



December 13, 2007

Greetings CSAers,

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

With about a week away from the solstice, the shortest day of the year, I continue to see plant growth slow to a crawl. But they hang in there, through wind, rain, and freezing and thawing temperatures. The growers continue to work enthusiastically, whatever the conditions.



What occupies my mind right now continues to be the flood damage and its affect on farmers. Because I moved to the Rochester/Grand Mound area this year (and was thankfully spared any flooding or damage), I attended a community meeting in Rochester on Tuesday evening. Officials updated us about the assistance available to survivors, and then they opened up the floor for people to tell stories of their experience. Many residents have lived in the area for twenty or thirty years and had never experienced a flood such as this one. There was much speculation (and some downright blame) that the increased development upriver in Lewis county contributed to the destruction downriver. I came away from this meeting quite moved by peoples' experiences. It reminded me of the *importance of supporting local farms* so that families and organizations like Left Foot can stay in business and keep farmland from being developed.

So I thank you once again for supporting our CSA program, for shopping at farmers' markets, for choosing locally made products, for being willing to go with the ups and downs of seasonal, local food production. You are not only improving your health, but the health of your community. Bon appetit!

(If you are interested in learning how to support farms affected by the flood, go to [www.olyblog.net/update-farm-aid-local-farms](http://www.olyblog.net/update-farm-aid-local-farms))

**What's in Your Box**

Pie Pumpkins - the last of the season	Cabbage
Potatoes - Desiree	Leek
Parsnips	Arugula



December 13, 2007

**Recipes**

**Cabbage Rolls** from *The New American Diet* by Sonja L. Conner and William E. Conner

SAUCE:

1 onion, chopped  
3 can (8 ounces each) unsalted tomato sauce  
1 bay leaf  
 $\frac{1}{2}$  tsp ground ginger  
 $\frac{1}{4}$  cup honey  
 $\frac{1}{4}$  cup vinegar  
 $\frac{1}{4}$  tsp thyme leaves  
 $\frac{1}{2}$  tsp salt  
Pepper to taste

FILLING:

1 onion, chopped  
8 ounces tofu, cubed  
 $\frac{1}{2}$  cup chopped parsley  
 $\frac{1}{2}$  cup unsalted tomato paste  
2 cups cooked brown rice  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp fresh chopped garlic

Steam 1 head of **cabbage** 20 minutes. Cool, then separate leaves from the head.

*Prepare Sauce:* Steam onion until transparent; add remaining ingredients and gently simmer for about 30 minutes.

Preheat oven to 350 degrees.

*Prepare filling:* Steam the chopped onion, add the tofu and stir to crumble. Add remaining ingredients and heat thoroughly. Place about 1 tablespoon on each cabbage leaf, roll up tightly and secure with a wooden pick.

*Assemble dish:* Place a small amount of sauce in shallow baking pan and add cabbage rolls. Pour remaining sauce over. Cover pan and bake for 45 minutes to 1 hour, until cabbage is soft.

**Leek and Mushroom Sauce with Thyme over Pasta**

Mushrooms and leeks work very well together. Although this is superb with wild mushrooms like chanterelles and morels, any of the more common kind, such as crimini or portabella, will do.

From *Angelic Organics Kitchen*, serves 2 to 4.

1/2 pound mushrooms  
1/2 pound fresh linguine or other thin pasta  
2 tablespoons unsalted butter  
2/3 cup chopped **leeks** (white and pale green parts only)



**December 13, 2007**

1/2 teaspoon salt  
1/8 teaspoon black pepper  
3 cloves **garlic**, minced or pressed (about 1 1/2 teaspoons)  
1/3 cup dry white wine  
2 teaspoons chopped fresh thyme  
freshly grated Parmesan cheese

1. Brush or briefly wash the mushrooms and cut them into thick slices, including the stems.
2. Cook the pasta according to the package directions. Drain well.
3. Meanwhile, melt the butter in a large pan over medium heat. Add the leeks, salt, and pepper; sauté for 5 minutes. Stir in the garlic. Cover; cook until the leeks are tender, about 5 more minutes.
4. Add the mushrooms and wine; gently simmer, uncovered, for 10 minutes.
5. Add the pasta and thyme to the mushroom mixture; toss well. Top with grated Parmesan.

**Amish Pumpkin Pancakes** from [www.razzledazzlerecipes.com](http://www.razzledazzlerecipes.com)

1 cup flour  
Pinch of baking soda  
2 tablespoons granulated sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon ginger  
1/8 teaspoon nutmeg  
1 egg well-beaten  
1 1/4 cup milk  
2 tablespoons melted shortening  
1/2 cup **pumpkin**

Combine flour, baking soda, sugar and spices.

Combine egg, shortening, pumpkin and milk; add to flour mixture, beating until smooth. Bake on hot, lightly greased griddle, turning only once.

Serve hot with butter and syrup or confectioners' sugar.

Enjoy!