



September 13, 2007

## Greetings CSAers,

It's a big volunteer week for us on the farm. Friday is the United Way Day of Caring, when groups from local businesses give a boost to local nonprofit organizations by volunteering for the day. We'll be hosting volunteer groups from Intercity Transit and TwinStar Credit Union. Thanks to



our local United Way of Thurston County for including us among the over 35 organizations participating in this wonderful event! We will be showing our appreciation by preparing a delicious lunch from farm produce. On Friday we'll also welcome a visit from Weyerhaeuser representatives who are bringing us a \$4,000 check for farm equipment! Maybe a disc and manure spreader? To top off a banner week, we also received a grant from Puget Sound Energy this week for \$5,000 to support our volunteer program. If you know anyone at any of these companies please tell them thanks for stepping up and serving their community with their hands and their dollars!

**Land update:** Thanks to those of you who have responded with offers of money and ideas for acquiring the Rutledge Farm property. The South of the Sound Community Farmland Trust met this week and is committed to moving toward making an offer, if we can put together a sufficient financing package likely to include loans and gifts enough to buy us the time to apply for public ag land preservation and other grant funding. A subcommittee of the trust board is meeting every Tuesday night at my house to work on this. If you'd like to help, please call or email me.

## What's in Your Box

Broccoli

Siberian Kale - first cutting, so it's very tender and sweet

Chard

Basil

Yukon Gold Potatoes

Summer Squash

Cucumbers

Peppers - yellow bells plus an assortment of mild to hot peppers such as Poblano, Sweet Banana,

Jalapeno, and Cayenne

Garlic

Cosmic Purple Carrots

Corn

Crisphead 'Summertime' Lettuce - this is the best "iceberg" type I've ever had!



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

The farm is a beehive of activity this week. On Tuesday the community crew from Cedar Creek Corrections Center harvested Yukon Gold potatoes, beans, and summer squash and weeded and cleared blackberries from our native plant border. Debbie, Michael, and Glenn weeded the peppers so we can harvest them with ease. Kelly has been working hard to prepare for the United Way Day of Caring event this Friday, and the monthly volunteer event on Saturday. Volunteers will be helping us to tidy up the farm for the fall and winter season. Our goals for the two days are mulching the perennials and native plants and building low tunnels to protect our plantings of red chard, kale and other greens over the winter.

**Recipes** - this week from The Vegan Culinary Experience ([www.veganculinaryexperience.com](http://www.veganculinaryexperience.com))

**Red Curry with Potatoes**

- 1 large potato, cubed
- 1 carrot, sliced
- $\frac{1}{2}$  cup of chopped cabbage
- $\frac{1}{4}$  cup of sliced basil
- 2 cups of coconut milk
- Juice of 1 lime
- 2 tsp. of sugar
- 4 cups of cooked rice
- $1 \frac{1}{2}$  tbsp. of red curry paste (see red curry paste recipe)

Cube the potato, slice the carrot, chop the cabbage, and slice the basil. Steam the potato, carrot, and cabbage for 15 minutes. While it is steaming, cook the rice.

**Curry Paste Method 1...**

Bring the coconut milk to a low simmer. Add the curry paste and combine it with the coconut milk.

**Curry Paste Method 2...**

Take 3 tbsp. of coconut milk and simmer it on a medium heat until the water and oil separate. Once this happens, add the curry paste and fry it for 2 minutes, stirring it the whole time (much of the coconut water will probably make it back into the oil while you do this, but by this point, it will have done its job). Add in the rest of the coconut milk and combine everything.

Add in the steamed veggies, sugar, and lime juice. Simmer for 5 minutes. Serve over rice.

**Balsamic Roasted Garlic Bruschetta**

- 4 slices of 4" wide bread
- 2 bulbs of garlic
- 2 tsp. of balsamic vinegar
- 2 tsp. of olive oil
- $\frac{1}{8}$  tsp. of salt



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2 tsp. of capers

8 basil leaves, sliced thinly

Light the grill. Separate the cloves out of the bulbs and peel them. Mix together 1 tsp. of olive oil, the balsamic vinegar, salt, and capers. Place the cloves into a large cut of tinfoil. Add the sauce to them and wrap the foil tightly. Place this on the grill for about 15 to 20 minutes (the time will vary depending on how hot your grill is.)

Option: Heat an oven to 400 degrees, place the garlic cloves and sauce in a baking dish and cover the dish with foil. Bake this for 30 minutes.

While the garlic is cooking, brush the bruschetta with oil and grill each side of the bruschetta. When the garlic is done, give the cloves a couple presses with a spoon. Slice the basil. Spread the garlic over the bruschetta and top it with the sliced basil.

Enjoy!