



July 26, 2007

**Greetings CSAers,**

Here's a photo of some of us enjoying one of the products of our volunteer day with Univera a couple of weeks ago—two beautiful picnic tables under the big maple where we eat lunch. Pictured from the back are Jade, Jacob, Beth, Maria, Kelly, Alex, Ann and Megan. Oh, and that's Barbie the farm dog in front.



**What's in Your Box**

- Nappa cabbage or green cabbage
- Cauliflower or broccoli
- Walla Walla Onions
- Basil, green or Thai
- Garlic, Inchelium Red, strong flavor, a good keeper
- Beets
- Chard
- Carrots
- Summer squash—green and golden zucchini

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

Most of you will be receiving nappa cabbage, also called Chinese cabbage, today. The heat of two weeks ago caused them to prematurely bolt. There might not be enough for everybody; green cabbage will be used as a substitute. Another succession gets transplanted this week so we'll have another chance in the fall. Nappa cabbage is one of my favorites; the crunchy, juicy leaves are great eaten raw, stir-fried, or pickled into kim-chee.

I'm very excited to provide cauliflower. It's a bit fussy to grow so these heads feel like an accomplishment. Again, there might not be enough for all, so we have broccoli to fill in. More cauliflower should arrive towards the end of the main CSA season. Thus you are experiencing what it means to be a CSA member -- sharing in the "risk" of farming with all its ebbs and flows. I thank you for taking part in this adventure with us while eating locally, seasonally, and organically.

**Q & A**

How high is the corn? Past your knees! We've had help these past couple of weeks from a group of YMCA counselors in training who have weeded all the corn and beans. Thanks Y!



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When are you going to harvest those potatoes? We dug a few early in the week, and decided to wait another week. We're beginning to see them in the market, so other local farmers are digging. Soon!

**Recipes**

Asian Cabbage Slaw (from Farmer John's Cookbook)

2 c Shredded Cabbage (about 1/2 small head)

1/3 c Grated Carrot

1/2 c Minced Red Onion

2 tbsp Minced Fresh Mint

2 tbsp Minced Fresh Cilantro

2 tbsp Rice Vinegar

2 tbsp Peanut Oil

1 tbsp Rice Wine (such as mirin or sake)

2 tsp Honey

1 tsp Toasted Sesame Oil (plus more to taste)

Salt

Freshly Ground Black Pepper

1. Combine the cabbage, carrot, onion, mint, and cilantro in a large bowl. Toss well.
2. Mix the vinegar, peanut oil, rice wine, honey, and sesame oil in a small bowl until well combined. Pour the dressing over the cabbage mixture; toss. Season with salt and pepper to taste.
3. Refrigerate for 1 hour before serving.

Enjoy!