



**August 21, 2008**

**Greetings CSAers,**

A couple of events are coming up that we want to let you know about:

**Left Foot Pizza Party** Saturday September 6, 6-9pm in the garden at Fertile Ground Guesthouse, 311 9<sup>th</sup> Ave. (across from the library in downtown Olympia). The Growing Partners are planning the party this year, so it's sure to be great! Come and support them. Flyer attached.

**Annual Fun Farm Formal Benefit Dinner and Silent Auction**

Saturday October 18, 6pm at the Thurston County Fairgrounds Expo Center. The dinner will be catered by Pellegrino's this year, featuring fresh Left Foot produce and salmon generously donated by our friends at Wilson Fish (La Push). We are seeking donations for the auction, please contact the farm by phone or email, or come by! Tickets will be available Sept. 1.

**What's in Your Box**

Cabbage, red or green  
Cucumbers, salad and burpless  
Chard  
Carrots  
Beets, red or golden  
Basil, red or green  
Beans (purple here, though they turn green when you cook them!)  
Summer Squash—yellow and green zucchini, patty pan  
Garlic—Music, stiff necked variety, excellent strong flavor. Easy to peel.  
Keeps until about January.  
A sampling of tomatoes



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

From record heat to record rainfall, this week's weather has been quite fascinating, and I'm grateful for all of it. Our heat-loving vegetables -- squash, cucumbers, beans, peppers, basil -- benefited greatly from the warm blast, while the temperate crops -- kale, arugula, radishes -- have been getting a nice bath to wash off aphids. It has also helped cool the soil, aiding germination of directly-sown crops.

We've been weeding, foliar-feeding the new plantings of brassica and chard crops, and cleaning garlic. The weather has helped guide what needs to be done.

As we head into the end of August, our time with the Growing Partners' daily schedule comes to an end as they return to school. They will still work with us on Saturdays beginning in September, but I will miss their energy Tuesday through Friday!



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**Meet the Crew**

Hi, my name is JZ Snyder and I am a Growing Partner. I am 18 years old and I go to Tenino High School where I am going to be a Junior this year. When I graduate I am thinking of going to a John Deere college so I can learn how to work on tractors, combines and other John Deere equipment.

Today I picked cucumbers for your CSA box. I also pulled weeds so that your food can grow. The other growing partners and growers helped to pick green and yellow zucchini, patty pan and crook neck squash for your boxes and for the market. I also packed and stacked boxes of garlic in the loft above the kitchen.

Today we had our end-of-summer potluck lunch. We each brought a dish to share with everyone. I brought potato salad topped with Hungarian paprika (I am from Russia and paprika comes from that part of the world.). My experience this summer was awesome. I learned a lot of things like how to grow and pick



From left: Beth, Lydia, Shane, Ann, Seroja, Michael, Ron, Glenn, JZ and Alec



Kelly and Alec pack the truck for CSA delivery

produce, how to manage compost and how to socialize with a lot of different people. Left Foot Organics is an awesome place to work and to learn new skills, how to socialize with disabled people and how to make better choices in life. Thank you for being our customer and I hope you have a chance to come out and see what we do around here and how we grow your produce!

Thank you for taking the time to read this letter!



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**Recipes from Sharon**

**Vegetarian Shepherds Pie**

4 medium potatoes

1/2 cup milk

1/4 cup the grated cheese of your choice (use a little blue or gorgonzola as part of the cheese)

additional 1/4 cup cheese for topping

1 1/2 cup onion, leek, or shallots, chopped

1 clove of garlic

1 stick of celery, chopped

1 carrot, chopped

1 cup cauliflower florets

1 teaspoon Italian seasoning (or fresh marjoram, thyme, rosemary, basil, and oregano)

1 can pinto, cannellini, or navy beans, drained and rinsed

Preheat the oven to 350 F. Peel and cut potatoes and cook the potatoes in boiling water for 15 minutes or until tender and drain. Pour milk over the potatoes and mash until smooth. Stir in the grated cheese of your choice and season to taste. Heat oil in a pan and sauté all the veggies gently for 10 minutes. If the pan dries out too much, add a little water from the boiling potatoes rather than more oil. Next add a can of beans that you've drained and Italian seasoning. Spoon the beans and vegetable mixture into an ovenproof dish top with the cheesy potato mash. Sprinkle over the top the other quarter cup of cheese. Bake for 20 minutes until the topping is golden brown.

