



August 23, 2007

## Greetings CSAers,

Ah, a beautiful day, isn't it? Yesterday Michael, Maria, Jacob, Lydia and I spent the morning in the garden at Fertile Ground Guesthouse, helping them out with compost, weeding, cleaning out beds and pruning bamboo. It was fun to work in someone else's garden, helping out friends and learning about new plants and cultivation practices. Resident permaculture expert Marisha Auerbach introduced me to lovage, a perennial that makes a wonderful celery substitute. In exchange for our labors, Fertile Ground provides a beautiful space including their outdoor pizza oven for our pizza party Saturday night (see below for details). Check out Fertile Ground at [www.fertileground.org](http://www.fertileground.org). I love these relationships with other great organizations and businesses in our community. It's what makes us keep going and growing. Thanks Gail and Marisha!

When we got back to the farm we were greeted with birthday cake and ice cream for yours truly (Thanks Robert!). There were some around the table who didn't believe I am over 50! So I guess living healthy pays off—eat your vegetables!

## What's in Your Box

Chieftain Potatoes  
Healthmaster Carrots  
Patty Pans/Crookneck Squash  
Slicing Cucumbers/Lemon Cucumbers  
Romano and Violet Pod beans  
Red or Sweet Onions  
Rainbow or Red Chard  
Basil  
Parsley  
Garlic



This week Megan put the newsletter together, including photos and recipes—thanks Megan! She has represented us at a meeting of the Olympia Kiwanis Club (where we received a check for \$500 to support our program—thanks Kiwanis!), and at a training workshop for agency coordinators of the State employee's charity drive, the Combined Fund Drive. I recently learned she is also an experienced seamstress and plays the trombone! So here is...

## Megan's Farm News: What's Growing On

Dear valued CSA member,

Hello, my name is Megan Carbary; I'm going into my junior year at Tenino high school. Currently I'm working at Left Foot Organics.

I would like to thank you so much for buying our CSA boxes. The money we make really helps hold the farm together. We also enjoy providing you with fresh and healthy produce.





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Today Beth our farm manger came back from Brazil. Kelly and Colin have been doing so great holding up the farm while she's been away.

Also this week we are having our 3<sup>rd</sup> annual Pizza Party Fundraiser at Fertile Ground Guesthouse 311 9<sup>th</sup> Ave.(Across from the Timberland Library in Olympia) on **Saturday, August 25<sup>th</sup> 6-9pm** Great Food, Raffle, Prizes! Tickets are adults \$10, kids \$5, and families \$25. Hope to see you there!

## Recipes

### Zucchini Bread (Makes 2 loaves)

#### INGREDIENTS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons ground cinnamon
- 1/4 teaspoon baking powder
- 3 eggs
- 2 cups white sugar
- 3 teaspoons vanilla extract
- 1 cup vegetable oil
- 3 cups grated zucchini
- 1 cup chopped walnuts (optional)

#### DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Sift together flour, salt, soda, cinnamon, baking powder.
3. Beat eggs. Add and mix well sugar, vanilla, and oil. Add zucchini to egg mixture. Add dry ingredients, mixing well. Stir in nuts if desired. Pour into 2 un-greased loaf pans.
4. Bake at 350 degrees F (175 degrees C) for 1 hour.

### Cheesy Zucchini Casserole (Makes 4 servings)

#### INGREDIENTS

- 4 slices bread, cubed
- 1/4 cup melted butter
- 2 cups cubed zucchini
- 1 large onion, chopped





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- 1 teaspoon garlic salt
- 1 egg, beaten
- 2 cups shredded Cheddar cheese

**DIRECTIONS**

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place bread cubes in a medium bowl and pour melted butter over the bread. Add the zucchini, onion, garlic salt and egg; mix well. Transfer the mixture into a 9x13 inch baking dish and top with the cheese.
3. Bake, covered, in preheated oven for 30 minutes. Then uncover the dish and bake for another 30 minutes.

**Spanish Green Beans and Tomatoes (Makes 6 severing)**

**INGREDIENTS**

- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- 2 pounds fresh green beans, cut into 1-inch lengths
- 3 cups canned diced tomatoes with their juice
- 1 tablespoon chopped fresh chives
- 3 tablespoons pine nuts
- 2 tablespoons lemon juice
- 1 bay leaf
- salt and pepper, to taste

**DIRECTIONS**

1. Heat oil in a large saucepan over medium heat. Add garlic; cook and stir until fragrant, about 2 minutes. Reduce heat if garlic begins to brown. Add green beans, then continue to cook and stir until bright green but not quite tender, about 4 minutes.
2. Mix in tomatoes, lemon juice and pine nuts, and season with chives, bay leaf, salt and pepper. Bring to a boil, stirring often. Reduce heat and simmer gently uncovered for 25 to 30 minutes. Remove and discard bay leaf before serving.