



July 3, 2008

Greetings CSAers,

Great news this week—the Community Foundation of South Puget Sound has approved our grant request for \$5,000. Their comment: "Several of our board members feel strongly that the important work you are doing must be continued." What an endorsement! If you happen to know any Foundation board members or Executive Director Norma Schuiteman, please thank them for their support. These are critical dollars we can use to pay our program participants' wages.

Flower share members, Beth has determined we have enough blooming things to start delivering bouquets this week! So look for a bucket of bouquets at your pick up location and pick the one that suits your fancy.

What's in Your Box

(clockwise from bottom right)

- Broccoli—eat the leaves too!
- Beets—red (pictured here) or Chioggia (key·ó·ja, candystripe beets named for the region in Italy where they're grown)
- Chard—red (pictured here) or rainbow
- Lettuce—red romaine (pictured), green romaine or oakleaf
- Basil (red, green or thai, pictured) or Mint
- Kohlrabi—just a taste of this vegetable, which is actually a swollen stem, in green or purple (pictured)
- A surprise or two (in this box it's Siberian kale, right in the middle. Others got turnip greens—light green with small white roots—radishes or lacinato or Red Russian kale)



Beth's Farm News: What's Growing On

Warm weather, new drip irrigation lines, and more working hands helped boost production this week, as you can see by the contents of your box. In the spirit of Independence Day and freedom, we finished liberating the potatoes from complete weed annihilation. We had to truck huge piles of tall weeds from the field, providing many opportunities for bouncy truck rides. Now the soil is mounded around the potato plants (called "hilling"), and we'll begin digging potatoes in about a month.

Now the crew is working away at freeing the flowers and carrots from weeds, while I prepare beds for transplanting fall brassicas (such as broccoli and cabbage). We are also laying out plastic mulch around the winter squash to warm up the soil and suppress weeds. If you haven't had a chance to visit the farm yet, please do try to include us in your errands or travel plans. We would love to show you (and humbly show off) where your food is growing!



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Recipes

Radish or Turnip Greens with Miso Sauce *from Farmer John's Cookbook*

- 1 bunch turnip or radish greens
- 1 T miso paste
- 1 T vegetable oil
- $\frac{1}{2}$ tsp sugar
- 1 tsp toasted sesame oil

Steam the greens for 3 minutes. Drain and run cool water over them to stop the cooking. Squeeze out excess water. Finely chop and set aside.

Thin the miso paste with 2 T water and add the sugar. It should be the consistency of a thick sauce.

Heat the oil to medium. If you're using the radish or turnip roots, sauté them for a few minutes. Add the greens and stir til they are tender and heated through. Add the miso sauce and stir til thoroughly combined. Stir in the toasted sesame oil. Serve over rice.

The flavor is nutty and sweet. You could add the sliced turnip or radish roots to this as well. It's great with the daikon greens (from last week), the turnip greens that some of you will get this week, or even broccoli and kohlrabi leaves. If you use kale in this recipe remember to steam it for at least 10 minutes to bring out the sweetness.

Kohlrabi

A relative of broccoli, the kohlrabi "bulb" is a swollen stem that grows right at the surface of the soil. Excellent cooked or raw, but I like the sweet crunch of fresh kohlrabi cut into sticks on the vegetable tray or grated into a slaw with carrots, cabbage, daikon and other radishes. See our website for other creative ways to prepare this vegetable.

Broccoli with Asian Style Dressing *adapted from Farmer John's Cookbook*

- 1 medium head broccoli, broken into small florets with stems and leaves cut into strips
- $\frac{1}{2}$ c rice wine vinegar
- 3 T peanut or sesame oil
- 2 T soy sauce
- 1 tsp fresh grated ginger (peel it first)
- 1 clove garlic, minced
- $\frac{1}{2}$ tsp toasted sesame oil
- $\frac{1}{2}$ tsp hot chili oil (optional)

Steam broccoli for 5 minutes and transfer to a bowl. Mix the remaining ingredients and toss with the broccoli.

Enjoy!