



October 2, 2008

Greetings CSAers,

Four more weeks to go in the main CSA season. Our last delivery will be October 30 (Nov. 1 in Tacoma). We still have room for winter shares in Tacoma in particular, so if you were thinking of it, sign up now!

What's in Your Box

- Potatoes—Romance
- Lettuce—red or green Romaine
- Collards
- Chard
- Onion, red
- Garlic, Inchelium Red
- Summer Squash
- Beans
- Corn
- Peppers—assorted hot, sweet and mild savory varieties
- Carrots



Beth's Farm News: What's Growing On

Beth is off this week, celebrating the holiday and spending much deserved time with her parents who are visiting from Montana. The farm news is mostly wet! We see the squash, cucumbers and beans slowing down, and we are looking forward to kale coming back and to bringing in the winter squash. The collards are looking fantastic (that's the big, flat green leaf in the photo above). For some more ideas on easy and tasty ways to prepare these, go to the website under recipes in the CSA section and click on collards.

Recipes by Sharon, office assistant. You get to hear about me next week. Today, I want to share a story with you...

Tuesday, it was 4:30 pm, and I needed to be out the door by 5:10 to get to work on time. It was one of those days when I had been going flat out and forgot to eat a meal all day. I had forty minutes to shower, dress, fix a meal and eat. So I'm feeling desperate, as many of the things I like to cook (and eat) seem to take a lot of prep time. I think, "what about that tub of miso that moved into this house with me in April of 1997? Let's see what I can do with that. And I won't make such a big pot that takes forever. I will be restrained. I will not make a soup that ends up migrating to both soup pots because I add every possible ingredient to it. I will start with only 4 cups of water, which will make enough soup for one serving for me, and one serving for Doug. And yes, the miso looks fine."

I started my four allowed cups of water boiling, and mushed in three tablespoons of miso. Oops, I should have browned some garlic, first. Oh well, I'll brown the garlic in my small frying pan, while the water boils. I like garlic, and a well-loved present from a friend years ago was the RIGHT KIND



October 2, 2008

OF GARLIC PRESS that actually works and can be cleaned. So, a drizzle of canola oil and a pat of butter go into the frying pan with five lovely garlic cloves all pressed into bits. Then I proceed to pull out every vegetable lurking in the refrigerator. But wait! Let's only use the vegetables that cook quickly! No carrots or potatoes. Instead, I slice a flying saucer [patty pan] squash and a zucchini into the starting-to-come-to-a-boil pot. How about some Swiss Chard stems sliced thin? A heap of mushrooms, as I love mushrooms. A pinch of dried hot peppers, and a fingerful of dried celery leaves. Well, that looks as if it will cook quickly, but it looks a little sparse, and low on protein. What could I put in to help? Yogurt and Orzos! The only pasta I keep in the house, because the other pastas take up too much room, and have too much air space in them, so that they are used up too quickly. I do not like to roll things out, so I do not think that I will ever make my own pasta. Two handfuls of Orzos into the pot, and two or three dollops of yogurt. Then I run to the shower while the pasta cooks. It's done, and I dump two ladlefuls into my thermos to take to work.

At work I pour the soup and several people in the lobby want to know what I am eating, it smells so good! So I tell them the ingredients. Then, a young girl (I think she is in kindergarten) asks for a piece of paper, and she starts to carefully print block letters. She is writing down the recipe for the soup. So, I carefully tell her what went into it, and she works on writing it down. She can't remember which way "Z's" go, so I do a sample. First I told her the ingredients were water, miso, veggies, yogurt, and orzos. She gets that onto a piece of paper, but then needs a list of the veggies. She is about to have to leave, so I write the veggies on a separate piece of paper, which she then staples to her recipe paper. The stapler is a challenge, and has to be placed on the floor, for her to get enough leverage. She then doesn't approve of the extra paper sticking out, and uses scissors to trim the papers to match more evenly. I will ask next week if she cooked the soup with her family, but I still feel honored that my emergency throw-it-together soup has at least one other person who appreciates it besides myself. This is all to show that soup does not need to be a long or complicated process, which leads in to a link to a recent article in the *Tacoma News Tribune*, about soups, and how easy they are.

The article is titled "Soup at Summer's End." It challenges popular misconceptions about soup-making, and includes soup recipes that take an hour or less to prepare. I like quick meals, and I rate soup as one of the world's best meals. Here's the link:

<http://www.thenewstribune.com/soundlife/story/484666.html>

Vegetarian Enchiladas II *from Ann (are we eating at her house tonight?)*

16 Corn Tortillas

1 14-16 oz. can green enchilada sauce

1 lb. feta, crumbled

$\frac{1}{2}$ lb. grated Jack cheese

1 sweet onion, diced

$1\frac{1}{2}$ lb. summer squash, sliced (any combination of yellow and green zucchini, crookneck, patty pan and tromboncino)

1 large red bell pepper, diced (or any combination of peppers available)

corn kernels cut from 2 ears of corn



October 2, 2008

- 1 bunch greens (chard, kale, collards, mustard)
- 8 large cloves crushed garlic
- 2 c. cooked black beans, drained (or can use 1 16 oz. can beans)

In large fry pan, sauté vegetables and garlic in 2-3 tbs. olive oil until slightly softened; about 5-8 minutes. Remove from heat and set aside.

Pour the enchilada sauce into a pie pan or other shallow bowl. Lightly sauté corn tortillas in hot oil. Dip the cooked tortillas in enchilada sauce. Layer bottom of 9x13 casserole dish with the tortillas. Then add $\frac{1}{2}$ of the veggies, topped with a layer of beans and crumbled feta. Repeat process. Spread Jack cheese on top and bake at 350 degrees for 30-40 minutes.

Vegan Variation: leave out the cheese and add a final layer of tortillas on top.

Let Nothing Go to Waste—Using Your Entire CSA Box *Tips from CSA customer, Shanna.*

1. With extra greens I would suggest making pesto, and freezing it. You can be a hit with pesto in the winter!
2. I like to wait for colder weather to can veggies, so I blanch and freeze now, to can in the winter. If you don't can, just blanch and freeze. If you are not familiar with this process, I cut my veggies up for stir fry, cook what I need and set aside the rest. When I sit down to dinner I put a large pot of water on to heat up. After dinner I turn the pot up to high, clean the kitchen, and when the water boils I cook the veggies for 2 minutes and toss them into a bowl of ice water. Then I freeze them in whatever container I have around. They are ready for stir fry, or for soup that I can later.
3. I will be drying dozens of tomatoes in the next week or so. They dry great and look so decorative on top of lasagna or other dishes. I love them on pizza all winter.
4. I dry many of the other veggies as well as herbs for use in the winter.
5. Put a cup of chopped veggies into your rice cooker, add rice, spices, and you have instant pilaf.
6. When I am really behind, I make my own veggie juice—forget V8, I make V25! Every veggie in the box can go into the juicer and I have instant soup base, or great juice.

I would love to hear back with your methods of dealing with the abundance of the fall harvest.



Enjoy!

Seroja, Kellie, Alec and Kelly (upper right) doin' "the chicken." Lydia can hardly contain herself!