



January 10, 2008

Greetings CSAers,

Beth's Farm News: What's Growing On

The numbers are in. This is the time of year when I accumulate the harvest records for the past year and calculate how much food we produced. It is a time of looking back at the past growing season while contemplating the upcoming one. To give you some perspective about what we do here, I wanted to give you a glimpse of a few of the more than fifty crops that we grow. In the year 2007, we harvested:

- 497 bunches of arugula
- 1042 bunches of carrots
- 2598 bunches of chard

And we picked:

- 2911 pounds of onions
- 5176 pounds of potatoes
- 9606 pounds of winter squash!

All those numbers mean hours of employment and \$\$ for the growers and staff, and good food for the community. Your participation in this CSA program has helped bring us to this place. We couldn't do it without you!

Looking ahead, we are busy planning the construction of a heated greenhouse so we can increase the amount we grow and take better care of what we harvest. The growers are moving compost piles to clear a space for our new structure.



Getting ready for MLK Day!

Above: Kelli and Nathan sorting lumber for construction projects.

Left: Glenn unloading cardboard for mulching projects.



We will begin building on Martin Luther King, Jr. Day, Monday, January 21st, from 10-3. Hot lunch provided for all volunteers! We'll have lots of other projects for volunteers to help out with as well (mulching, weeding, raking). If you would like to join us, please contact our volunteer coordinator, Kelly O'Neil, at 754-1849 or volunteer@leftfootorganics.org



January 10, 2008

This week we sadly say goodbye to Debbie White, who has worked with us for over a year as grower support, harvest help and general doer of all tasks not assigned otherwise! She has been a tremendous help to us, always dependable, cheerful, hard working, and ready with a kind word for her coworkers. She'll be devoting her time to finishing her degree at Evergreen and working her other job at Mega Foods, but we'll still see her at volunteer events. Thank you Debbie for sharing your time and talents with us. Don't be a stranger!

What's in Your Box

Buttercup Squash

Potatoes

Chard

Daikon -the white root of this radish can be eaten raw or cooked. The greens can be steamed or stir-fried, too.

Siberian Kale

Arugula



Recipes

The following recipe came from CSA member Amy (her comments in parentheses).

Holiday Pumpkin Dip from *Pumpkin: A Super Food for All 12 Months of the Year* by DeeDee Stovel

8 oz cream cheese

1/2 cup cooked mashed pumpkin (I roasted mine and then scooped out the flesh)

1 clove garlic, minced

2 Tbsp minced fresh onion

1 tsp cumin

1 tsp chili powder

1/3 cup minced dried beef (I did not use this)

1/4 cup green bell pepper diced (I only had red bell pepper so I just used more red)

1/3 cup red bell pepper diced

2 Tbsp lime juice

2 Tbsp minced cilantro

Beat together cream cheese pumpkin, garlic, onion, cumin and chili powder until smooth and creamy. Stir in remaining ingredients, top with cilantro, and chill.

Stir-Fried Daikon from *Angelic Organics Kitchen*

2 T peanut oil

1/4 cup sliced scallions

1 medium daikon, thinly sliced (about 3 cups)

10-12 red radishes, thinly sliced



January 10, 2008

- 2 T water
- 2 T soy sauce
- 1 tsp sugar
- 1/4 tsp hot chili oil or more to taste (optional)

Heat the peanut oil in a wok over high heat. Add the scallions; stir-fry for 30 seconds. Add the daikon and red radishes; stir-fry for 1 minute. Add the water and continue stir-frying until all the water has evaporated.

Add the soy sauce, sugar, and chili oil, mixing everything together vigorously and cooking for 30 seconds more. Immediately transfer to a serving platter. Serve hot.

Hazelnut & Chard Ravioli Salad Recipe *from 101Cookbooks.com*

- 3/4 lb. raviolis
- 2-3 tablespoons extra virgin olive oil, divided
- fine grain sea salt
- 2 yellow onions, thinly sliced
- 1 bunch chard, cut into 1/2-inch ribbons
- 1/4 cup Parmesan cheese, freshly grated
- 1/2 cup hazelnuts, toasted and chopped
- 1 cup winter squash "croutons" (baked and cut into cubes)
- zest of one lemon
- 1/4 cup chives, minced

Into an extra-large pot of well-salted boiling water add the raviolis. When the raviolis float and are cooked through, drain them and toss with one tablespoon of the olive oil. This prevents them from sticking together. Set aside.

To caramelize the onions, heat another tablespoon of the olive oil in a large thick-bottomed skillet with a pinch of salt. Cook over high heat, stirring occasionally, until the onions collapse and turn deep brown in color. You can do this ahead of time (or just before serving). Remove from skillet and set aside.

Just before serving heat the remaining tablespoon of olive oil, again in a big skillet over high heat. Add the raviolis. Stir in the onions, and then the chard. Wait until the chard begins to wilt, then stir in most of the cheese and most of the hazelnuts. Gently fold in the winter squash and lemon zest. Remove from heat.

Serve on a big platter garnished with chives and remaining hazelnuts and Parmesan.

Serves 6.

Enjoy!