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Greetings CSAers, by Sharon, guest editor

Since I began providing recipes for the newsletter in August, I have been thinking more about food, and community. I want to share some of those thoughts with you. But first the housekeeping:

What's in Your Box

- Chinese/Nappa Cabbage
- Mizuna or Arugula or Chard
- Leeks
- Acorn Squash
- Kale
- Garlic
- Potatoes -- Yukon Gold
- Parsley
- Peppers
- Carrots



Beth's Farm News: What's Growing On

This Wednesday gave us a window of sunlight and opportunity to weed spinach and begin the great "gathering in" of winter squash. We received timely help from students in the Community to Community program at The Evergreen State College. With the sun casting its slanted rays onto pumpkins and squash, Jane exclaimed, "I get paid to do this!" Indeed, it's moments like these I'm reminded of how I love what I do and the gratitude I have for the earth. As with the celery, I wrung my hands nervously over the winter squash section in July since they were planted three weeks late. Yet overall they have caught up, with the exception of some of the butternut squash. But with some freezing temperatures in the forecast, I figured some not-perfectly-ripe butternut is better than none.

We will benefit from a boatload of volunteers this Friday who will help us dig and store potatoes. The Beit Sefer program from Temple Beth Hatfiloh arrives this Sunday, too, to assist with other kid-friendly projects. I'm grateful for all this assistance as we bring in the last of the big fall harvests. The landscape of the farm is quickly changing and you are welcome, as always, to come see it.

Sharon's Bio

Oh, yeah, I promised a bio for today. And a picture.

Me at Otto's, last year. Remember Otto's?

Bio: Born in Vallejo, California, some time ago. Earliest memory, that of visiting a relative of my dad's, and wanting to play with the kittens next door. I also remember being put to bed, and then being



discovered out of my bed, behind the bedroom door, trying to help the house dog drink water out of



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a bathroom cup. I was sure he was thirsty. How many kittens? 4. What kind of dog? Basset Hound. Which relative? No idea. After that, raised in Colorado, and Boston. Came out here to be a "Greener". I migrated up and down the west coast a bit, acquiring ferrets, dogs, cats, plants, and Doug, along the way.

Why did I start volunteering for Left Foot Organics in the first place?

Doug has been my partner since 1981. In 2001, he was driving long-haul tractor-trailer, our daughter, Heather, was dancing 8-15 hours per week, and I was raising rare breed poultry. Just 17 days after the September 11 attacks, Doug suffered an intra-cranial and intra-ventricular hemorrhage. Until very recently, people simply did not survive that kind of 'cerebro-vascular incident'. When Heather and I got him home, six months after the injury, we still had to hold the aid belt, to keep him from falling. We have been re-creating our lives in a different pattern since then.

Doug works two part-time jobs, one of which is at Left Foot, and volunteers at the Olympia Food Coop. I work one part-time job, hold the house together, and try to do damage control on his brain-injury-induced naiveté.

This past summer, in July, I wanted a treat. A healthy treat. All I wanted was a head of real lettuce from the farmers market. I didn't have enough money. I asked Ann if there was any way I could get some veggies that didn't have homes to go to. She responded by asking if I wanted to volunteer with Left Foot. I said I had no interest in harvesting and weeding (I don't do all day hot sun), but did she have any computer-related or office stuff I could do? She asked if I could take over the "what do I do with this?" end of the newsletter. And so it started.

Here are excerpts from an article, and some of my thoughts relating to it. You can find the article in its entirety at:

http://cms.carepages.com/CarePages/en/ArticlesTips/FeatureArticles/spotlight/food_chain.html?i_pc=nloct_spot_1

Food chain: how food shapes everything—from mood to community to progressive cuisine
More and more in our society, food isn't just about nutrition. It's about our complete well-being...

By purchasing from Left Foot, you are eating food that contributes to the well-being of the local community (by employing people who might otherwise be a drain on local assets), the well-being of the larger global community (fuel and infrastructure to travel 10 miles, rather than 1500 miles), and to your own well-being (healthy food, still packed with its nutrients).

More than just fuel for the body

"Food is the most natural organic medicine around," says Alana Kessler... "That's why we reach for cookies or pasta when we're upset, anxious, or feel out of control."



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Our favorite foods...can help us improve our spirits. ...studies that have shown ... (that they) fight off stress and irritability by boosting levels of serotonin in the body (thus having a calming, soothing effect.)

...the mother of all pillars to well-being is conscious eating. Freston believes that you absorb the energy of whatever has gone into creating your food. As a result, "conscious eating" means you not only eat for health, but you consider where your food comes from, how the animals are treated and how the environment is affected by the foods you eat.

