



June 26, 2008

Greetings CSAers,

This week we are joined by three of this summer's Growing Partners, youth from rural Thurston County who spend their summer and fall learning what it takes to work as a team with people of all abilities to grow and distribute good organic produce for their community. These youth, who face their own challenges, will gain skills and confidence while they earn a wage. Two more young people, VJ and Serosha, will start next week and we are still recruiting for a sixth. If you know someone looking for a summer job, especially youth from Tenino, Rainier, Bucoda or Rochester, have them call Kelly at the farm!



From left: Job Coach Jane, Grower Glenn, and Growing Partners Alec, Lydia, and Kat.

What's in Your Box

Daikon—eat the whole thing, roots and greens

Spinach

Lettuce—Oak leaf pictured here

Beets—the greens are also delicious, as with the daikon

Kale—Red Russian

Beth's Farm News: What's Growing On

There's been a bundle of activity this past week. I planted winter squash, summer squash, and cucumbers over the weekend now that the night temperatures have finally quit dipping below forty degrees. On Tuesday 20 volunteers from Intel rescued some of our potatoes and pole beans from weeds, trimmed down paths, and built endwalls for another hoophouse. They were an enormous help and fun to work with! The Growing Partners -- Lydia, Alec, Kat, VJ, Serosha -- began their summer schedule this week, and we look forward to their energy and ideas.



Lots of weeding and planting lies ahead. We'll begin planting the second round of broccoli, cabbage, and cauliflower soon. I've seen some broccoli heads forming from our first planting, so hopefully you will see that in your boxes in the next few weeks!



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Recipes

Roast Radishes *from CSA member Jenny:*

"I think I remember reading that you would welcome new recipes. Well, here's a simple one for radishes. I was looking for an alternative to raw radishes -- they're good thrown in with pot roast, but this recipe below for roasting is simple and quick."

Preheat oven to 350 degrees. Wash radishes, cut off greens. Leave whole, but trim tops and bottoms. Toss with a little olive oil. Put in cast iron skillet, or other heavy, oven proof pan, then sprinkle with salt & pepper. Roast uncovered, stir every five minutes and check at 15 minutes for doneness. When a fork goes through unimpeded, they're done. For a milder flavor and softer texture, you can keep cooking them until the skins are fully wrinkled (20-25 minutes, depending on the size). This would work with daikon as well as salad radishes.

Radish Hot and Sour Soup *adapted from www.fabulousfoods.com*

5 cups stock
1/4 cup rice vinegar
2 T sugar
1/4 tsp. cayenne pepper
1/4 tsp. grated ginger
1 pound raw shrimp, peeled and deveined
6 oz. sliced radishes or daikon, about 1 1/2 cups
1 1/2 cups spinach or daikon leaves, shredded
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.

Sautéed Beet and Potato Hash *from Farmer John's Cookbook*

3T olive oil
2 small onions, diced
4 medium potatoes, grated
2-3 c. peeled and grated beets
2 tsp fresh thyme
1 tsp minced garlic
Salt to taste
1/2 tsp black pepper

Heat the oil in a large skillet over medium heat. Add the onions and cook, stirring, until soft. Stir in the potatoes, beets, thyme and garlic. Add salt to taste. Cook, turning occasionally, until potatoes and beets are tender, 15-20 minutes. Remove from heat and season with pepper.

Enjoy!