



January 31, 2008

**Greetings CSAers,**

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

This is it - your last winter CSA box! Thank you so much for joining us this season. Your support helped keep the growers employed and allowed us to accomplish many important projects. Starting next week, the growers will work one day a week for six weeks, then we'll resume our regular 5-day week schedule in mid-March. Meanwhile, we will be busy working on the new greenhouse, fertilizing the fields, and mulching perennials, to name just a few things on our mind.

I am always interested in how to make our CSA program even better. I would appreciate your feedback. What did you like the best, the least? What did you want more or less of? I take your comments into consideration while planning for the upcoming year.

We still have potatoes in storage, some cabbage in the field, and a steady supply of eggs. If you are interested in purchasing any, please contact Ann at [ann@leftfootorganics.org](mailto:ann@leftfootorganics.org) or 360-402-3748.

Finally, in case you need any more reminders about the importance of eating organic food, please check out a recent article from the Seattle Post-Intelligencer:

[http://seattlepi.nwsourc.com/local/349263\\_pesticide3](http://seattlepi.nwsourc.com/local/349263_pesticide3)

I wish you a safe and happy winter and hope you will join us in the spring!

**What's in Your Box**

Delicata squash - squash store well in pantry, closet, or other cool dry space. The old-school spot for storing squash when homes were kept cool was under the bed. Check periodically for soft spots.

Potatoes - we didn't wash these so they will store longer. Keep them in a brown paper bag in a cool, dry, dark location, and they will last for another 4-6 weeks before beginning to sprout.

Leeks

Collards

Chard

Cabbage - 'January King'





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### Recipes

#### How to Blanch Collard Greens *from [whatscookingamerica.com](http://whatscookingamerica.com)*

Collards are best eaten fresh, but freezing is the best way to preserve them. Like all vegetables, collards must be blanched before freezing. If not, the leaves will become tough and flavorless upon thawing and cooking. The blanching time for collard greens is 3-4 minutes per pound.

In a blanching pot or large pot with a tight fitting lid, bring 5 quarts of water to a rolling boil. Meanwhile, wash collards, trim stem ends and cut into 1-inch pieces or leave whole. Blanch no more than one pound at a time. Add collards to boiling water and immediately cover with a tight fitting lid. Start timing immediately and blanch for 3-4 minutes. Prepare an ice water bath in a large 5-quart container or the sink. Remove collards from water with a slotted spoon or blanching basket. Immerse collards in the ice water bath for five minutes or until cooled. If you do not have ice, use several changes of cold water or running cold water. Remove and drain. Pack cold collards in zip-closure freezer bags or freezer containers. Squeeze out as much air as possible before sealing bags. Label and date each container or bag. Immediately place in the freezer, allowing an inch of space around each container until it is frozen. Keep for up to one year.

Blanching water can be used over and over again. Add more water if necessary. Remember to always bring water back to a rolling boil before blanching more vegetables .

#### Carmelized Leeks over Noodles *from [www.about.com](http://www.about.com)*

- \* 2 medium leeks
- \* 1/2 Tbsp olive oil
- \* 1 Tbsp soya margarine
- \* 1/2 Tbsp dark brown soft sugar
- \* 5 ounces (150 g) noodles
- \* 2 heaping Tbsp chopped fresh parsley
- \* 1 tsp extra-virgin olive oil
- \* Salt and black pepper to taste

- 1) Split the leeks lengthways and wash each layer thoroughly. Slice across into thin strips, including the green part.
- 2) Heat the olive oil and margarine together over a gentle heat.
- 3) When the margarine has melted, add the leeks and toss well. Cook slowly, uncovered, for about 10 minutes or until the leeks start to soften.
- 4) Sprinkle sugar over leeks. After a couple more minutes, mix well. Continue to cook for 15 to 30 minutes, until the leeks have begun to collapse into a sticky mass. Add small amounts of hot water if required to stop sticking.
- 5) While the leeks are cooking, cook and drain the noodles.
- 6) When the leeks are done, add the parsley, olive oil, cooked noodles and seasoning to taste. Toss well and serve.

Enjoy!