



July 31, 2008

## Greetings CSAers,

You may know that one of my goals for Left Foot is to find a permanent home, land where we have security, where we can plant trees, build, and own all the sweat equity that goes into maintaining and improving a farm and program infrastructure. To this end, I serve on the board of the South of the Sound Community Farm Land Trust (SSCFLT, [www.communityfarmlandtrust.org](http://www.communityfarmlandtrust.org)). Some day I hope that Left Foot will be a tenant with a 99-year lease on farmland owned by SSCFLT. SSCFLT is raising awareness about the need to preserve farmland for working farms right here in Thurston County with a resolution and public education campaign. I'm hoping you can help with this effort by printing out, signing and sending in the attached resolution. We are aiming to get at least 50 local associations, farms, businesses, and community leaders to sign on. Most of us don't have time to attend a hearing on the county's working lands policy, but could take two minutes to send in this resolution. Thank you for your support!

I'll be away all of next week and out of cell phone and email range, so call the farm if you need to contact us, 754-1849. CSA boxes will be delivered by our able staff and crew as always, and our Tacoma share members will meet Left Foot board member Pete and job coach Shane at the Proctor Farmers Market on the 9<sup>th</sup>.

## What's in Your Box

Beets -- Tender beet greens from a new sowing for some of you, beet root with greens for others

Lettuce

Fresh Garlic -- with the stem on to give you an idea of how the whole plant looks. This garlic is fresh, recently harvested and not yet cured so the outer skins are still soft. Use it as you would cured garlic.

Peas -- our last sowing has just ripened, enjoy these for the next few weeks!

New Potatoes -- Cal White

Summer Squash -- Zucchini and patty pan

Lacinato Kale

Onions

A complementary copy of a new magazine, Edible Seattle, full of stories about local food, farms and fishing.



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

This week's rain and cooler temperatures have settled the dust and made for very pleasant transplanting weather. Alec and JZ helped transplant collards Wednesday. Another succession of kale, chard, and bok choy will be going into the ground soon.

I have been struck this week how much we do "grow food *and* people" as I watch the Growing Partners and Growers learn new skills, ask questions, be challenged and challenge themselves. Harvesting and weeding allows many opportunities for thoughtful discussions (and some zany ones,



July 31, 2008

too!) that open my heart and mind. Our abundance comes from not only the ground but from the ground up. Thank you again for supporting us and enjoy the new colors and flavors in your box this week!

## Meet the Crew

Konichiwa, that's Japanese for Hello. My name's Kat and I am a growing partner at LFO. I've only just recently started, but I did transfer from GRuB so I'm pretty familiar with farming. As for the Japanese it's because I've been learning to speak Japanese for the last three years. Here at LFO we spend time working with the Growers and harvesting with Beth. I've learned more about how different farms harvest differently and I've grown a lot on accepting, and being patient thanks to Beth and Kelly. I harvested the Sweet Onions for your boxes; this week harvesting them was like thinning them so that our onions can grow larger in the long run.

Then there's you guys, our supporters. Your CSA shares help our farm grow and give us money to hire low income kids like me, and our growers. I'd like to personally thank you for your money and time. "THANKS" from the bottom of my heart. Keep sharing the love, Kat.

## Recipes

*I have a guest recipe person this week and next. It's Sharon Conboy, friend of the farm, chicken expert and avid enthusiast of rare and heirloom domestic fowl. She also happens to have a great collection of farmers market cookbooks! The recipes Sharon picked out for today may come in handy particularly if you still have a lot of cabbage in the fridge.*

**Shredded Beets and Red Cabbage** From *The City Gardener's Cook Book* by the P-Patch Advisory Council. Sasquatch Books; Seattle. 1995.

2 tablespoons oil  
6 cups shredded red cabbage  
1 ½ cups peeled, shredded beets  
1 medium red onion, thinly sliced  
1 large apple, grated  
1/3 cup cider vinegar  
2 tablespoons brown sugar  
¼ teaspoon ground allspice  
salt to taste  
freshly ground pepper to taste

In a large skillet, heat the oil and stir-fry the cabbage, beets, and onion over high heat, until the cabbage begins to wilt. Add the apple, vinegar, brown sugar, and allspice, cooking until the apples are hot, about 1 minute. Season with salt and pepper and serve hot. Serves 4.

## **Shrimp Sauce for over Cabbage, Broccoli, or Kohlrabi**

1 can cream of shrimp soup  
½ cup sour cream or yogurt



July 31, 2008

$\frac{1}{4}$  cup toasted almonds  
Parsley

Heat soup. Stir in sour cream or yogurt until very hot. Add almonds. Serve over steamed vegetable, garnished with parsley.

This can be varied by using other vegetables or soups. Potatoes, beets, or beans. Try cream of mushroom soup. Use raw cashews, pecans, or shelled sunflower seeds instead of almonds.

**Mustard-Cheese sauce for Cabbage, Broccoli, or Kohlrabi**

about 4 cups Cabbage, Broccoli, or Kohlrabi, cleaned and bite-sized

$\frac{1}{2}$  cup yogurt, or sour cream

1 finely sliced green onion

1 teaspoon prepared mustard

$\frac{3}{4}$  cup grated cheese (Cheddar or Hot Pepper Jack would be tasty)

Very lightly steam your vegetable. Place in a baking dish. Combine yogurt or sour cream, green onion, and mustard. Spoon over cooked vegetable. Sprinkle with grated cheese. Bake or microwave just until cheese is melted.

Enjoy!



Nathan sifting and applying our on-farm compost to the young onions a few weeks back.

