



August 30, 2007

**Greetings CSAers,**

The summer goes by so fast, it's hard to believe this is our last week with the Growing Partner youth who've been part of our crew these past two months. They'll still be running the farm stand on Saturdays, but next week they all go back to school. I've been so happy to have them at the farm, their sense of fun and adventure, their willingness to try new things, and of course their hard work! Today Alex contributes his thoughts on the farm, and fellow crew member Lydia took some photos for this newsletter. Thanks Alex and Lydia!

We had a little celebration today for our job coach Adrian, he's 21 today! Here he is counting out the 21 dollars we gave him. Adrian is fun to work with, and his commitment at work sets a great example for youth and growers.



Maria gave us another reason to celebrate today. After working with us for a year, and growing tremendously during her time with us, Maria will be starting a new job at Holiday Inn next week. We're happy that she'll still work with us 2 days a week—congratulations Maria!



Beth is assembling a list of what we will be offering in our winter shares this year, beginning in November. I'll send more details on signing up soon, but here is some of what we expect to have:

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Chard - Rainbow, Red
- Collards
- Garlic
- Greens - spinach, mustard greens, lettuces
- Kale - Lacinato, Red Russian, Siberian

- Kohlrabi - purple and green
- Leeks
- Onions - cured yellow and red
- Parsley
- Parsnip
- Potatoes - all the varieties we've been harvesting, until they're all gone!
- Radishes
- Rutabaga
- Winter Squash - Acorn, Delicata, Kobocho



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**What's in Your Box**

Sweet onion

Chard

Beans—dragon tongue and violet beans. You've noticed by now that the beautiful purple fades on both these varieties when you cook them. You might want to sort the pods and remove any that are very bumpy. Those beans will be tough. At this time of year it is hard for us to keep up and some overripe beans may sneak into the bucket!

Cal White and All Blue potatoes

Summer Squash—yellow crookneck, sunburst patty pan, yellow zucchini. All the summer squash can be prepared the same way, mix them up!

Cucumbers—lemon

Carrots—the Healthmaster carrots are fattening up now. These carrots will grow to 1 1/2 inches across at the top and a foot long, but it's hard to wait for them to reach that size. They have a higher beta carotene content than most carrots.

Parsley

Peppers—green bell, banana (mild) and cayenne (hot). All of these would be great in refried beans or with roast potatoes. You might taste the cayenne to decide how much suits your tolerance.

Lettuce—Outredgeous, a red romaine

Garlic



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This week's farm news is brought to you by...



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

My name is Alex. I'm currently a senior at Black Hills High School, and I'm a Growing Partner at Left Foot Organics. This week on the farm I weeded kale and harvested the beans and potatoes which you'll receive this week in your box. Left Foot to me is a place where people, regardless of disabilities, can come together and cooperate to better their communities. My favorite part of working at Left Foot is harvesting the potatoes and working with Robert, a grower at the farm who makes my work day fun and relaxed. Thank you for buying a CSA share, we really appreciate your support.

**Recipes**

I'm a bit late today, so please check out the recipes on the website, we've accumulated quite a list. Webmaster Scott is working on a search feature that will allow you to search by ingredient to find all the recipes containing a particular vegetable. Thanks Scott!