



January 24, 2008

Greetings CSAers,

One more week of CSA to go, then it's time for the land to rest as we begin to prepare for a new season. We already have people signing up for the summer CSA. The form is on the website should you want to continue this healthy relationship with your food and your farmer! In the interim we'll keep you informed of activities on the farm from time to time. We are planning for our plant sale on May 10, bring your mom to the farm! Details as the day approaches. And thanks so much for sticking with us through the winter, we're so happy to have had this opportunity to put a bit of good, fresh, local food on your table.



Beth's Farm News: What's Growing On

We had a service-filled Martin Luther King, Jr. Day with over twenty-five volunteers helping to complete important projects. Students from the Nova Middle School, Olympia High School, and The Evergreen State College spread wood chips onto paths, mulched perennials, and transplanted blueberries. The Washington Conservation Corps arrived bright and early to begin greenhouse construction. A few of our CSA members came to work and see the farm for the first time! Despite cold fingers and toes, people were in good spirits. We thank you!

The Washington Conservation Corps continues to work on the new greenhouse for the rest of the week. We are all certainly learning a lot! The growers continue to mulch perennials and help pry crops from the frozen ground.

What's in Your Box

Winter Squash - assorted varieties

Potatoes - Cal White

Brussels Sprouts - peel off a few of the outer leaves and a small delicious head remains

Radishes

Greens mix - mustards, bok choy, turnip leaves, arugula, chard, and kale -- use raw or cooked

Recipes

Hashed Brussels Sprouts with Lemon from www.elise.com/recipes

1 Tbsp freshly squeezed lemon juice, plus

1 Tbsp grated lemon zest

1 lbs brussels sprouts

1 Tbsp olive oil

4 teaspoons butter

1 garlic clove, minced

1 Tbsp black mustard seeds or poppy seeds



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2 Tbsp vermouth or dry white wine
Salt and pepper to taste.

1) Place lemon juice in a large bowl. Cut bottoms off sprouts, and discard. Halve sprouts lengthwise. Thinly slice the sprouts. As you work, transfer slices into bowl with lemon juice. When all sprouts are sliced toss them in juice and separate leaves. (Recipe can be prepared to this point and refrigerated, covered, for up to 3 hours.)

2) When ready to serve, heat oil and butter over high heat in a skillet large enough to hold all sprouts. When very hot (almost to smoking point) add sprouts, garlic and seeds, and cook, stirring often, until sprouts are wilted and lightly cooked, but still green and crisp, 3 to 4 minutes. Some leaves might brown slightly.

3 Add vermouth, and sprinkle with salt and pepper. Cook, stirring, 1 minute more. Turn off heat, add salt and pepper to taste and stir in the lemon zest, reserving a little for top of dish. Transfer to a serving bowl, sprinkle with remaining zest and serve.

Radish Hot and Sour Soup from www.fabulousfoods.com

5 cups stock
1/4 cup rice vinegar
2 T sugar
1/4 tsp. cayenne pepper
1/4 tsp. ground (dried) ginger
1 pound raw shrimp, peeled and deveined
6 oz. sliced radishes, about 1 1/2 cups
1 1/2 cups spinach leaves, shredded - *can use the stir fry mix, too!*
2/3 cups thinly sliced green onions

In a large saucepan over medium heat, bring stock to a boil. Stir in vinegar, sugar, cayenne and ginger. Add shrimp and cook until shrimp turn pink and curl, about 3-4 minutes. Turn off heat, stir in radishes, spinach and green onions. Cover and let stand 2-3 minutes before serving.

Enjoy!