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Greetings CSAers,

Tomorrow is an exciting day for us, United Way Community Day of Caring. It's a day committed to community service, when volunteers from businesses, schools and government agencies all over the county spend the day working with local nonprofit organizations like ours. We're 30 hosting



Intel employees from the 2005 Day of Caring project.

volunteers from St. Martins University and Governor Gregoire's office. They will put plastic over a new hoophouse in the field, harvest beans and squash, and weed weed weed. We thank them with a lunch prepared from our produce. We look forward to introducing new folks to the farm and our crew.

What's in Your Box

- Celery!
- Beets—Chioggia here. The greens are fantastic right now.
- Lettuce
- Cucumbers
- Summer Squash—lots of patty pan! Cut this in rounds and bake or grill brushed with olive oil and garlic
- Beans—purple here
- Potatoes—Cal White
- Sweet Onion
- Cilantro or parsley
- Tomatoes



Beth's Farm News: What's Growing On

Like a lot of farmers, I like to think and talk about the weather, which I imagine may be the subject of many conversations these days. These lovely dry, warm days have been excellent for all the "gathering in" of September. With the help of Nathan, Glenn, and Lori, Jane and I brought in the rest of the red onions for drying. The rest of the crew has been diligently picking the squash and beans that seem to grow overnight these days. I spied Acorn and Red Kuri squashes in the winter squash patch yesterday! Their skin is still a little soft -- when I press my fingernail into the skin, it leaves a mark -- but they will finish ripening soon as the days continue to shorten.

I can't tell you how excited I am to deliver you celery! This is my first year to successfully grow it to completion. The cold nights in early June led me to believe it would bolt, but with lots of babying (deep mulching, row covers, lots of water) they look beautiful and have a lot of flavor. I hope you enjoy it!



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Recipes from Sharon

Among the large number of recipe websites on line, I discovered a couple of very useful ones this week. All of the recipes are from these two websites. www.justvegetablerecipes.com has three hundred or more recipes for each vegetable. www.justslowcooking.com has lots of crock pot recipes, which I find convenient in cooler weather. If I won't have time to prep the recipe in the morning, I prep it the night before, and place the crock in the refrigerator, ready to drop into the cooking base in the morning.

No Fuss Chinese Vegetables

- 1 medium zucchini, cubed
- 1 medium onion, halved and sliced
- 1 red bell pepper, seeded and diced
- 1/2 C. diagonally sliced celery
- 1/2 C. sliced mushrooms
- 1 T. soy sauce
- 1/4 tsp. ground ginger

Combine ingredients in slow cooker; stir well. Cover and slow-cook on low heat 1 to 2 hours; vegetables will be tender-crunchy like "stir-fried." Makes six servings.

Green Beans Portuguese Style

- 1/4 pound salt pork
- 2 pounds fresh green beans
- 2 medium tomatoes
- 2 cups beef bouillon
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper

Dice salt pork and spread over bottom of slow-cooking pot. Wash beans. Break each bean into 2 or 3 pieces; place in pot over salt pork. Peel, seed and cube tomatoes; spoon over beans. Add bouillon with salt, sugar, and pepper. Cover and cook on high for 3 to 4 hours or until beans are tender. Drain and serve hot.

Creole Zucchini

- 2 pounds zucchini
- 1 small green pepper -- chopped
- 1 small onion -- chopped
- 1 clove garlic -- minced
- 1 teaspoon salt
- 1/4 pepper
- 4 tomatoes -- peeled and chopped



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- 2 tablespoons butter
- 2 tablespoons minced parsley

Cut zucchini into 1/4-inch slices. In slow-cooking pot, combine zucchini with green pepper, onion, garlic, salt, and pepper. Top with chopped tomatoes, then butter. Cover and cook on high for about 2 hours or until tender. Sprinkle with chopped parsley.

Cabbage and Potato Casserole

- 2 tablespoons butter
- 2 med. onions, chopped
- 1 small cabbage, shredded
- 2 green apples, thin sliced
- 1-1/2 tsp white wine vinegar
- 1-1/2 tablespoons sugar
- 1 tsp salt
- 1/4 tsp pepper
- 2 c. chicken broth
- 1/2 c. leftover mashed potatoes

In large skillet, over med. heat, melt the butter and sauté onion until golden brown. In slow cooker, make alternate layers of cabbage and apple. Add the onion, vinegar, sugar, salt and pepper. Mix the broth into the mashed potatoes to make a thin sauce and pour it over the cabbage. Cover and cook on high setting for 3-4 hours.

Autumn Vegetables - Corfu Style

- 1 1/2 lb tomatoes, sliced
- 1 1/2 lb New potatoes*
- 1 lb Red onions, cut wedges
- 1 lb Zucchini, slice thick
- 2 Celery sticks, slice thick
- 2 teaspoons Garlic, minced
- Salt and pepper
- 1/3 c Parsley, chopped
- 1 teaspoons Mint, chopped
- 1/4 c Olive oil, extra-virgin

Do not peel potatoes, cut into 8 wedges each. Divide tomatoes and place half on the bottom of the slow cooker. Layer remaining ingredients in order given. Add remaining tomatoes. Cover, and cook on low for 8 to 10 hours. During cooking, if you are around, stir the vegetables carefully to redistribute them. Serve hot or room temp. Excellent with crusty French bread.
Makes 6 servings.



