



October 30, 2008

Greetings CSAers,

This is it, your last box of the season. I hope you've been pleased with the contents. I know we have. The mild weather these last few weeks has helped us to a strong finish.

I hope your experience has encouraged you to continue buying and eating local. I hope too that you will view people with developmental disabilities from a new perspective—an inclusive perspective that recognizes gifts first rather than perceived deficits—as a result of joining our community.

We'll continue working at the farm 3 days a week this month and 2 days a week—Wednesdays and Thursdays—for the rest of the winter. We will also continue to have monthly volunteer Saturdays. November's volunteer Saturday will be Nov. 22, with fieldwork in the morning and a workshop on backyard chicken raising after a hot lunch. Come on out!

What's in Your Box (clockwise from left)

Yellow onions

Red Kuri winter squash

Chard

Yellow Finn Potatoes

Assorted Peppers

Lettuce

Arugula or Mizuna (the sharply serrated leaf pictured here)

Tat soi -- one CSA member affectionately named them "dirt stars"

Carrots—Healthmaster

Garlic



Beth's Farm News: What's Growing On

With a sigh of relief and gratitude, I helped volunteers from Cedar Creek plant garlic this Monday, a task that weighs on my mind the month of October. Timing now will determine how well it grows over the winter. In years past I have planted it in rain and mud. This week our bare arms soaked up the sunshine. The unusually dry weather has made the work very pleasant.

More clean-up continues, as Jane and Kelly gleaned more winter squash from the field and put away the last of the drip irrigation lines. We celebrated the end of the Tumwater Farmers Market season by taking the whole crew to market for lunch and ice cream cones. Many thanks to our interns -- Maggi, Molly and Ty -- who conducted a market survey.

Our main CSA season comes to an end this week, and it feels a bit like riding on an airplane. When the plane has landed, the attendant thanks those who have been riding and are de-boarding and encourages others to relax while the plane continues its journey. Since our winter CSA begins next week, I wish to deeply thank those of you who have been on this food ride with us since June and



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are saying good-bye. Hopefully you will re-board next spring. To those of you who are continuing with the winter CSA, whether it's for one week or all twelve, I welcome you to another adventure of eating local and supporting organic agriculture in your community.



Lt. Governor Brad Owen at the farm presenting us with a grant for outstanding mentoring, yahoo!

Recipes

Wilted Asian Greens

- 1/4 cup rice vinegar (not seasoned)
- 3 tablespoons soy sauce
- 2 1/2 teaspoons sugar
- 1 1/2 teaspoons finely grated peeled fresh ginger
- 1 1/2 teaspoons Asian sesame oil
- 6 cups pea shoots or pea sprouts (3 oz)
- 6 cups *tatsoi* (3 oz)
- 6 cups *mizuna* (3 oz)

Heat vinegar, soy sauce, sugar, ginger, and sesame oil in a small saucepan over moderately low heat, stirring, until sugar is dissolved (do not let boil). Pour hot dressing over greens in a large bowl and toss well. Serve immediately.

Farmers Market Greens

- 1 tablespoon Champagne vinegar
- 1/2 tablespoon finely chopped shallot
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 tablespoons extra-virgin olive oil



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3/4 lb mixed baby greens such as kale, *mizuna*, *tatsoi*, mustard, arugula, and spinach (16 cups)

Whisk together vinegar, shallot, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified. Add greens and toss until coated well.

- Greens can be washed and dried 1 day ahead and chilled in a sealed plastic bag lined with paper towels.
- Vinaigrette can be made 6 hours ahead and chilled, covered. Bring to room temperature before using.

Red Kuri Squash and Apple Cider Soup

Paul Kahan, Blackbird-Chicago, IL, adapted by StarChefs

Yield: 6 servings

- 8 sprigs thyme
- 1 cinnamon stick
- 1 medium onion, roughly chopped
- 1 medium carrot, roughly chopped
- 1 rib of celery, roughly chopped
- 3 pounds red kuri squash, peeled and roughly chopped
- 2 granny smith apples, peeled, cored and roughly chopped
- 2 cups apple cider
- 4 Tablespoons butter
- 1 cup heavy cream
- $\frac{1}{2}$ cup brown sugar
- kosher salt and fresh cracked black pepper to taste
- $\frac{1}{2}$ cup crème fraîche
- 6 sprigs fresh chervil
- 2 cups sage croutons (see recipe below)
- red kuri squash and celery relish (see recipe below)

Wrap thyme sprigs and cinnamon stick in cheesecloth and tie with a string. Set aside.

In a large pot over medium heat, cook onions, carrots and celery in butter until vegetables are softened and onions are translucent. Add squash and apples and continue cooking, stirring frequently, until tender.

Add apple cider and enough cold water to cover vegetables by 1 inch. Add thyme and cinnamon sachet. Bring to a boil, reduce heat and simmer for 45 minutes or until vegetables are very tender.

Remove from heat and remove sachet. Working in batches, puree in a blender until smooth. Strain through a medium sieve, then add cream, brown sugar, salt and pepper. If soup is too thick, thin with water and adjust seasoning.



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Serve soup with squash-celery relish, a dollop of crème fraîche, sage croutons and chervil sprigs.

Sage Croutons

- 2 cups country-style bread, cut into $\frac{3}{4}$ -inch dice
- $\frac{1}{4}$ cup extra virgin olive oil
- 1 heaping Tablespoon of chopped sage
- kosher salt and fresh cracked black pepper to taste

Preheat oven to 400F.

Toss bread cubes with olive oil, salt, pepper and sage. Cook in oven until golden brown. Cool to room temperature.

Red Kuri Squash and Celery Relish

- 1 cup red kuri squash, peeled and cut into brunoise
- 1 cup celery, peeled and cut into brunoise
- 2 tablespoons butter
- salt and pepper

In a sauté pan, cook squash over medium heat in butter until tender. Season with salt and pepper to taste. Cool to room temperature.

Using same procedure, cook the celery.

Combine the squash and celery, adjust seasoning to taste, if needed.

Enjoy!