



January 8, 2009

Greetings CSAers,

We arrived at the farm this morning to see a sea where our cover crop used to be in the south field, and the creek ("Bloom's Ditch") on the north field boundary spilled over to cover half the north field. The water stretched out into Case Rd. near the Scott Lake store. When I stepped into the row to cut some greens for the chickens I sank in mud up to my knee. The chard that did so well up to mid-December is a flattened puddle of mush, now swimming in a few inches of water. The collards are high and dry though, they'll come back. The kale will too.

I walked out to investigate the north field flooding and found some of the garlic, already starting to pop up through a blanket of mulch, is now underwater. With a couple days break in the rain predicted, hopefully the water will recede before it dies. The bees likely won't fair as well. Half their hive is underwater and they have probably perished. We can't get out to the hive to check for sure without a raft!

The water is higher than we've seen it in our 7 years at the farm. But all our equipment and our building are safe. Once again, I'm thankful that we have a site outside the floodplain. Maybe all those rocks in the field aren't so bad after all, given the alternative of so much water. I am very grateful to our landlords, the Nelsons, for hosting our program on their (mostly!) dry farm.

What's in Your Box

Carrots - Healthmaster, very sweet!
Yellow potatoes
Red Kuri squash
Yellow onions - Copra

Sharon's Corner

Included in your box this week is a flyer inviting you to the annual meeting of the South of the Sound Community Farm Land Trust

(SSCFLT). Their mission is to preserve farmland in Thurston County and environs as farmland, for farming. The average bite of food consumed in America has traveled 1,600 miles to get to your plate. Preserving local farmland and local farm production reduces our consumption of oil, preserves food nutrients lost in transport, and keeps jobs in our own community. See the SSCFLT website at <http://www.communityfarmlandtrust.org/> for more info, and come to the meeting! There will be music and food. Bring your dancin' shoes and a dish to share.



[Ann serves on the board of the SSCFLT, representing Left Foot as a potential future tenant on farm land trust land. Left Foot's long term plan is to locate on land trust land where we can expand our acreage, add permanent crops (berries, fruit trees) and small livestock to our farm enterprise,



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and own our own buildings. Strong and growing community support for SSCFLT will bring that plan closer to reality.]

Recipes

Vegetarian Winter Squash Stew *This recipe was adapted from the Vegetarian Times Complete Cookbook, by CSA member Shanna, who says, "I always make a double batch. Any squash has at least 6 cups of flesh. Why waste the rest, you will surely eat all of this! This is the single batch, just double it and you are good to go. The single makes 4 large bowls of soup".*

1 onion, chopped
3 cloves garlic, minced
2 Tablespoons oil
3 cups peeled, seeded, chopped winter squash
2 potatoes
2 Tablespoons whole wheat flour
1/2 red pepper chopped into small pieces
2 cups of vegetable stock
2 tablespoons of prepared mustard
3/4 teaspoon cinnamon
2 Tablespoons of apple cider vinegar
1 cup mixed frozen peas and corn
1 cup sliced vegetarian sausage
Another $\frac{1}{2}$ onion, chopped

Cook the onion and garlic in the oil until onion is transparent (4 minutes). Add and cook the squash, and potatoes for 5 minutes. Slowly stir in the whole wheat flour, coating all of the vegetables. Add the red pepper, stock, mustard, cinnamon, and apple cider vinegar, and cook until the vegetables are tender (you will need to watch, and add water if the stew thickens before the veggie's are ready). Mash with a potato masher so some of the vegetables are broken up to make a creamy stew. Add 1 cup of frozen peas and corn (when I double the recipe I do not double these, and I like it better). Top with vegetarian sausage sliced and fried with additional onion, really tasty.

Enjoy!