



July 10, 2008

Greetings CSAers,

Along with your box this week, here is some food for thought:

QUOTE OF THE WEEK: ORGANIC FARMING CAN FEED THE WORLD

"The \$1.2 billion the World Bank says will solve the food crisis in Africa is a \$1.2 billion subsidy to the chemical industry. Countries are made dependent on chemical fertilizers when their prices have tripled in the last year due to rising oil prices. I say to governments: spend a quarter of that on organic farming and you've solved your problems."

Vandana Shiva, an Indian physics professor and Organic Consumers Association Advisory board Member, speaking in Italy in response to the the U.N. food summit in Rome last month, where the World Bank pledged \$1.2 billion in grants to help with the food crisis, most of which is earmarked for chemical fertilizers, pesticides and genetically modified (GM) crops.

What's in Your Box

Beets - Chioggia pictured here

Chard - Rainbow shown here

Kale - Siberian shown here

Broccoli - lots of side shoots, smaller than the main head but just as tasty!

Lettuce - Red Romaine here in lower left

Snow Peas - remove the stem and eat pod and all, raw, steamed or stir fried (see the website for recipe ideas)

Green Onions - no small triumph as these have been difficult for us to grow in the past due to weed and soil fertility issues. Using the spader is also helping.

Radish - Shunkyu (grown for greens and long pink roots, pictured here), Easter Egg, or Daikon



Beth's Farm News: What's Growing On

The summer heat has put a jump on growth this past week. The leek and onions have begun to thicken, the broccoli and peas are bursting forth, and the cabbage is beginning to head up. Look for cabbage in your box in the next week or two. I have spied a few tomatoes on the plants in the hoop house. The Growing Partners youth and volunteers helped weed the tomato bed in the heat last Saturday.

I saw a swallowtail butterfly land on a puddle and watched white cabbage butterflies flit over the cabbage Wednesday morning. While I am happy to see the swallowtail and not as enthused to see the cabbage butterfly (they lay eggs on cabbage family plants and their green larvae chew holes in the leaves), I am reminded that having an organic, diverse cropping system encourages the balance of predator and prey. By keeping that balance -- and accepting a few holes here and there -- we don't need to resort to non-organic, toxic methods to grow our food.



July 10, 2008

Meet The Crew

This week we're starting a new feature in the newsletter introducing you to the people who are bringing you your veggies. Here is our first Meet the Crew column:



Hello CSA members, my name is Seroja, I'm 17 years old and I am a Growing Partner here at Left Foot. I first heard of Left Foot Organics through one of my teachers at Rochester High school. I have been working here for 2 weeks. This week we worked on weeding and harvesting. Kelly and Beth showed everyone the proper way to harvest and weed. They take time to explain how it works and the proper way to harvest. It could be as simple as making a compost pile to complex as changing the tractor's oil. Weeding is a lot work and we do it by

hand. My favorite thing to do is harvesting. When you harvest the veggies it is fun because all your hard work really pays off. Left Foot really teaches you to be a hard worker and be responsible. It also gives you a chance to interact with different people. As a worker I'm here to let you know that a lot of hard work goes into making your CSA boxes. I just like to thank you for your support.

Recipes

All about Greens *Compliments of Provident Organic Farm; Bivalve, Maryland*

Greens come in many different shapes, sizes and flavors, but all have one thing in common - they are largely composed of water. They are easy to keep fresh and delicious once you know the simple basics of handling and storing. Since most greens are grown in sandy soil, they require a bit more care in washing to remove the extra grit - greens must be washed before eating or cooking.

Storage All greens prefer a cool, moist (but not wet) environment. Store sturdier greens like kale and mustard loosely wrapped in plastic or vegetable storage bags in the crisper section of the frig. The crisper section has high humidity, so vegetables should last a little longer when stored there. For lettuces, invest in a salad spinner - you will not regret it! Look for one with a bowl, spinner top and internal basket (avoid spinners with drainage holes). Lettuce may be stored unwashed, but it is easy to wash and store right in the spinner, ready-to-eat at a moment's notice.

Wash With the exception of lettuces, do not wash greens until just before using. This wash method seems tedious, but the extra few minutes is worth it to avoid crunching down on a mouthful of grit and sand: Fill a tub or bucket with cool water. Separate head of greens into leaves and swish around in the water. Hold leaves against the side of tub and wait for the grit to settle at the bottom. Discard water (good for watering houseplants). Repeat at least another time or two until no grit settles at the bottom of the tub.

