



January 3, 2008

**Greetings CSAers!**

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

Happy 2008! I hope it has started well for you.

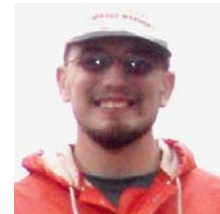
At this time of year I like to think of goals for the upcoming 366 days. I asked the Growers, Staff, and a Volunteer what their goals are for working at Left Foot Organics this year. They were busy doing compost and sorting squash, and I wasn't able to catch all of them, but here are some of their thoughts:



**Doug (Grower):** "A paycheck. And I like helping you guys because you help people."



**Ron (Grower):** "I want to help grow corn, tomatoes, leeks and onions, cabbage, carrots, daikon, zucchini and peppers!"



**Glenn (Grower):** "Compost."



**Michael (Grower):** "Pick vegetables. Go to market."



**Adrian (Job Coach):** "I want to continue to try eating more vegetables that are new to me...step out of my boundaries more...like the carrots, when they're organic they are so crisp and sweet."

**Kellie (Volunteer):** "To experience the seasons."



**Debbie (Staff):** "To be eating even more greens and setting an example of health and wellness."

As for myself, I want to continue to improve the growth and quality of both farm products and community relationships.



**Jessie (Job Coach):** "To learn as much as I can from the growers and the ground."



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While we head into the last third of our winter CSA, we will keep you informed of exciting activities on the horizon that will help us grow into spring. (We hope you will want to join us for our regular season CSA, too!) Happy New Year!

### What's in Your Box

Potatoes - Cal White  
Sweet Dumpling Winter Squash  
Red Russian Kale  
Chard  
Leeks  
Cabbage

### Recipes

#### Leeks au gratin *from Farm-Fresh Recipes by Janet Majure*

2 lbs leeks  
 $\frac{1}{4}$  c butter, plus about 1 Tbsp  
2 Tbsp flour  
 $\frac{3}{4}$  cup milk  
1 Tbsp white wine  
 $\frac{1}{2}$  tsp ground nutmeg  
Salt and pepper to taste  
 $\frac{1}{4}$  tsp Tabasco or similar hot sauce  
1 Cup grated Swiss cheese

- 1) Cut leek lengthwise, then cut into 1-inch pieces.
- 2) Boil until tender, about 20 minutes. Drain; place in buttered casserole dish.
- 3) In saucepan over medium heat, melt  $\frac{1}{4}$  cup butter; stir in flour. Whisk in milk and wine. Stir and cook until thickened, 3-5 minutes. Add nutmeg, salt, pepper and Tabasco; pour over leeks. Sprinkle with cheese.
- 4) Bake at 400 degrees 15-20 minutes, or until bubbly. Dot with remaining butter and brown under broiler, 3-5 minutes.

#### Potato and Ginger Pudding *from Recipes for a Small Planet by Ellen Buchman Ewald*

5 medium potatoes, cooked and mashed, about 3 cups  
2 eggs  
 $\frac{3}{4}$  cup milk  
1 cup cottage cheese  
1 medium onion, quartered  
2 Tbsp. fresh ginger root, sliced thin  
1 tsp salt  
 $\frac{3}{4}$  cup sesame seed meal  
1 cup cashew pieces



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- 1) Put the eggs and milk into a blender and buzz; add the cottage cheese and buzz again until smooth. Drop in the onion quarters and ginger; buzz again until the whole mixture is smooth.
- 2) Stir the blender mixture into the mashed potatoes along with the salt, sesame meal, and cashew pieces.
- 3) Turn the mixture into an oiled 2-quart casserole dish. Bake at 350 degrees for 1 hour, until the top is lightly browned and a toothpick or skewer comes out clean.

Enjoy!