



September 21, 2007

Greetings CSAers,

September is the confluence of back-to-school, tons of vegetables to harvest, readying for winter in the field, planning for our fall dinner and Combined Fund Drive events. Did I mention it's a busy month?

We are seeking donations for our silent auction at the farm formal October 27. Artwork, services, books, a band or D.J. for a party, gift baskets, dinners for 4, a weekend getaway...all are great donation items. Our fundraising goal for the event this year is \$20,000. Help us get there! If you have an item to donate or are willing to help us collect auction items please call Gary Altman at 360-956-1978 (cell 253-686-1609). We also need volunteers to help with the auction, please call!

What's in Your Box

Potatoes—Cal White and All Blue

Corn—the birds hit us very hard in the corn, so this is not as much as we had hoped to bring you. An entire flock of blackbirds is loitering in the corn, eating to their hearts' content. We are trying out a big bobble-head owl decoy, and I'm tempted to get out there with a gun!

Carrots

Nappa Cabbage

Chard

Kale

Peppers—an assortment including Ancho,

Cayenne, Serrano, sweet bell

Turnip Greens

Lettuce—'Summertime' crisphead

Parsley

Basil—Genovese, purple and Thai (green leaf and purple stem)

Garlic

Summer squash—patty pan and crookneck, perhaps the last!



Beth's Farm News: What's Growing On

I see orange pumpkins peeping out of the winter squash patch these days, and the leaves are dropping from the pole beans. The wind blows with a sharp bite although the sun shines warm and bright. The autumnal equinox begins this weekend but we have already been feeling and seeing the changes here. It's still not a time to slow down, and we have again enjoyed everyone's efforts to bring in the harvest and prepare for fall. This week the Cedar Creek crew dug through a rocky potato patch, picked beans and summer squash, and began repairs to a greenhouse. Thank you DOC!

Evergreen students joined us Wednesday to weed the new kale, turn and sift compost, and finish installing the low tunnels over the new chard plantings. We continue to transplant lettuce and weed those planted earlier in the month. The Beit Sefer program from Temple Beth Hatfiloh is coming



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to the farm on Sunday for Mitzvah Day to help dig potatoes. I hope you, too, enjoy these last days of summer and the beginning of autumn.

Recipes

Roasted Chiles and Onions in Cream Sauce

- 5 tablespoons unsalted butter
- 1/2 cup olive oil
- 2 white onions, sliced on the diagonal
- 1 yellow onion, sliced on the diagonal
- 14 large anaheim chilies or poblano peppers
- salt
- pepper
- 16 ounces sour cream
- 16 ounces Mexican crema (not agria)

1. Char chiles (on grill, in oven on broil, or in a skillet) then place in a plastic bag. Let sit for at least 10 minutes while slicing the onions. Peel the skin off of the chiles, discard the stems and seeds, and slice into long, thin strips.
2. Sautee onions, covered, in butter and oil until translucent but not browned. Add chiles and cook for an additional 10 minutes.
3. Turn heat to low, add cream and sour cream - add a little half-n-half or milk if too thick - and heat.
4. Season with salt and pepper to taste. Best served over Mushroom Rice or white rice made with broth.

Mashed Potatoes With Roasted Poblano Chilies from Recipe Zaar

Here it is! The best poblano mashies around! by Elmotoo

- 1 cup butter, divided
- 1/3 cup garlic cloves, peeled
- 1 poblano chile, stems & seeds removed
- 4-6 russet potatoes
- 1 tablespoon salt
- 1 teaspoon salt
- 1/4 cup heavy cream
- 1/4 teaspoon white pepper

1. Heat oven to 325°F.
2. Place 1/2c butter, garlic & chile in small, covered, ovenproof pot. Bake 1 hour.
3. Rinse potatoes under cold water; cut into quarters. Place potatoes in a large pot. Add enough cold water to cover potatoes; add 1TB salt. Heat to a boil.
4. Reduce heat and boil until potatoes are tender when poked with a thin paring knife; drain.



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5. Let potatoes stand uncovered 3-5 minutes, allowing liquid to steam off.
6. Remove butter mixture from the oven. In food processor, puree mixture to a fine consistency. Add puree to potatoes. Add remaining 1/2c butter, cream, 1 tsp salt and pepper; mash until creamy.

Nappa Cabbage Steak from Recipe Zaar

- 1 head nappa cabbage
sea salt
- 3 tablespoons extra virgin olive oil
- 1 tablespoon yuzu juice or lemon juice
- 1 1/2 teaspoons soy sauce
- 2 tablespoons grapeseed oil
- 6 ounces shiitake mushrooms, stems removed

1. Slice off bottom inch of cabbage at stem end.
2. Remove one layer of leaves and discard.
3. Carefully remove remaining leaves until you get to smaller central ones.
4. Reserve smaller leaves for another use.
5. You should have about 12 large leaves.
6. Place one leaf on work surface.
7. Top with another leaf facing the opposite direction, that is, with cut end at leafy end.
8. Dust with pinch of sea salt.
9. Continue stacking leaves, alternating their direction, and dusting every second leaf with salt.
10. Place stack four inches from end of a 16-inch sheet of foil.
11. Lift end of foil over stack of leaves and tightly roll, wrapping the foil as you go.
12. Be careful that foil is wrapped around only the outside of cabbage roll.
13. Tightly tie roll with butcher's cord at 1 1/2- to 2-inch intervals.
14. You should be able to make 6 ties.
15. Use large knife to slice about 1/2 inch from ends of roll, so cut sides are smooth.
16. Then slice roll in sections between cord.
17. You should have 6 thick rounds of cabbage, each wrapped in foil and tied.
18. Preheat oven to 250 degrees.
19. Heat 1 tablespoon olive oil in skillet large enough to hold rolls, a cut side down, in single layer.
20. Cook rolls over medium-low heat until lightly browned on bottom and steam rises from center, 5 to 8 minutes.
21. Turn rolls and cook on other side until lightly browned.
22. Remove rolls to baking dish and place in oven.
23. While cabbage is cooking, mix yuzu juice, soy sauce and grapeseed oil together and set aside.
24. Place remaining olive oil in skillet.
25. Add mushrooms and sauté over medium-high heat until softened and lightly browned.



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26. Remove from heat.
27. If not serving dish immediately, place mushrooms in small baking dish in oven to keep warm.
28. To serve, remove cabbage from oven and, keeping rolls standing on a cut side, transfer to serving dish or put each on a salad plate.
29. Snip cords and carefully remove foil.
30. Cabbage rolls should hold together neatly.
31. Sprinkle cabbage rolls with bonito flakes.
32. Toss mushrooms with yuzu mixture, place a few mushroom pieces on top of each cabbage roll and serve.

Enjoy!