beets—golden, red, and chioggia (kee·yo·ja, named for the region in Italy where they originated)
Chard—green, red and rainbow
Snow peas
Carrots



A note on peas:

Peas are delicious and a valuable source of protein, iron and insoluble fiber. Although fresh peas keep for two to three days in the refrigerator, the sugar in them will soon turn to starch. As much as 40 percent of the sugar may be converted within a few hours of harvest. So, the sooner you eat them the better. (Source: Deborah Kean, Oregon State University)

Beth's Farm News: What's Growing On

Amidst the snap, crackle, and pop of fireworks this past week, the farm keeps growing. Some of the potato plants have begun to flower—including the blue flowers of the All Blue variety—indicating that tubers are forming and that we can look into digging new potatoes in a few weeks. It's a pleasure to stand downwind from the fragrant sweet peas in reds, pinks, and purples. Cabbages in slick green and dusky purple are beginning to head up.



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Your CSA box begins to show more color, as well. The kohlrabi, either Purple Vienna or White Vienna, makes a great snack. Peel off the tough outer skin of these enlarged stems and eat the tender, juicy green center. Dip of any variety hangs particularly well upon a slice of kohlrabi. It can be cooked as well and has a mild cabbage flavor.

Our carrots are not full size yet but we can't wait to give them to you. Luscious snow peas are great raw or in a stir fry. This variety, along with the snap peas we are hoping to harvest for you next week, are eaten pod and all. Finally, the brilliant red, gold, or pink beets and their greens can be eaten raw or cooked. When I went to England in 1999, I was surprised to learn that my host family abhorred the idea of eating beet greens. They only considered the root edible and so called the vegetable 'beet root.' We think the greens are quite delicious and include them in our bunches. I hope you enjoy the growing variety and abundance of the season.

Recipes

I made a big salad last night and used this recipe for the dressing. It's also good as a veggie dip:

Lemon Tahini Salad Dressing

$\frac{1}{2}$ c olive oil
juice of 2 lemons
 $\frac{1}{4}$ c tahini
 $\frac{1}{4}$ c tamari or soy sauce
 $\frac{1}{4}$ sweet onion
 $\frac{1}{4}$ green pepper
2-4 garlic cloves

Put the onion, green pepper, garlic and lemon juice in the blender first to chop fine, then add the rest of the ingredients and blend to mix thoroughly.

Here's one from a Bayview cooking school group that came out to the farm last year:

Snow Peas Stir Fry

8 oz. tofu
 $\frac{1}{2}$ lb. snow peas, whole, stems broken off
 $\frac{1}{2}$ c sliced mushrooms
 $\frac{1}{2}$ c garlic chives or green onions, chopped
1-2 cloves garlic, minced
olive or canola oil. (can add a bit of toasted sesame oil for the flavor)
soy sauce to taste

To keep the tofu from falling apart in your stir fry cut it into $\frac{1}{2}$ in. cubes and baked it for a few minutes on an oiled cookie sheet til it browns slightly. Heat oil and toss garlic for 1 minute. Add peas, browned tofu, mushrooms and onions and stir fry for 3-5 minutes (peas should be bright green and still crispy). Add soy sauce, toss and serve.

Variation: add sliced daikon or other radishes.