



September 25, 2008

Greetings CSAers,

Plans for our fall **Fun Farm Formal** dinner and silent auction are coming together. We have two very special items for the live auction portion of the evening—a signed ballet slipper from the Pacific NW Ballet Company, along with 2 tickets to the performance of your choice; and a left shoe from Governor Gregoire and an invitation for two to dinner at the Governor's mansion in December. You won't want to miss this! Tickets are \$45 for the event, to be held **at the Thurston Co. Fairgrounds on Saturday, October 18, 6pm.**

We have a reception also in October that I want to invite you to. This is an event at the farm on **Monday, October 13 at 4:30pm.** Lt. Governor Brad Owen will be speaking in the greenhouse, surrounded by curing winter squash! The occasion is a grant we were recently awarded by Washington State Mentors. They chose to recognize Left Foot in particular for our innovative program working with an underserved population. This is a great honor for us. I hope you can attend.

What's in Your Box

Summer Squash—green zucchini, yellow crookneck and patty pan

Cucumbers—slicing and lemon

Beans—I'm so glad to still have beans for you! The bush green beans are extending our bean season, thanks to Beth's planning

Lettuce

Bok Choy

Garlic—Inchelium Red

Beets—Chioggia (candystripe) here

Parsley or cilantro or fennel leaf

Carrots

Tomatoes



Here's a bit of info on the fennel leaves, from the web:

"Fennel leaves look a lot like fresh dill. The stalks have small feathery dark green leaves. Fennel is a perennial herb native to the Mediterranean region, and grows in the wild in most temperate climate regions. Fennel has a definite anise (or licorice) flavor. Fennel leaves are widely used in Greek cooking both as an herb and as a green. Large quantities are added to stews and ragouts, as well as fricassee dishes and fritters. Fennel is generally used to flavor meat, seafood, and vegetable dishes, and is also an ingredient in delicious savory pies (pites)." For recipes go to <http://greekfood.about.com/od/herbsspices/p/fennel.htm>.

Beth's Farm News: What's Growing On

I felt the "snap" of fall on Monday when the temperature dipped to thirty-six degrees! Fall has made her grand entry. But the tastes of summer will linger on for as long as possible. I think about the sun when biting into a tomato or cob of corn, remembering all the warmth and light that went into creating it.



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Autumn mirrors spring in terms of weed growth. With the cooler weather some weeds like chickweed are rapidly re-appearing. Michael has been tackling them in the new chard beds. We received some help from new Evergreen students on Wednesday. They turned compost, cleaned onions, and weeded oncoming crops of mustard greens and cilantro. I felt refreshed by their energy, curiosity, and enthusiasm.

We've an added dose of enthusiasm with the addition of another Evergreen intern, Maggie. To see her practically RUN excitedly out to the south field to pick beans lightens our hearts! After the long, hard work of summer, we're grateful for the new energy.

Recipes from Sharon

How many of you are drying your spare veggies? I am starting to dry again, which I haven't done for years. What fits in with my cooking patterns is to cut veggies small and dry for use as soup broth, and make lots of veggie chips. I like to munch on crispy things, so any suggestions on things to decorate summer squash chips, etc., would be wonderful. I dried some plain zucchini yesterday, and had some with hummus for breakfast. I'm also drying some summer squash chips that have been steam-blanching, and then marinated in Tamari and Balsamic Vinegar. I'm planning on rolling squash slices in minced fresh herbs (rosemary, thyme, parsley, basil, marjoram), and adding some grated Parmesan-type cheese. Any other suggestions? Send an e-mail to me, Sharonsbirds@hotmail.com.

Baby Squash with Capers and Parsley

- 4 1/2 tablespoons Olive oil
- 2 lb whole baby squash; (such as zucchini, crookneck and pattypan)
- 3 tablespoons water
- 6 tablespoons drained capers; minced
- 4 1/2 tablespoons chopped fresh parsley
- 3 tablespoons fresh lemon juice

Heat oil in large skillet over medium-high heat. Add squash and water. Cover; cook squash until almost crisp-tender, about 4 minutes. Uncover; stir until liquid evaporates and squash is crisp-tender, about 2 minutes. Transfer to bowl.

Add capers, parsley and lemon juice to squash and toss to coat. Season to taste with salt and pepper. Serve warm or at room temperature.

