



August 28, 2008

Greetings CSAers,

I don't want to say it's over, but the main summer season has gone by so quickly I wish I could slow it down. Especially because I wish we had more time with the Growing Partner youth. They start in the spring coming to the farm just on Saturdays, but they really become part of the crew after school recesses for the summer and they are on the farm 5 days a week. For ten weeks they plant, tend, harvest, pack and sell. They learn the principles of organic farming, meal planning and preparation, caring for the soil, for themselves and for each other. They learn to receive and give feedback with respect and trust. They learn to speak clearly and with confidence. They learn to set goals for themselves and to assess their progress. And they experience working together with coworkers with disabilities. These are life skills that—we hope—will stay with them as they grow to be responsible, caring adults.

I wish you could meet them all—and you can! Join us at these upcoming events:

- **Pizza Party** next Saturday, September 6, 6pm, Fertile Ground Guesthouse, 311 9th Avenue in Olympia
- **Annual Fun Farm Formal Benefit Dinner and Silent Auction**, Saturday October 18, 6pm, Thurston County Fairgrounds Expo Center, 3054 Carpenter Road SE, Lacey, WA 98503

What's in Your Box

Cucumbers

Summer Squash—green zucchini and Sunburst patty pan here

Beans—dragon tongue, green and yellow wax here

Potatoes—All Blue, good for baking or roasting

Tomatoes—cherry and Early Girl here

Peppers—assortment of varieties from Cayenne and Hungarian

Hot Wax (hot!) to Green Bell and Sweet Banana (sweet!)

Swiss Chard

Onions

Bok Choy



Beth's Farm News: What's Growing On

While transplanting kohlrabi Wednesday afternoon, I watched a flock of Canada geese fly south in their familiar v-pattern. The cooler temperatures (a low of 44 degrees in the morning earlier this week!), the decreasing daylight, and the birds brush a reminder that the autumn equinox is about a month away. Of course, we could get another batch of warm weather in September, which would be lovely, but there's no denying the inevitable shift to fall.

Growth continues all around us. The collard leaves are broadening, the corn has tasseled and ears are developing, and new heads of lettuce are forming. The weeds make their onward march into and around the crops as well. Growth continues in the Growers and Growing Partners as we learn more



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about responsibility, boundaries, courage, and trust. We've seen tremendous growth in both plants and people.

Recipes

It is already soup weather! You know, when it is not quite cold enough to turn on the furnace (aside from which you haven't cleaned the ducts yet), but the days are definitely cooling down. Cooking a pot of soup warms up the house, and remember how good it smells to walk into a house redolent of soup!

Lentil and Swiss Chard Soup

- 1 $\frac{1}{2}$ cup washed lentils
- 1 lb. coarsely chopped Swiss Chard
- 2 chopped onions
- 3 Tablespoons Olive Oil
- 1 bunch chopped parsley (surely there is some left in the back of the veggie crisper)
- 5 cloves crushed garlic
- 1 teaspoon flour
- $\frac{3}{4}$ cup lemon juice
- 1 $\frac{1}{2}$ teaspoons salt

In 6 cups boiling water, simmer lentils about 20 minutes. While lentils are simmering, sauté onions in oil until translucent, then add garlic to the onions and continue sautéing until lightly browned. Mix the onions and garlic into the lentils. Add the Swiss Chard and parsley. Stir well. Mix the flour with the lemon juice and thicken the soup with it. By now, the Swiss Chard and parsley will be cooked, so serve with cheese toast, and warm up.

Fattoush

This is a salad with bread added directly to it just before serving, to soak up the dressing.

- 2 large cucumbers, sliced or chopped
- 2 large tomatoes, sliced or chopped
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ cup chopped mint leaves
- 3 green onions or 1 regular onion, chopped
- $\frac{1}{2}$ cup endive or watercress (optional)
- $\frac{1}{2}$ cup lemon juice
- $\frac{1}{4}$ cup olive oil
- 1 teaspoon salt
- 2 cloves garlic, crushed
- 1 cup yogurt

Mix all those in a bowl and chill. Just before serving, stir in:

1 cup bite-sized pieces of lightly toasted bread-something with character, French bread, a peasant bread, or an artisan bread.



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Green Beans with Tomatoes

Serve this either hot or cold.

- 5 cups string beans, cleaned and snapped
- $\frac{1}{2}$ cup chopped onion
- 2 cloves whole garlic
- $\frac{1}{3}$ cup olive oil
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon medium ground pepper
- 2 large tomatoes, chopped

Fry chopped onion and whole garlic in olive oil until translucent. Add beans, salt, and pepper, and sauté 10 minutes, stirring often. Add tomatoes and $\frac{1}{2}$ cup water. Cover and simmer for about 30 minutes, or until tender. If sauce is not entirely absorbed, uncover and simmer a few more minutes.

Bean Salad with Lemon Tahini Dressing

- 1 lb. green beans (use any combination of dragon tongue, yellow wax, green, Romano and purple beans)
- $\frac{1}{2}$ cup cherry tomatoes, sliced

Wash, remove stems and cut beans into 1 inch pieces. Steam 5-7 minutes (until the purple disappears from the dragon tongue and purple beans), til crisp tender. Drain and toss in a bowl with sliced tomatoes and lemon tahini dressing. Chill to allow flavors to blend (this salad is good the next day).

Lemon Tahini Dressing

- 1 c olive oil
- juice of 2 lemons
- $\frac{1}{4}$ c tahini
- $\frac{1}{4}$ c tamari or soy sauce
- $\frac{1}{4}$ sweet onion
- $\frac{1}{4}$ green pepper
- 2-4 garlic cloves

Put the onion, green pepper, garlic and lemon juice in the blender first to chop fine, then add the rest of the ingredients and blend to mix thoroughly.

Enjoy!



Alex tendina the chickens.