



November 1, 2007

**Greetings CSAers,**

### What's in Your Box

Blue Ballet—a Hubbard type, but smaller. The Blue Ballet has the same dry, sweet, fiberless, bright orange/yellow flesh as other hubbards, is a great baker and makes an excellent pie.

Potatoes—Satina (yellow skin and flesh) and Desiree (a red skinned yellow potato)

Carrots—Healthmaster, a variety that we grow for their large roots, full sweet flavor and high beta carotene content (35% more vitamin A than any Danvers carrot). However, they take twice as long to grow as the usual varieties of fresh carrots you see at the farmers market, so you are enjoying the fruit of a long season!

Kale, Collards or Chard—when we don't have quite enough of any one of these for all share members we cut some of each.

Leeks

Lettuce mix

### Handling Tips

- If you find the prospect of halving your squash daunting, try microwaving it for a few minutes first (if it will fit in the microwave!). This will soften it just enough to make it easier to cut.
- We grow 3 varieties of kale: Lacinato, Red Russian and Siberian. The main differences between these varieties are shape and color. All of them can be prepared in the same ways (steamed, sautéed, chopped in soups, or sliced very thin in a salad/slaw). The thing to note about kale is that the flavor improves with longer cooking time. Don't hesitate to sauté kale for 10-15 minutes, then put the lid on and allow it to steam for an additional 5-10 minutes. It sweetens as it cooks, and it is thick enough to stand up to longer cooking than chard.

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

*The most important person at the farm for you as a consumer may well be Lydia Beth, our farm production manager. Beth is in her 5<sup>th</sup> season of growing with Left Foot. She'll provide farm news to keep you up on what's growing. Here's her news of the week:*

The landscape of the farm has quickly changed in the last two weeks, thanks to the help of some wonderful volunteers. A crew from Cedar Creek Corrections Center took down the five rows of pole bean trellis, and Evergreen State College students hauled the last of the winter squash out of the field and into the greenhouse for storage. The peppers have been withered by frost. I'm incorporating the season's crops into the ground using our new tractor and spader (thanks to a grant from Boeing employees!) and sowing cover crops that will protect the soil and build nutrient content through the winter.



We finished our farmers' market season at Proctor and Tumwater this past week. Now we get to turn our attention (when we are not tending to winter CSA!) to much-needed repairs and projects



November 1, 2007

on the farm that have had to wait during the busy growing and marketing season. We have started to re-mulch the plant nursery area that became over-run with grass this summer, and we're planning ways to accommodate our constantly increasing demand for storage space!

We still have an assortment of ornamental pumpkins, carving pumpkins, broom corn, and corn stalks available for your holiday decorating needs. Please contact us if you are interested!

Thank you for participating in our winter CSA program. It's been so exciting to receive such enthusiastic interest. Your commitment to eating locally and organically gives me hope that together we can make a difference in the health of our society and our world.

### Recipes

#### **Risotto with Greens**

*No greens will be wasted! If you are not sure how to use your greens, make this for dinner! Double the recipe!*

- 1 small **onion**, finely chopped
- 2 T. **olive oil**
- 1 c. **risotto**, uncooked
- 1/2-3/4 lb. **fresh greens**, trimmed and torn (spinach, collards, kale, chard, mustards, turnip greens, beet greens, etc.)
- 4 garlic cloves, minced
- 2 (14-1/2 oz.) cans **chicken or vegetable broth**
- Freshly ground **black pepper**, to taste
- 1 c. grated **Parmesan cheese**, optional

Sauté onion in olive oil in a small stock pan. Add risotto and sauté until golden. Add greens and garlic; sauté until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired, and blend well before serving.

#### **Winter Squash Puree**

Easy and versatile, leftovers can be used to fill ravioli, make into soup or be added to muffins, breads, biscuits, and pancakes.

1. Halve, seed and bake 3 pounds winter squash until tender. Scrape the flesh away from the skin, then beat until smooth by hand using a big wooden spoon. This should be easy unless the squash is stringy, then try a food processor or food mill. Stir in butter to taste and season with salt and pepper.
2. Try adding grated Gruyere, Fontina or Emmentahaler cheese into the puree. Crumble fried sage leaves on top.

Enjoy!