



July 24, 2008

Greetings CSAers,

Hopefully most of you got a chance to buy some of the beautiful organic cherries and apricots brought to us by CSA shareholder and Left Foot board member Gary Altman (they only made it to the Olympia pickup locations, sorry!). There are several pounds of each left, they will be for sale at the farm stand Friday and Saturday. Gary got this fruit from organic farmers in Wenatchee—the cherries from Tiny's and the apricots from Colockum Creek Orchards. If there is sufficient interest among our CSA customers, we could take orders and sell seasonal fruit by the box in the future. Let us know what you think.

What's in Your Box

Cabbage

Kale

Turnip greens or Chard

Radish - Shunkyo (pink) or Daikon

Carrots (a tasty introduction, more in a few weeks) or Peas (we ran out of carrots!)

Mint, parsley, or basil

Lettuce

Yellow Onions - harvested small, use the greens and bulb like any fresh onion



Beth's Farm News: What's Growing On

Between Sunday and Wednesday, Left Foot Organics received a "facelift" with the help of many volunteers. On Sunday a group from Univera cleaned garlic and weeded the front perennial garden so that we can actually see it again. It was a huge gift!

Wednesday brought the Counselors in Training from YMCA who finished processing the garlic, transplanted cabbage, and weeded the basil. Meanwhile JZ, Michael, and Nathan gave our walk-in cooler a thorough and much-needed cleaning while Kat and a volunteer weeded and thinned tiny radishes and turnips. Seroja and Glenn have been mulching the newly transplanted broccoli.

I'm seeing flowers on the bush beans and Italian pole beans, signaling ripe beans in a few weeks. Zucchini is just coming on too, and will be in your box soon. The tastes of summer are on their way!

Recipes

Last night for my dad's 93rd birthday dinner I used a bunch of veggies from the farm to make up a pasta dish. I stir fried the small fresh onion with garlic, then added florets of cauliflower and sliced red bell pepper (from the store!), snow peas, chard and some smoked salmon. I served this with grated parmesan over spaghetti with arugula pesto I made up and froze several weeks ago when we had lots of arugula. My neighbor, CSA shareholder and Left Foot volunteer Shanna gave me the idea for this. Here are some other ideas from Shanna:



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I wanted to encourage other CSA members that the contents of our boxes can be kept under control by making juice. Last week I pulled up some Broccoli that was going to flower, and juiced it, added some lemonade (I admit it was Crystal Light mix) and we drank it every morning. This week I had one more broccoli, part of a cauliflower stalk, the beets (root, top and all) and the chard. I tossed in a couple of oranges that needed to go, and another pack of the lemonade I am trying to use up. I have a couple of juice books with great recipes, but mostly just look at them for good tasting combinations.

I have the dryer up on the counter, and will be using it all summer from here out. I use the dried veggies to make broth for many recipes (the leftovers go directly into the super juice), and for soups. I often add a hand full of them to my rice cooker with some garlic to make fast and easy pilaf. Remember, the lower the temp you can dry at, the better!

And don't fret over what gets lost in the back of the fridge. You can always feel good about giving food you cannot eat to your compost. I would gladly give a worm composting class in my backyard for CSA members who would like to learn about the benefits of worm composting [*we'll schedule a class with Shanna in the fall*].

Have a great summer!

Shanna