Beet and Tomato Casserole

- 2 1/2 c diced boiled beets
- 2 1/2 c diced fresh tomatoes
- 1/2 c grated cheese
- 2 c bread crumbs
- 2 tablespoons fat
- Salt and pepper to taste



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Put 1/2 beets in bottom of greased baking dish. Add half the tomatoes then half the cheese in layers. Season to taste with salt and pepper. Add 1/2 bread crumbs. Dot with 1 tablespoon fat. Repeat. Brown in moderate oven 350°, 20 minutes.

Beet, Fennel and Watercress Salad

- 2 Beet bunches with tops
- 1/4 c Fresh lemon juice
- 1 tb Plus 1 teaspoon honey
- 1/2 c Olive oil
- 2 Watercress bunches; trimmed
- 2 Fennel bulbs; trimmed, cut into strips

Preheat oven to 375°F. Cut tops and root ends off beets. Wrap beets in aluminum foil and bake until tender, about 50 minutes. Cool slightly. Peel beets. Slice beets into rounds; stack rounds and cut into strips. Combine fresh lemon juice and honey in small bowl. Gradually mix in olive oil. Season dressing to taste with salt and pepper. (Dressing can be prepared 1 day ahead. Wrap beets tightly and refrigerate. Cover dressing and let stand at room temperature.)

Place watercress in bowl and toss with enough dressing to coat. Arrange on platter. Top with fennel and then beets. Drizzle remaining dressing over.

Glazed Tofu with Bok Choy

- 14-ounce package firm tofu, cut into 1/2-inch-thick slices
- tablespoons canola oil
- heads bok choy, cleaned and cut into 1-inch pieces (about 6
- garlic cloves (1 thinly sliced, 2 minced)
- 14-ounce can vegetable broth
- 1-inch piece fresh ginger, peeled and grated
- teaspoons fish sauce or tamari
- 1/4 cup soy sauce
- teaspoons dark brown sugar
- teaspoons toasted sesame oil
- tablespoons cornstarch

Drain the tofu on paper towels. Heat half the canola oil in a large skillet over medium-high heat. Add the bok choy and sliced garlic; cook, stirring, until wilted, about 4 minutes. Add 1 1/2 cups of the broth; simmer until reduced by half. Meanwhile, combine the minced garlic, ginger, fish and soy sauces, brown sugar, and sesame oil. Heat the remaining canola oil in another skillet over high heat. Add the tofu and brown, about 3 minutes per side. Add the soy mixture and coat the tofu with it. Simmer, uncovered, until the sauce is syrupy, about 4 minutes. Stir the cornstarch into the reserved broth; add to the bok choy. Stir gently until thickened, about 2 minutes. Divide the bok choy onto 4 plates and layer the glazed tofu on top.



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Algerian Carrots

- 2 3/4 lb Carrots; scraped, sliced diagonally
- 1/2 teaspoons Hot sauce
- 2 tb Light olive oil
- 3 Garlic cloves; thinly sliced
- 1 Lemon; juice only
- 2 teaspoons Cumin seeds; toasted and crushed
- 1/2 teaspoons Salt
- 1/2 teaspoons Sugar
- 2 tb Fresh mint leaves; chopped

Put the carrots in a steamer basket set over boiling water. Steam for about 5 minutes, until barely tender. Reserve the cooking water and mix 5 tablespoons of it with the hot sauce.

Heat the oil in a large skillet over medium heat. Add the garlic, diluted hot sauce, lemon juice, cumin, salt and sugar. Mix well. Add the carrots, then partially cover and cook over medium-low heat for about 10 minutes, until the liquid is reduced. Stir in the mint and serve at once.

Chilled Cream of Dilled Squash Soup

- 1 small. onion, sliced
- 1 celery rib, chopped
- 1 carrot, chopped
- 1/4 cup. butter
- 2 yellow crookneck squash, each about 3/4 lb. (or the same height as zucchini)
- 1 medium size potato
- 1 1/2 qt. chicken stock
- 4 dill sprigs (leaves only), chopped
- 3/4 cup heavy cream
- Salt and pepper



Youth and volunteers built a new chicken tractor at the volunteer day last Saturday. Thanks to volunteer Kellie Henwood, far right, for getting a donation of lumber for this project (from Olympia Salvage—Thank you!)

Sauté onion, celery and carrot in butter until soft, but not browned. Peel squash and potato, cut into 1/2 inch cubes (discard squash seeds), add to stock with sautéed vegetables and cook about 30 minutes (until the squash is tender). Strain and puree the vegetables, add the chopped dill and simmer for about 2 or 3 minutes. Mix cream, adjust seasonings. Chill. Serve in chilled soup bowls.

Enjoy!