



September 4, 2008

**Greetings CSAers!**

### What's in Your Box

Bok Choy  
Komatsuna (a great salad or braising green, with a mild mustard flavor) or Daikon  
Beans—green, romano, yellow wax and purple  
Summer Squash  
Cucumbers  
Tomatoes  
Garlic -- Nootka Rose  
Parsley or Basil—green, red and thai  
Potatoes -- Cal White  
Carrots



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

"Red sky at night, sailor's delight." The old adage is proving to be true. While working at the farm Wednesday evening, I watched the sky turn from gold to pink, then magenta and red. Clear skies and sunshine are expected for the next several days. I love the quality of the light this time of year: it brought out the yellow and brown tones in the onions we pulled yesterday, and makes the orange hues of washed carrots even brighter.

Without six teenagers at the farm, things seem rather quiet! We are no less busy. Alex, Glenn, and Ron mightily moved compost and have been helping pick beans, summer squash, and cucumbers. We look longingly at the corn, which has caught up amazingly well. It will be a few more weeks before the ears are ready to eat. The abundance of September is upon us.

### Bites for your Brain

By Barbara L. Minton, *Natural News*, August 23, 2008

<http://www.naturalnews.com/z023952.html> excerpts from the article

"In 1943, 20 million gardens were producing 8 million tons of food. Victory gardens were planted in backyards, apartment building roofs, vacant lots, backyards, and pretty much every available patch of dirt and container throughout the U.S., Canada, and the U.K. Neighbors pooled their resources, planted different kinds of foods and formed cooperatives, doing whatever had to be done."

"Today we are again involved in fighting a battle, but this time the battle involves how to stay healthy and live genuine lives in a world where everything is increasing stacked against us."

"At the same time, we are realizing that our children are not really learning what is important in life. We yearn for projects and activities that will bring our families together."

"It's time to say 'no' to the big corporate food sellers and big oil."

"We have had enough of the old ways of thinking, and we are here to take back control of our lives, our health, our resources, and our futures."



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"A garden that symbolizes our part in this evolution is a challenge and a source of immense hope. If a family or group is able to achieve this, others will follow and the movement will grow. In a time of famine for many and threatened famine for many others, the victory garden is an indication of a new way the earth can be made more fruitful."

"It can provide us with a way to re-establish a positive relationship with nature as we are called on to love life-giving plants, to cherish and nurture them, to talk to them, and thank them for all their work for us."

"It is a phenomenon and an expression of the living energies for renewal that are sweeping through our society. This is a creative energy to renew in many facets, the garden being just one of them.

The garden is an expression of a community filled with energy, enthusiasm and love for all life.

"Plants are like our children. A child who is loved thrives no matter what the conditions are, but a child who has no love dies. Gardening is never about technique or the color of your thumb. It is about what is in your heart and spirit."

### ***Sharon's comments:***

Think about how these statements embody some of what goes on at Left Foot Organics. This is a pooled resource, utilizing help from volunteers, donors, and customers. One of the most genuine things anyone can do is grow food. All of the Left Foot family is learning one of the most important things to know nowadays, which is how to work together, with diverse populations. At a time when psychologists talk about our children being disconnected from nature, children of Left Foot Organics families are eagerly wishing for warm weather to ripen tomatoes, eating a lot of broccoli or cabbage, because that is what the weather favored, and looking at new ways to eat **what is in season now**.

### **Recipes**

*Don't forget how many vegetables are very good for dipping. Of this week's veggies, ones I like best for dipping are these, Bok Choy, beans, cucumber slices, summer squash slices or spears, carrots, and tomatoes. It is also lunch-box season, again (for the younger crew, but the older crew could be packing lunches, also). How much healthier could you get than hummus, bean dip, or tzatziki with crisp vegetables.*

**Tzatziki Dip** (My favorite place to buy Tzatziki is at a drive-thru near Group Health in Tacoma, named Its Greek to Me)

2 cups plain yogurt

2 cups peeled, seeded, grated cucumber

4 garlic cloves, minced

4 teaspoons lemon juice

2 tablespoons chopped fresh mint (optional)

4 teaspoons chopped fresh dill

Blend all in a bowl, and chill.

**Sharon's Mt. Rainier Tofu Dip** (*Created at Longmire in the fall of 1978, and eaten near Indian Henry's Cabin*)



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Tofu

Tamari (or regular soy sauce)

prepared mustard

cumin

Crumble the tofu into a bowl. Add the other ingredients to taste. Mash up thoroughly with a fork.

What also looks good from this week's box is simply sliced tomato and cucumber, with basil minced over them. Find a black platter to serve it on, and it looks stunning.

### **Seasoned Squashed Squash**

4 cups sliced summer squash

1 Tablespoon lemon juice

1 Tablespoon Olive Oil

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon caraway seeds

$\frac{1}{2}$  teaspoon ground coriander

Pinch of hot pepper flakes

1 clove garlic, crushed

$\frac{1}{4}$  cup crumbled Feta cheese

Cook the squash in water until done. Drain in colander. Lightly mash in colander with fork, and drain some more. In a bowl, mix lemon juice, olive oil, salt, caraway seeds, coriander, hot pepper flakes, and crushed garlic. Add the lightly mashed squash and stir thoroughly. Sprinkle with Feta cheese and serve.

### **How about some Roasted Vegetables?**

Preheat oven to 400°

Onions cut into quarters (leave root end intact)

Potatoes cut into thick slices

Carrots cut into chunks

Daikon cut into chunks

Beans-whole

Garlic cloves-peeled

Place in a bowl, and decorate with the following:

$\frac{1}{2}$  cup Olive Oil

2 teaspoons coarse salt

$\frac{1}{2}$  tablespoon ground black pepper

15 inches of rosemary sprigs, minced

(I've also used mushroom broth concentrate)

Lay out in shallow layer on large baking sheet. Bake, stirring every 15 minutes, until done, 40 minutes to 1  $\frac{1}{2}$  hours. Serve warm or at room temperature.



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**Miso soup with tofu and grated daikon**

6 cups water

$\frac{1}{4}$  cup miso (Soybean paste available at the Food Coop-I like red miso, my daughter likes golden)

$\frac{1}{2}$  cup firm tofu

$\frac{1}{2}$  cup grated Daikon

$\frac{1}{3}$  cup sliced green onion

Boil the water and miso until blended. Add the tofu and Daikon, cook briefly. Serve with green onion as garnish.

(can add Tamari, fish sauce, Mirin--rice cooking wine, balsamic vinegar, or crumbled seaweed to taste)

Enjoy!