Prep The greens from CSA farms are so fresh and tender that the stems can be eaten along with the leaves. If you do not like stems, or if they seem a little tough, remove them: fold the leaf



July 10, 2008

in half lengthwise along the stem. Hold the stem firmly in one hand and tear the leaves off with the other hand. Leaves of sturdier greens may be left whole, torn, or cut into strips for cooking. Lettuce will stay crisp longer and hold up to dressings better when leaves are torn rather than cut.

Quick Greens (less than 10 minutes from start to finish)

Wash any type of greens that can be cooked (kale, collards, mustards, chard, spinach, etc.). Sauté with olive oil and garlic until wilted (mustards, chard, spinach), 10-15 min. for kale and collards. The last 5 minutes add a bit of white wine and steam. Transfer to serving platter and add cracked black pepper (and a splash of balsamic vinegar if you didn't steam them in white wine first). Easy yet delicious!

Risotto with Greens *No greens will be wasted! If you are not sure how to use your greens, make this for dinner. Double the recipe!*

- 1 small onion, finely chopped
- 2 T. olive oil
- 1 c. risotto (medium grain rice), uncooked
- 1/2-3/4 lb. fresh greens, trimmed and torn (spinach, collards, kale, chard, mustards, turnip greens, beet greens, etc.)
- 4 garlic cloves, minced
- 2 (14-1/2 oz.) cans chicken or vegetable broth
- Freshly ground black pepper, to taste
- 1 c. grated Parmesan cheese, optional

Sauté onion in olive oil in a small stock pan. Add risotto and sauté until golden. Add greens and garlic; sauté until greens are wilted. Stir in broth slowly (one can at a time). Cook, covered, on low heat until most of the liquid is absorbed, stirring occasionally. Add black pepper, stirring well. Add cheese, if desired, and blend well before serving.

Leafy Green Strudel *from www.recipezaar.com*

Soooo Good!! Use any combination of greens you wish. Looks great and tastes great for a brunch table.

8 servings, 1 hour 25 mins prep

- 2 tablespoons olive oil
- 1 sweet onion, thinly sliced
- 2 cloves garlic, smashed
- 1 tablespoon lemons, zest of
- 2 tablespoons lemon juice
- Salt & freshly ground black pepper
- 1 tablespoon mustard seeds
- 4 cups kale, trimmed and roughly chopped
- 4 cups collard greens, trimmed and roughly chopped



July 10, 2008

- 4 cups swiss chard, trimmed and roughly chopped (if not all available, use all of one or two of a mixture of spinach, oriental or regular bok choy, or beet greens)
- 1/2 cup pecans, toasted and chopped
- 1 (8 ounce) package puff pastry, thawed
- 1 egg, lightly beaten
- 1 teaspoon coarse salt

Preheat oven to 450 degrees F. In a large, nonstick frypan over medium high heat, heat oil. Add onion and garlic; sauté until softened. Add zest, lemon juice, salt, pepper and mustard seeds; cook one minute. Stir in leafy greens; cover and cook until softened, about 7 minutes. Remove from heat; stir in pecans.

Roll pastry to 12 x 9 inch rectangle, spread leafy green mixture along centre. Along one length of pastry, make diagonal cuts almost to filling, 1 inch apart; repeat on other side. Alternating strips, fold over filling to form braid, brushing with egg to secure. Brush entire top of strudel with egg; sprinkle with salt. Transfer strudel to parchment-lined baking sheet and bake in a 450 degree oven until pastry is golden, about 20 minutes. Let cool slightly before serving.

Other Serving Suggestions

- Greens are great as an addition to calzones, pizzas or pasta.
- Well-cooked kale (including puréed kale) is excellent in potato dishes of all sorts.
- Sprinkle greens with lemon juice or vinegar (rice or balsamic are nice) before serving to heighten their flavor.
- Greens add panache and nutrition to soups.
- Sauté chard in olive oil with garlic and ginger. Serve with lightly-roasted pine nuts or parmesan cheese. Or sauté in plain olive oil and serve in omelettes or quiches.

Enjoy!



Volunteers from Garden Raised Bounty, our sister youth gardening organization, joined our crew today, and all together did an amazing job of weeding!