



January 17, 2008

Greetings CSAers,

Beth's Farm News: What's Growing On

The freezing temperatures made harvest take longer as we had to wait until almost mid-day for the ground and hoses to thaw. But the beautiful sunshine brightened everybody's day, especially Glenn, who likes to count how many GMC trucks he sees passing by.



Another successful Eagle project was completed on the farm last weekend—we now have an arbor for our new kiwi plants in the chicken coop, and a portable pen ("chicken tractor") to take the chickens out in the field.



The arbor will provide welcome shade for the chickens, and in a couple of years the kiwi will yield some tasty fruit for us and our customers. Aaron Talmadge is the Scout who designed and organized the project. Many of his troop mates and family members turned out with him on Saturday to build the arbor and chicken tractor. Thanks Aaron!



Building another addition to the farm, our first heated greenhouse, will be the focus for next week. A crew from the Washington Conservation Corps (WCC) is devoting their entire week to leading this effort. We are preparing by moving compost piles and reorganizing potting supplies. The parts of the greenhouse should be arriving today - it's an exciting time!

Volunteer Event Monday

Please join us for our volunteer event this coming Monday, January 21st, from 10-3, celebrating Martin Luther King, Jr. Day - "a day on, not a day off." While the WCC crew begins construction on the new greenhouse we will be mulching perennials and doing heaps of other projects. Your participation will help us to grow more so we can provide more produce and plants to you throughout the year, *and* provide more work opportunities for the growers. We hope to see you!



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What's in Your Box

Delicata Winter Squash

Potatoes

Parsnips - almost all that's left. Small but tasty.

Leek

Cabbage - 'January King' lives up to its name as the beautiful purple leaves shine through the ice.

Collards

Recipes

Parsnip Soup from *Botanical.com*

Wash and cut up 2 large **parsnips** or 4 or more small ones. Peel 6 large **potatoes** and boil them with the parsnips in a quart of water. When soft, mash and pass through a sieve. Put the mashed parsnip and potato back in the cooking water, bring to a boil, blend in 2 ounces of butter and pour onto slices of bread in a tureen. The addition of a little cream makes the soup more savory.

Cabbage Pie

10 large cabbage leaves (save the water in which the cabbage leaves have been boiled for soups or gravy)

3 oz cabbage, sliced

1 lb. Potatoes, cooked and mashed

3 oz Runner beans, sliced

2 Leeks, sliced

3 Eggs, beaten

1 pint Milk

3 oz Cheddar cheese, grated

Freshly ground pepper

2 Tbsp Fresh sage, chopped

Remove the thick stems from the cabbage leaves. Cook in boiling water until tender. Butter a 10 inch shallow ovenproof dish, line with the mashed potato and then the cabbage leaves, leaving them hanging over the edges.

Cook the remaining vegetables in boiling water until just tender. Fill the cabbage-lined dish.

Mix the eggs and milk, add the cheese, pepper and sage. Pour over the vegetables. Fold the cabbage leaves over the top.

Bake at 375°F for 30 minutes. Serve hot.

Enjoy!

