



August 2, 2007

Greetings CSAers,

Busy day today, on and off the farm. Robert, Ron, Megan and I are making a presentation at the training workshop for state agency charity drive coordinators this morning. The Combined Fund Drive is an important and growing source of support for our program. This charity drive gives us access to all state employees, and Washington state employees have one of the highest rates of participation and giving in the country. The success of the drive is at least in part because the employees hear directly from local nonprofits like ours. They can see for themselves where their contributions go and what good they do. I'm grateful for the opportunity to speak to this group. Pictured here are a few of our friends from the Dept. of Ecology. Jamie, Rose and Helen (clockwise from left) are charity drive leaders in their agency. Helen sports a pepper "ring" and a tote bag full of our veggies. Robert is a hit with them!



What's in Your Box

Potatoes - Santina
Green Beans - Jade
Basil
Carrots
Beets
Kale or Chard
Garlic -- Music
Summer Squash -- green and yellow zucchini, patty pan, crookneck
Fresh red onions

Beth's Farm News: What's Growing On

As a farmer and horticulturist, I love to learn about the origins of plants. Potatoes, long associated with Ireland and the famine, originated in the Andes. Our yellow variety 'Santina' is proving to be a good all-around potato good for baking or boiling. Fresh beans come from the Americas and have been cultivated for over six thousand years. Our first variety of green bean, 'Jade,' tastes great raw or steamed.

Garlic has long been used as both food and medicine in southwest Asia, the Mediterranean, and Africa. This week's variety, 'Music,' is a stiff-necked variety with a good, strong flavor and easy-to-peel cloves. It does not store quite as long as the Inchelium Red you received last week. Basil,



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originating in India and southern Asia, has also been cultivated for at least six thousand years. The wild ancestors of our orange carrots hail from Afghanistan.

Learning about these far-away origins while I work in the fields on this small corner of the planet connects me to the larger world and helps me dream of places to visit. It is on this note that I get to say "Ciao" and travel to Brazil for the next few weeks. I will be attending an International Playback Theatre Conference in Sao Paulo. I also plan to learn as much as I can about plants and agriculture while I'm there. There's already the possibility of visiting a manioc flour farm and a cigar factory! It feels quite unprecedented for a farmer at this latitude to be traveling at this time of year. I am very grateful to Ann and the staff at Left Foot Organics for enabling me to take this opportunity. Obrigado, thank you! I hope you enjoy the growing bounty of the season.

Save the Dates!

Two big events are coming up for Left Foot, and we hope to see you all there!

First is the annual **Pizza Party at Fertile Ground**, this year on **Saturday, August 25, 6 to 10pm**.

Our big annual event, the **Farm Formal (it's a *Farma!*) dinner and Auction at South Puget Sound Community College**, will be on **Saturday, October 27**.

Details to come.

T-shirts are here!

We've got new t-shirts! These are certified organic cotton shirts made in the U.S. and printed locally by Redcreek Apparel using an environmentally friendly, full color printing process. Our goal is to raise enough money on the first 25 shirts to pay for a shirt for each grower, youth partner and staff on the farm. Your \$40 donation will get you one of these beautiful shirts (a \$20 value), and pay for a shirt for a grower! Be the first on your block to have one! The shirts will be available at the pizza party, at the farmal, Tumwater and Proctor farmers markets and at our farm stand. Or, you can send me a check with your size (S M L XL XXL) and I'll send a shirt home in your box. Thanks for your support!





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Recipes

Gary's Mom's Zucchini Pie

9" baked pie shell
3 medium zucchini, sliced not peeled
3 tbsp. butter
1 clove garlic
2 cups sliced fresh mushrooms

$\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. dill weed
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{4}$ tsp. oregano
2 eggs
2 cups Monterey Jack cheese, cubed
2 tbsp. parsley
1 large tomato, chopped
 $\frac{3}{4}$ cup chopped walnuts or cashews

Sautee sliced zucchini in butter and garlic; add sliced mushrooms and continue sautéing. Drain vegetables WELL on several layers of paper towel. Extract as much moisture as possible from vegetables to avoid a soggy bottom crust. Spread evenly in pre-baked pie shell.

Beat eggs and seasonings (except parsley) - pour over vegetables. Sprinkle evenly: tomato, cheese, nuts and parsley.

Bake at 325° for 40 -45 minutes. Let stand at least 10 minutes before slicing and serving.

Thanks!