



August 09, 2007

Greetings CSAers,

Is it August? I think the crops are wondering, what with the cool days and cooler nights. The heat lovers like basil, tomatoes and peppers are slowing way down. But boxes are full of other good food!

What's in Your Box

- Broccoli
- Radishes or Daikon
- Beans—Romano and Yellow Wax
- Summer Squash—green and yellow zucchini, patty pan and yellow crookneck
- Cucumbers—Salad and Lemon
- Carrots
- Potatoes—Yellow and Red
- Parsley
- Garlic



Beth's Farm News: What's Growing On

*(Beth is in Brazil, attending an international conference on playback theatre. She returns around the end of the month. While she's away we invited some of our crew to contribute their view of the farm. Here's this week's installment. Pictured here are Jade, Jacob, Alex and Kelly.)*



My name is Jade and I'm a Growing Partner here at Left Foot Organics. I have worked here since February when Kelly and Saralynn came to Black Hills High School, where I attend, looking for students interested in being a part of organic farming. My friends Jacob and Alex and I jumped on that opportunity and have been working here ever since. When we started working five days a week at the beginning of summer, we gained two more Growing Partners—Megan and Lydia. The five of us have been working together for the past six weeks. We weed the plants to allow for more plentiful and vivacious food. We then harvest this food in order to bring it to the Tumwater Market on Wednesdays, the Tacoma Proctor Market on Saturdays, our own on-site Farm Stand Fridays and Saturdays and, of course, to you, our vital and much appreciated CSA share owners.

This week was a busy one for us here at Left Foot. We prepared for an early fall season by transplanting Red and White Russian, Siberian and Lacinato kale in the South Field and Red, Green and Rainbow Chard in the North. We are all very excited about our two new crops: Lettuce (varieties include: Oak Leaf, Red and Green Romaine and Butterhead) that will be ready for harvesting around three weeks from now, and Corn,



coming to you in September. We've recently begun harvesting Romano pole and Jade Green, Golden Nugget and Dragon Tongue bush beans as well as Cal Red and Satina potatoes; All Blue, Cal White and Rose Finn Apple varieties are due to start the end of the month.

Included in your boxes today are some Cucumbers which were harvested this morning by yours truly, so enjoy them and remember that your contributions to our farm had a huge impact in growing them as well as everything else here at Left Foot Organics.



### Recipes

#### **Tomato Bean Salad with Mint (Serves 6)**

- 2 c Green Beans, trimmed (try this with the Romanos and yellow beans)
- 4 c Tomato, coarsely chopped
- 1 15 oz can Kidney Beans, rinsed and drained
- 1 c Sweet Onion, thinly sliced
- 2 tbsp Fresh Mint, chopped
- 2 tbsp Fresh Lemon Juice
- 2 tbsp Extra Virgin Olive Oil
- Salt and Pepper to taste
- 1/2 c Crumbled Feta Cheese

Boil green beans in a large saucepan for 8 to 10 minutes, until fork-tender; drain and rinse with cold water to cool. Gently combine beans with remaining ingredients in a large bowl. Top with feta and serve.

#### **Roasted Potatoes with Herbs**

- 12 small uniform potatoes, or larger potatoes cut into quarters
- 1/4 c Olive Oil
- 1 tbsp chopped Thyme
- 1 tbsp chopped Oregano
- 2 cloves Garlic, finely minced
- 1 tsp Sea Salt
- 1 tsp Black Pepper

Preheat oven to 350F

Clean and scrub small potatoes. Mix herbs with olive oil in a bowl. Add the potatoes and toss to coat evenly. Arrange in a shallow baking dish and roast for 45 minutes or until the potatoes are tender and golden brown. *You can add many other vegetables to this roast, including carrots, turnips, radish, beets, onion and squash.*

**Pasta Primavera**

1/2 c. butter  
1 sweet onion, chopped  
1 clove garlic, minced  
1/2 lb. sliced mushrooms (cut in 1/4 slices)  
1/2 lb. broccoli, cut into small florets (include the leaves!)  
1 med. zucchini, cut in 1/4 rounds (add patty pan or other summer squash)  
1 large or 2-3 small carrots, thin slices  
1/2 lb. Romano beans, cut in 1 inch slices  
2 c. Half and Half  
1 1/2 c. chicken stock  
2 tbsp. chopped basil  
salt and pepper  
1 c. grated Romano cheese  
1 lb. fettucini, cooked, drained

Vegetables may be prepared in advance and refrigerated. Heat wok or deep skillet over medium heat. Add butter, onion and garlic and sauté until onions are softened. Mix in asparagus, mushrooms, cauliflower, zucchini, broccoli, carrots, and stir fry 2 minutes. Increase heat to high. Add half and half, chicken stock and basil. Boil about 3 minutes until liquid is reduced. Season to taste with salt and pepper. Add pasta, toss with vegetables, add cheese. It is best to let pasta primavera sit in the pot for about 30 minutes before serving.

Thanks! Enjoy this food!