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Apple-Beet Salad-Southern-Style

2 cups apple -- unpeeled shredded or chopped Granny Smith work well
1 pound cooked beets -- chopped
3/4 cup celery -- sliced
1 tablespoon lemon juice
1 tablespoon honey
lettuce leaves
3 tablespoons walnuts -- chopped, toasted

Combine all ingredients except the lettuce leaves and walnuts, tossing gently.
Spoon out each serving onto lettuce leaves and sprinkle with walnuts to serve.

Beet and Buttermilk Soup

5 Beets; (1-1/4 lb.)
3 c Buttermilk
3/4 c Chopped green onions
2/3 c Light sour cream
2 tablespoons Chopped fresh dill or coriander; (or 2 tsp. dried)
1 1/2 teaspoons Granulated sugar
1 1/2 teaspoons White vinegar
1/4 teaspoons Salt
1 c Cucumber; (diced unpeeled)
Fresh dill or coriander sprigs

In saucepan of boiling salted water, cover and cook beets until tender and skins slip off easily, about 25 minutes. Drain and let cool; slip off skins and cut into 1/4-inch (5 mm) dice. Cover and refrigerate until chilled. (Beets can be refrigerated for up to 3 days.)

In large bowl, whisk together buttermilk, 1/2 cup of the onions, sour cream, dill, sugar, vinegar and salt. Cover and refrigerate until chilled or for up to 6 hours. Taste and adjust seasoning.

Ladle buttermilk mixture into serving bowls. Swirl in beets and cucumber. Garnish with remaining green onions and dill or coriander sprigs.

Makes 6 servings

Celery and Cabbage Bake

4 c Cabbage; coarsely chopped
1 c Cheddar; grated
3 c Celery; sliced
1/2 c Beer
1 teaspoons Caraway
2 c Milk
2 teaspoons Butter
1/2 c Flour



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Bring water to boil in large pot. Add cabbage, celery, salt and caraway. Boil 5 min, drain well. Sauce: melt butter; add flour and cook, stirring 1 min. Slowly add milk in stream, stirring continuously till sauce is smooth and thick. Add beer and continue stirring till foam disappears. Cook till heated through. Add cheddar, stir till melted. Season sauce with salt & pepper. Transfer cabbage and celery to buttered 2 qt casserole and pour sauce over. Heat at 350 degrees F for 30 min.
VARIATION: Can add chunks of cooked ham or corned beef to vegetables.

Beans with Pizzazz

To 2 c cooked Yellow or green beans, add one of the following:

#1

1/2 teaspoons Caraway seed
1/4 c Chopped apple

#2

1/2 teaspoons Dried basil leaves
1/4 c Chopped red onion

#3

1/4 c Seasoned croutons
1 c Sliced; cooked mushrooms

#4

1/4 c Sliced water chestnuts
1 tablespoons Margarine or butter
1 tablespoons Teriyaki sauce

#5

1 tablespoons Margarine or butter
1 teaspoons Purchased salt-free natural seasoning mix

Creamy Vegetables and Fettuccine

1 1/2 c milk
3 tablespoons flour
3 tablespoons Margarine
1/4 c Onion; chopped
1/4 c Red bell pepper; chopped
1/4 teaspoons Salt
1/8 teaspoons Pepper
1 clove Garlic; crushed
1/3 c Parmesan; grated
6 c Water
1 teaspoons Salt
9 oz Fettuccine
1 1/2 c Broccoli & cauliflower florets

Mix milk, flour, margarine, onion, bell pepper, 1/4 tsp salt, pepper and garlic in 1 quart saucepan. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute; remove from heat. Stir



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in cheese. Keep warm over low heat. Heat water and 1 tsp salt to boiling in 3 quart saucepan. Cook fettuccine as directed on package. Add broccoli and cauliflower during last 2 minutes of cooking; drain. Place fettuccine and vegetables on platter; top with cheese sauce. Sprinkle with additional grated cheese and pepper if desired.

Alaskan Zucchini Casserole

- 1 lb Pork sausage
- 1 small Onion; chopped
- 1 1/2 c Bulgur; cooked
- 5 c Zucchini; sliced
- 28 oz Tomatoes; canned or fresh
- 1/2 c Grated cheddar cheese

Sauté pork sausage with chopped onion. Pour off grease. Cook bulgar wheat according to package directions until tender. Measure out 1 1/2 cups. Wash and slice zucchini. Combine all ingredients in casserole dish except cheese. Sprinkle grated cheese on top and bake 30 minutes at 350 degrees. Serves 6

Enjoy!