**Baked Summer Squash**

2 1/4 pounds summer squash

2/3 cup finely chopped yellow onion

1 4-ounce can chopped green chilies

1 4-1/2-ounce can chopped jalapenos

1/2 teaspoon salt

2 1/4 cups grated extra-sharp Cheddar cheese

1/4 cup all-purpose flour

3/4 cup mild salsa

4 scallions

1/4 cup finely chopped red onion

Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray. Combine squash, onion, chilies, jalapenos, salt and 3/4 cup cheese in a large bowl. Sprinkle with flour; toss to coat. Spread the mixture in the prepared baking dish and cover with foil. Bake the casserole until it is bubbling and the squash is tender, 35 to 45 minutes. Spoon salsa over the casserole and sprinkle with the remaining 1 1/2 cups cheese. Bake, uncovered, until golden and heated through, 20 to 30 minutes. Sprinkle with scallions and red onion.



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**Ginger Summer Squash**

- 1 tbsp vegetable oil
- 2 cups sliced summer squash 1/4 inch thick (about 6 small)
- 1 1/2 tsp fresh ginger root, peeled and finely chopped
- 4 medium garlic cloves, crushed
- 1 fresh tomatoes, seeded, and chopped (equal to 1 cup)
- 1 tsp grated parmesan cheese
- 1/2 tsp salt
- 1 pinch black pepper

Preheat a large nonstick frying pan. Add oil, and then squash, ginger, and garlic. Cook over medium heat until squash is soft, stirring frequently. Add tomato and continue to cook, stirring frequently until squash is transparent. Stir in Parmesan, salt, and pepper.

**Salmon-Cabbage**

- 1 small head cabbage
- 6 piece slices bacon, cut into 1" pieces
- 1 onion, cut into small dice
- 1 cup water, plus additional if needed
- 4 6-ounce salmon fillets, skin removed
- 1 teaspoon chopped fresh dill, plus additional for garnish
- 2 tablespoons extra-virgin olive oil, plus additional for drizzling over roasted fish
- 4 teaspoons butter
- Juice of 1 lemon
- Salt and pepper

Halve the cabbage lengthwise, cut out the core, then remove the leaves and slice them into 2-1/2-inch squares. Preheat the oven to 250°F. Place the bacon in a medium sauce pot over medium heat. Render the bacon but do not discard the fat. Add the onion and sauté for 1 minute. Add the cabbage and water and let simmer uncovered until the cabbage is tender, about 15 minutes. If all the water evaporates during cooking, add more as needed until cabbage is very tender.

Meanwhile, place the salmon fillets on a nonstick sheet pan. Drizzle 1 T of the olive oil over each fillet. Season with salt, pepper, and half the dill. Top each fillet with a knob of butter and place in the oven - 12 minutes for medium rare, 15 for medium.

When the cabbage is meltingly soft and tender, season with salt, pepper, and the rest of the dill. Keep warm while salmon finishes cooking.

Remove the salmon from the oven and drizzle with the lemon juice. Divide the cabbage between 4 dinner plates, top with the salmon fillets, and drizzle a little more olive oil over the fish. Season with freshly ground pepper, sprinkled on and around the fish, garnish with additional fresh dill, if desired, and serve.



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**Chicken Breasts with Orzo, Cabbage and Smoked Paprika-Yogurt**

Half a medium head green cabbage, finely shredded

8 ounce orzo

1 onion, minced

4 tablespoon olive oil, divided

3 tablespoon smoked paprika

4 (8-ounce) skinless, boneless chicken breasts, preferably free range

Salt and pepper to taste

1/2 cup chicken broth

1 1/4 cup nonfat yogurt

1 teaspoon caraway seeds

Blanch cabbage in a large pot of salted boiling water for 3 minutes. Drain and shock in ice water to stop the cooking. Drain well and reserve. In a medium saucepan, bring 1 quart salted water to a boil. Add orzo and cook 6 minutes, or according to package directions, then drain and reserve. Sauté onion in 2 T olive oil in a large sauté pan over medium heat until transparent, about 6 to 8 minutes. Add paprika; reduce heat to low and cook, stirring frequently, for 2 to 3 minutes. Season chicken breasts with salt and pepper to taste. Add breasts to sauté pan and cook until breasts take on the paprika's reddish color. Add broth, bring to a simmer, then cover and cook over low heat for 10 minutes, or until breasts are cooked through. Transfer breasts to a platter and keep warm, covered. To finish the pan sauce, whisk yogurt into onion/paprika mixture, then strain sauce through a medium sieve into a bowl.

To serve, heat remaining 2 T olive oil in a large skillet over medium heat. Add caraway seeds, and when they begin to pop, add orzo and cabbage. Cook, stirring, until hot and season with salt and pepper to taste. Divide the orzo mixture among 4 plates, place a chicken breast on each, and drizzle 2 to 3 T of yogurt-paprika sauce around the plate.

Enjoy!