By supporting Left Foot Organics, you are consciously choosing to invest your energy (money) into the local economy. You are helping to retain open land in your own region, by providing a way to make a living from that land. Open land that is taxed but not used is an expensive luxury which someone has to pay for. You can see how your environment is affected by the foods you are eating. You are not left wondering what has been clear-cut or burned or poisoned, to provide food for your table.

Food and mood

Retraining the senses is exactly what chef Grant Achatz is trying to accomplish at his groundbreaking Chicago restaurant, Alinea, which Gourmet magazine named the best restaurant in America in 2006. Achatz ...seeks to create emotional connections with our taste buds through the simple pleasures of smell and texture. "I will deliberately try to create a mood that brings out the scent of burning oak leaves in the fall," says Achatz. "It instantly reminds you of a time when people used to rake and burn leaves, and hopefully soothes your mood."

But you don't have to be a food connoisseur to appreciate the soothing effects of food. Who among us has not reached for a pint of ice cream after a bad day to calm our emotions? Food also has the ability to connect community through ritual and tradition, particularly in times of celebration and hardship. "Eating links us with those who have prepared the food, which soothes our souls and lifts our spirits." ...

You have forged links with some of the growers of the food you are eating, when you collected your box. Maybe you have been out to the farm to help weed, or plant potatoes. You have celebrated the ritual of the first tomato, the first bean, and the first corn of the season. In these weeks of worry over international finance, you have the reassurance of the weekly produce surprise box. I am forging new connections to my work community, such as last weeks' girl who wanted my recipe. This week, several of the recipes I offer to you are from another member of my work community, Judy Buller. I am an incomer to Olympia. She was born and raised here. She "remembers when" many things happened in Olympia. Or how someplace "used to look" before a developer got a hold of it. This week, I found myself discussing how to get somewhere, entirely based on "where ___ used to be", and hoping that the person on the other end of the phone has the same weight of tradition behind them that Judy Buller has, and that I am developing.

Recipes

Asian Cold Slaw from Judy Buller.

Sesame Oil



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Mirin (AKA Rice wine vinegar)
Napa Cabbage-thinly sliced
Carrots-grated
Potatoes-peeled (if you wish), and grated

Make an oil-and-vinegar dressing first, out of the Sesame Oil and Mirin. Use about one part Mirin to two parts oil. Add the raw veggies as you get them prepared. That way they don't have a chance to turn brown. Chill and serve.

Roasted Peppers and Garlic

Also from Judy Buller.

1 head Garlic

Peppers (I suspect I would be wary of using the hottest of the peppers for this. Beth says that generally the smaller the pepper, the fiercer.)

Cut the peppers into strips, and remove the seeds. Lay out on a baking sheet. Cut the pointy tip off of the head of garlic, so the ends of each clove are exposed, and add it to the baking sheet. Pour a tablespoon or two of olive or grape seed oil on the garlic, and brush the pepper strips with olive or grape seed oil. Tuck foil over the garlic head. Roast in a 425° oven, until done. Eat as is, use on baked potatoes or breads, or use to dress up sandwiches.

Judy suggests the following salad:

Greens with nuts and fruit

Kale, Swiss Chard, or Mizuna (washed, tidied, and made bite-size)

Walnuts

Raspberries (fresh) or dried Cranberries

Serve with a creamy Blue Cheese or Gorgonzola dressing. How simple.

Greens with Cottage Bacon *What I had to eat this afternoon was quite good. I combined a recipe for hot German potato salad, with the 'wilt the greens with hot bacon fat' theme, and came up with the following tasty plateful.*

1½ slices Cottage Bacon (from Johnson's Meats at the Olympia Farmers Market) coarsely cut up

½ Red Onion, diced

3 Baby Dill Pickles, diced

1/3 cup water

1/3 cup red wine vinegar

Paprika

A big bowl full of Beet Greens, coarsely chopped (where did the BEETS go?)

Using a large frying pan on medium heat, start to cook the bacon. Add the onions, and then the pickles. When it starts to stick, add the water and vinegar to deglaze the pan, and finish cooking



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the onions. Put in a dash of Paprika. Then dump in the greens. Lift and stir the greens with tongs, until just wilting. Pull it off the stove and eat while piping hot.

Doug had a little bit of his left over, and I suggested he save it to put over a bowl of cooked buckwheat (from the rice steamer) for dinner, later.

Enjoy!



Volunteers from Evergreen slog through the weeds looking for potatoes. Luckily they found some!