



November 6, 2008

Greetings CSAers,

Welcome to the Left Foot winter CSA! Thanks for joining. This is our first week, and it often takes a couple weeks to work the kinks out. So if you feel a bit unsure of how it's supposed to work, don't worry! By the next pickup you'll be into the swing of it.

If you haven't done so already, please go to the website, www.leftfootorganics.org, and read the 2008-09 Winter CSA Guide. It should answer most of your questions. We also ask that you sign the last page and return it to us (or otherwise indicate to us that you've understood and accept the terms of our CSA agreement, e.g., by email).

What's in Your Box

- Buttercup (Kabocha type) Winter Squash
- Bok Choy
- Turnip Greens (with young turnips attached)
- Parsley
- Leeks
- Potatoes -- Rose Finn Apple



Vegetable Storage

Here are Sharon's tips on how to keep your produce in prime condition (Sharon is our very helpful and talented volunteer—"will work for food"—office manager and CSA newsletter coordinator. Check out her bio in the Week 19 summer CSA newsletter on the web).

Winter Squash-Cool and dry. I am keeping mine in the bathroom that no-one uses (or heats). Watch for mold.

Potatoes-Also cool and dry. NO LIGHT. Store in a paper or canvas bag.

Turnip Greens and Bok Choy. I like to wash the greens, and then put them in a plastic bag. You can also wash them and wrap them in a kitchen towel. In both cases, store in the vegetable crisper in the refrigerator.

To wash leaves, fill a clean sink with cool water. Gently float the leaves in the water, and let them soak a few minutes. I lightly agitate the water with my fingers, the grit sinks to the bottom, and I lift the leaves out of the water, into a strainer. Repeat if needed. I try never to break the leaves.

Parsley-I like to treat it as if it is a bouquet. I wash it briskly under the kitchen faucet, and then keep it in a vase on the counter. That way I can graze on it every time I pass by. I rarely get enough parsley, and it is in my garden, too!

Leeks-store in a plastic bag in the refrigerator.

I like the really enormous zippered plastic bags (3 and 5 gallon) that are available now. They are great for storing the vegetables that need to be stored in plastic and are TOO BIG for regular bags. I keep these bags and reuse them for years.



November 6, 2008

Beth's Farm News: What's Growing On *from Lydia Beth Leimbach, farm production manager*

Thank you for joining our winter CSA program. This marks the third year we have offered a late fall/winter share. I'm excited to bring you a combination of the hearty roots and fruits of winter -- such as winter squash and potatoes -- as well as yummy greens that the climate of the Pacific Northwest enables us to grow almost year round.

Springtime crops, like radishes, take a mere thirty days from seed to plate. The food you received this week and for the next few months took a long time in the making. The seed of the idea as to where to plant and how much began almost a year ago when I planned the field layout and purchased seeds. Parsley, leeks, and onions were sown in March and transplanted in the spring. Potato "seed" (a piece of potato with an eye on it) was planted at the end of April; we dug and stored the last of the crop on October 12th. The winter squash seeds were sown in the greenhouse in May, transplanted in June, and took until October to ripen and be brought in for storage. Many of the greens you will receive in your share box were sown in the summer.

This gives you a glimpse of not only what you are eating, but the time and planning it takes to get it from the ground to the kitchen. I welcome you all to visit the farm to see where your food comes from too. I hope that knowing more about *what* you eat will increase your enjoyment and appreciation when you eat.

Recipes

Oven Fries

Unpeeled, but scrubbed Rose Finn Apple Potatoes

1/2 teaspoon onion powder

1/2 teaspoon paprika

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/4 teaspoon pepper

Vegetable cooking spray

Cut potatoes into 1/4 inch thick slices; pat dry with paper towels. Combine next 5 ingredients in a large zip-top plastic bag. Add potatoes, shaking well to coat. Arrange potatoes in a single layer on a baking sheet coated with cooking spray. Bake at 425 for 20 minutes.

Parsley and Potato Soup

1 medium onion; chopped

1 teaspoon olive oil;

2 cup potatoes; chopped

1 cup sliced leeks; white only

4 cup stock;

1 teaspoon salt;

1/4 teaspoon white pepper;

2 tablespoons fresh chives; chopped



November 6, 2008

1/4 cup fresh parsley; chopped

In a large pot, combine all the ingredients except the salt, pepper, chives & parsley. Cover the pot & bring to a boil. Lower heat & simmer for 30 minutes. Cool slightly, then puree. Season with salt & pepper & garnish with chives & parsley.

Caribbean Pumpkin and Black Bean Soup

1 small to medium size winter squash
1 cup black beans
2 cans unsweetened coconut milk; (14-ounce cans)
2 cups vegetable broth or water
2 teaspoons ground cumin
8 tablespoons chopped fresh cilantro (optional)
4 teaspoons lime juice
1 1/2 teaspoons grated lime peel (optional)

Soak the beans in water overnight. Drain, rinse, and cook in fresh water until done. Drain. Cut the winter squash in half, length-wise, and remove any seeds. Place face-down on a baking sheet, and bake in a 350° oven until done. Peel the chunks of squash out of the skin. Put coconut milk and squash chunks into a blender, blend until smooth.

Bring broth to a boil. Add cumin, beans, 6 tablespoons of the cilantro, lime juice, and lime peel. Reduce heat to medium-low, add squash and coconut milk, and simmer 3 minutes to blend flavors.

Ladle soup into bowls. Sprinkle with remaining 2 tablespoons cilantro.

Buckwheat Soba with Miso, Squash, Smoked Tofu, and Basil *from www.molliekatzen.com*

Adapted from "[Mollie Katzen's Vegetable Heaven](#)"

One trip to the natural foods store should cover the entire shopping list for this unusual recipe, which combines the strong, fermented flavor of miso with pungent basil, smoked tofu, sweet squash and earthy buckwheat soba (Japanese noodles). Sprinkle the top with some lightly toasted pumpkin seeds for the perfect final touch.

1 rounded tablespoon white or yellow miso
1 1/2 cups hot water
2 teaspoons vegetable or peanut oil
2 cups sliced onion
1/2 teaspoon salt
2 to 3 cups peeled, chopped butternut squash or fresh pumpkin (about 1/2 pound)
1 cup smoked tofu, cut into strips (about 1/4 pound)
1/2 cup (packed) fresh basil leaves
1/2 pound uncooked buckwheat soba
Red pepper flakes
Lightly toasted pumpkin seed



November 6, 2008

Combine the miso and hot water in a small bowl, and mash with a spoon until the miso is mostly dissolved. (It doesn't have to be perfectly smooth.) Set aside.

Heat the oil in a large deep skillet or a sauté pan over medium-high heat. When it is very hot, add the onion, and sauté for about 5 minutes. Sprinkle in the salt, cover, and cook for about 10 more minutes over medium heat. Stir in the squash, cover and cook for 10 minutes longer, or until the squash is tender. Meanwhile, put up a potful of water to boil for the soba.

Stir the miso solution, tofu, and basil, into the sautéed onion and squash. Turn the heat way down, cover, and let it simmer very quietly while you cook the soba (5 to 8 minutes).

When the noodles are done to your liking, drain them thoroughly, transfer to a serving bowl, and pour the vegetable-miso mixture over the top. Toss with chopsticks or a large fork, adding red pepper flakes to taste as you go. Sprinkle the top with pumpkin seeds, and serve hot, warm, or at room temperature. Yield: 2 cups

Enjoy!