



July 17, 2008

## **Greetings CSAers,**

We are now three weeks into our summer season with youth and growers working together. We've worked long enough to get to know each other a bit, but we're still working the kinks out. The Left Foot staff reflected on this today at lunch, and realized that what is perhaps most important to us is that **each and every person here does their best**. Our job as staff is to provide the support that each person needs so that they *can* do their best. We have high expectations for all, and we won't do their jobs for them. But we *will* support them. We strive to create a safe environment where they can learn together—with encouragement, challenge and guidance, but without judgement. Thank you for helping us to provide this service to youth and adults, with and without disabilities.

## **What's in Your Box**

Cabbage - red in right upper  
Kohlrabi - green bulb in middle  
Beets - red in lower middle  
Chard - red stems in upper left  
Peas - snow peas here  
Parsley or Basil - Italian flat leaf parsley here, lower left  
Lettuce - oak leaf in upper left  
Red onions - small bulbs with luscious greens.  
These bulbs will fatten up in the next several weeks.



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

Under blue skies and sunshine, we have been "working hard and having fun." The Growing Partners have been learning how to harvest peas and bunch the many different types of greens—and discovering all the detail that goes into each seemingly simple task.

On Wednesday another volunteer group from Intel (you know, the chip company. They have a big office in Dupont) worked with us, and again high-powered their way through many needed projects. They installed end walls to a second hoop house (that will provide more winter production); weeded the buried broccoli, onions, and radishes; staked our slowly-ripening tomatoes; and pulled up two of the three varieties of garlic. Not to mention weed-trimming paths and edges in the middle and south fields! It was a fun opportunity for them to interact with Growers and Growing Partners.

We have more dry weather on the horizon, so our task continues to be to keep plants watered and weeded. I seeded a large round of collards, kale, and chard for winter production last weekend. We will be transplanting those by the end of the month and early August. From now until the Autumn Equinox, growth quickens as the plants hasten to produce flowers and fruit. We are working hard to keep up with them!



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### Meet The Crew

Hi CSA members, my name is Lydia and I am a Growing Partner. This is my second year here at Left Foot Organics and I came back because I like working with people who accept me for who I am. My favorite vegetable is the All Blue Potatoes. We recently got a bee hive with Italian honey bees. We can't harvest any honey yet but next year we will be able to. I have learned so much more that I didn't know about bees, for instance, if the workers don't like their queen they can make a new one and kill the old one.



As I was spraying out the back of the truck, I was thinking of something fabulous to say. But I am sticking with something honest instead. The food in your boxes is food that I have spent my entire spring and summer weeding, watering, watching grow and harvesting. I am glad to call this farm my job. I hope you will call this box of food "yummy." Thank you for buying a CSA share and supporting our farm.

### Recipes

**Breakfast Polenta Casserole** *I saw a version of this in the book, "Lunch Lessons: Changing the Way We Feed Our Children," by Cooper and Holmes, and I greened it up a bit.*

Olive oil

$\frac{1}{4}$  c red onion (use the greens too!)

$1 \frac{1}{4}$  c yukon gold potatoes (1 large), diced small

Salt

Fresh ground pepper

1 bunch chard, chopped

6 oz. raw pork sausage, casings removed

3 c water

1 c coarse cornmeal or polenta

5 large eggs

Butter or oil for sautéing

$\frac{1}{2}$  c grated Parmesan

$\frac{2}{3}$  c shredded sharp Cheddar cheese

Sauté onions and chard stems in olive oil until golden, add chard leaves and sauté til limp. Steam potatoes in a small amount of water til tender. Drain. Add potatoes to onions mix, season with salt and pepper, and cook til potatoes are browned. Set aside. Cook sausage, breaking it up as it cooks, til it's pink. Drain and cool. Refrigerate onion-potato mixture and sausage overnight.

The next morning, preheat oven to 350 degrees F. Bring 3 c. water to boil and whisk in cornmeal. Cook over low heat, stirring occasionally until thick and smooth (about 7 minutes). Pour cooked polenta into ungreased baking dish. Beat the eggs in a small bowl and season with salt and pepper. Scramble eggs in butter or oil until slightly firm but still wet. Remove from heat. Spread the potato



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mixture, sausage, Parmesan, and Cheddar over the polenta. Pout the eggs on top of the entire dish. Bake until heated through and the cheese is melted and bubbly. Cool slightly, then cut and serve.

**Orange and Kohlrabi Salad** *I made this up by replacing Jicama with Kohlrabi—why not?*

6 medium navel oranges, peeled and chopped

1 kohlrabi, peeled and cubed

$\frac{1}{4}$  c chopped cilantro

1 tsp mined jalapeno pepper

Juice of 1 lime

Salt

Combine the oranges, kohlrabi, cilantro, jalapeno in a bowl. Add the lime juice and salt to taste, mix well. Marinate for an hour or more, then serve at room temperature.

Enjoy!



Farm manager Beth with JZ, Seroja, and Alex, showing off the first tomatoes and red kohlrabi of the season.