



August 16, 2007

Greetings CSAers,

Do you wonder if we might be obsessed with the weather here on the farm? You would be right! I like to think of it more as a very keen interest. It really does affect everything we do here—what we can harvest, what we can plant, what equipment we can use in the field. Like the beans—a very big part of our everyday lives out here right now. Beans are very susceptible to mold and shouldn't be harvested when they are wet.



We got stuck one day last week picking wet beans. I'm hoping it doesn't happen this week, we have so much to pick! And bean picking is at the top of the list for the **volunteer day on Saturday**. **Come out at 10am if you'd like to help**. Beans in the morning, then lunch and a bouquet making workshop in the afternoon.

Speaking of the weather and its effect on what's growing out here...

What's in Your Box

Basil
Beans
Beets
Carrots
Chard
Cucumber
Garlic
Sweet onions
All Blue potatoes



Summer squash assortment—yellow and green zucchini, patty pan and yellow crookneck. Treat these all the same for preparing. You can eat them raw or cooked, steamed or sautéed or roasted or grilled. One popular way to prepare the patty pan is to cut them in cross sections, brush with olive oil, crushed garlic, salt and pepper and grill them. If its all too overwhelming, you can grate and freeze summer squash to make bread or zucchini custard in the winter.

Thanks to share member Shanna for the tip!

Tomatoes—these are a treat from our friend and fellow farmer Holly Foster of Zestful Gardens in Tacoma. I bargained for them last Saturday. Holly told me her sister just learned she may be having a baby with Down Syndrome. The test result is not conclusive, but if the result is confirmed I'm looking forward to helping her prepare to welcome this child into her family, and welcoming her into *our* world.



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Beth returns from Brazil at the end of next week. So this week it's...

Jacob's Farm News: What's Growing On

Hello CSA members, my name is Jacob. I am a Growing Partner here at Left Foot Organics. I started in February along with Alex and Jade and I have been working here ever since! First of all, I would like to thank you for all of your support. When I heard about CSA, I was wondering why people would buy shares of produce. Then I realized it's so much easier that way, why not? And you have supported our farm greatly; we are very appreciative. This week has been quite fun actually. We started off on Tuesday harvesting all day long and by golly, we harvested a lot! That means a plentiful sum of produce for you and our market customers. Wednesday we started weeding the mustard greens, arugula and radishes (coming soon!), and tore out the old broccoli crop. I trellised the tomatoes and they are looking very lively, so we have those to look forward to. I have been watching the corn grow [really, on a warm day you can almost *see* it grow!] and it is making my mouth water just thinking about how much we will have. Once again, I would like to thank you very vital CSA share owners, your support inspires my fellow workers and me to keep on keeping on!



Recipes

Rock Bottom Vegetarian Enchiladas (*from Kimbie, a friend in my mom's group for moms with kids with special needs*)

- 18 Corn Tortillas
- 1 large can enchilada sauce
- 1- 1/2 lb. Grated Jack cheese (I like spicy so I use Pepper Jack)
- 1 yellow zucchini, diced
- 1 green zucchini, diced
- 1 large red bell pepper, diced
- 1 small package frozen corn, thawed
- 8 large cloves crushed garlic
- 1 can black beans, drained (or use fresh, cooked beans)

In large fry pan, sauté diced zucchini, red bell pepper and garlic in small amount of olive oil until slightly softened; about 3-5 minutes. Add corn and toss well. Set veggies aside in a bowl.



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Spray a deep casserole dish (I use a 9 x 13 dish) with non-stick cooking spray. Pour the enchilada sauce into a broad, shallow bowl. Lightly sauté corn tortillas in hot oil. Dip the cooked tortillas in enchilada sauce. Layer bottom of casserole dish with the tortillas. Then add a layer of veggies, and then add a layer of cheese. Repeat process ending with tortillas on top. Spread remainder of cheese on top of tortilla layer. Bake at 350 degrees for 30-40 minutes. Spread a layer of black beans over the top of the casserole and return it to the oven for 5 more minutes.

Serve with fresh chopped lettuce, sour cream, Pico deGallo sauce (below) and whatever Mexican condiment you enjoy!

Pico deGallo

Cilantro, 1 bunch, coarsely chopped
5-6 ripe tomatoes, diced
1 sweet onion, diced
Juice of 2 limes and 1 lemon, fresh is best
2-3 hot peppers, which ever you like.
Fresh ground pepper and salt

Combine tomatoes and onions in bowl. Sprinkle fairly liberally with salt and lots of fresh ground pepper. Toss thoroughly. Add chopped cilantro, use as much as you like. Add lemon/lime juice to taste. Set aside.

Bon Appetit!