



August 14, 2008

Greetings CSAers,

I swam with turtles and humuhumu nukunuku apua'a on Kaua'i, and now I'm back here in the good old Pacific Northwest! Went to two great farmers markets there and ate some very delicious mango, pineapple, jack fruit, star fruit, papaya, banana and a few guava (sadly, the large guava plantation on the island, Guava Kai, closed a year ago. But their old offices are now home to a new educational organization working to reinstitute traditional sustainable practices on Kaua'i, and they provide a pickup location for a local CSA!). I also got to talk with a few farmers and taste local cucumber, radishes (tried a new purple daikon variety—very spicy!), avocado and kale.



Geraldine and I on the lanai at our friend Mary's house before breakfast.



What's in Your Box

- Potatoes - 'Chieftain'
- Summer squash - yellow patty pan pictured here
- Carrots
- Broccoli florets
- Beans - yellow wax (here), dragon tongue, romano
- Green onions
- Italian parsley
- Cucumbers

Beth's Farm News: What's Growing On

I am loving this summer heat! As I fretted in June about the squash, beans, and corn, I was hoping we'd get a blast of sun to help them along. Now it looks like we're getting it for the few days. The winter squash continues to cover the ground, and the summer squash and cucumbers are now up and running from now until it freezes.

Like people, not all plants like the heat. The cold-loving kale, particularly the Red Russian right now, goes on a holiday as the aphids move in and take residence until it cools off again. The crew has been keeping the weeds at bay from the beans and peppers, which also benefit from the sunshine. More plantings of fall crops, like boy choy and nappa cabbage, will be transplanted soon. Between that and harvesting we are all busy bees!



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News from the Crew

Hello CSA members, Lydia here and I am back with more from my life to yours. Thank you for supporting us and our farm; and now a little from the farm and myself.

Well today was hot, and I just came back from my vacation, but these days back have been very nice and have kept me from thinking about what I am missing away from camp. I love flowers and I love working the hours away and then opening my eyes and seeing my hard work getting put together into the CSA boxes. When I look at the colors in the box and think about the different foods and the ways to cook them I know my day is almost done.

Thursdays to me are always the busiest. I never have time to ask "what time is it?" because I am so busy! My very favorite part about Thursdays is when I make a bouquet and see the flowers make each other pop out and become noticeable. When I get here sometimes I am troubled by the world and life, but through the hard work my worries and doubts are washed away from how busy I am.



Look at the beautiful creations coming from growers, youth and staff working together! From left: Glenn, Alec, JZ, Shane, Seroja, Lydia, Jane, Dustin, Beth.

Recipes from Sharon *thank you Sharon Conboy for these wonderfully cool ideas for a hot day!* I personally do not feel like cooking in this heat, so most of this week's recipes are raw. As I don't like raw potatoes, put them away until next week. Remember that many salads become a full meal with the addition of any of the following proteins: hard-boiled egg, baked tofu cubes, cheese curds (available at the Olympia Farmers Market), plain nuts, glazed or candied nuts (also available at the Olympia Farmers Market), canned cooked beans or garbanzos (drained and rinsed), grated cheese, or a diced cooked chicken breast or a piece of fish (cooked late in the evening for tomorrow).

For hot weather, here are some sandwich combinations.

Herb Cream Cheese on Toast

- Dark rye or pumpernickel bread
- 3 oz. Stilton cheese (Blue cheese is good too)
- 2 oz. cream cheese
- Milk or cream, enough to make it flexible
- Cucumber, thinly sliced
- Parsley
- Green onion, sliced



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Work the cheeses and enough milk or cream together to a spreadable consistency. Spread the cheese mix on bread, then layer on cucumber, parsley and green onion. The dark breads complement the creamy flavor of the cheeses.

Curried Summer Salad

This is a bit like a vegetarian version of chicken salad for sandwiches.

Summer Squash

Broccoli

Cucumber

Carrot

Green onion

Beans

Parsley

Yogurt

Curry blend

Mince the summer squash and broccoli. Dice a little larger the cucumber. Coarsely grate carrot. Thinly slice the green onion. Thinly slice, on the diagonal, the beans. Chop the parsley a little. Blend it all with yogurt. Add some curry blend. Let chill for 1 hour. This makes a good sandwich, or use as a dip with crackers or pita chips.

Cucumber and Squash Pita Pockets

One of the firm, dried or baked tofus, sliced. Or hard-boiled eggs, sliced.

Cucumber slices

Summer squash, thinly sliced.

Parsley

Green onion, thinly sliced.

yogurt

Stuff and layer in Pita pockets, add a dollop of yogurt for dressing.

Carrot Curl Salad

1 lb. Carrots

2 T Lemon Juice

1 tsp Olive Oil

1 T Sugar

1/8 tsp salt

Orange flower water (or rosewater. Check the ethnic section of the grocery, or Radiance Herbs and Massage downtown.)

Peel the carrots. Discard the peelings, and then continue to peel the rest of the carrots with the peeler. You will end up with a bowl full of lovely curls. (Kids enjoy peeling the carrots down to nubs.)

Mix the remaining ingredients to taste, and pour over the carrot curls. Gently lift and coat carrot curls. Chill for one hour before serving. Serves 4-6.



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Cucumber Onion Raspberry Salad

3 cucumbers
1 sweet onion (Sweet or spicy, your choice)
1 cup raspberries
Raspberry Vinaigrette Salad Dressing

Slice the cucumbers and onions. Layer in a snug bowl with raspberries. Drizzle Raspberry Vinaigrette Salad Dressing over all. Chill for one hour.
Serves 4-6.

Summer Squash Bean Stir Fry

1 lb. fresh green beans, cleaned and snapped into 2" pieces (or dragon tongue, romano or yellow wax)
2 T Olive Oil
1 T Lemon Juice
1/3 C chicken or vegetable stock
3 C sliced summer squash
1/3 C chopped celery or swiss chard stems
1 tsp cornstarch
4 leaves basil
Sesame seed
a few grinds of black pepper

Sauté the beans for 2 minutes. Add summer squash, celery or chard, lemon juice, basil, and black pepper. Stir-fry for another 1 minute. Put in covered saucepan and add chicken stock. Simmer on low heat for 3 minutes. Moisten cornstarch with 1 Tablespoon of the stock, and add to saucepan. Stir until vegetables are glazed.

Enjoy!