



January 15, 2009

**Greetings CSAers,**

As we approach the end of our winter season, I am putting the last edits on the CSA form for 2009. It will be available on the web next week, so you can begin looking forward to another season of fresh, local, organic vegetables brought to you by the dedicated, hardworking crew at Left Foot.

**Where are the greens?**

They are still small but recovering from the cold of December. With warmer weather forecast, we hope to have a few greens for your boxes in the last two weeks of CSA.

**CSA Make-up Day - extended offer to all share members**

We have only two more weeks left, but wait! We are extending the season by one week. Tacoma share members who missed the December 18 share box, and those of you in Olympia who gave prior notice to skip the December 18 pickup due to snow: **We will deliver make-up shares on Thursday, February 5**, at the usual delivery sites and time. Other share members, if you would like to extend your season, you can purchase a box for delivery on Feb. 5 by sending us a check or pay by PayPal on the website at the original share prices (*on farm \$16, Olympia \$18, Tacoma \$22*). (If you use PayPal, note in the comment section the details of your order, e.g., "Feb. 5 delivery for Tacoma").



**What's in Your Box**

- Acorn Squash
- Rose Finn Apple fingerling potatoes
- Garlic
- Rutabagas -- after freezing and thawing, they are even more tasty! Steam and mash them with potatoes, or just by themselves with butter, salt and pepper. We had these for lunch at the farm yesterday, mmmm!



Lunch and conversation

**Beth's Farm News: What's Growing On**

Nothing like the new year to help us see things in a different light and be ready for change. Staff gathered on Tuesday for a full day of reflection and planning for the year ahead. As Left Foot enters its eighth year, we continue to evolve and grow to better serve our community.

Most of the water has left the fields, but the ground is still very soft. I'm looking forward to the drier weather ahead.



CSA Packing

At the farm, on Wednesday Shane, Jane and Ann built a new bin for storing worm castings while I made a trip to Yelm Earthworm Farm. We will use the castings in



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our potting soil. This afternoon Kelly, Shane and Michael worked on the new hoophouse in the south field. It will be ready in time for planting spring greens.

Tomorrow we are happy to be hosting a group of student volunteers from Komachin Middle School. They'll be pulling row covers from the field and mulching our native plants and perennials. These projects and more will continue on **Monday, Jan. 19, Martin Luther King Jr. Day**, when we will be joined by groups of volunteers from NOVA School, AmeriCorps and Washington Conservation Corps, as well as supporters from across the community. If you're looking for a meaningful way to spend the day in service, **come on out! Workparty begins at 10, followed by hot lunch.**



SOURCE: ASSOCIATED PRESS / WORLD WIDE PHOTOS

### Sharon's Corner

I treated myself to a new cookbook recently, Passionate Vegetarian by Crescent Dragonwagon (no kidding). It's over a thousand pages, not just of recipes, but tips and attitudes to take into the kitchen with you. There are suggestions such as when to double one ingredient preparation, and save half for a different recipe the next day. I also like her "Eternal Soup", from the time when her kitchen was unuseable due to a two year remodel! The soup included dehydrated bean flakes, vegetable broth, mixed vegetables, "something tomatoey", and water. Rotate different vegetables, add hot sauce, garnish with cheese, tofu, sour cream or yogurt. Keep it going in a crock pot. What a nice thing to come home to on a chilly winter evening.

### Recipes

#### **Peppery Pedregon Potato-Celery Root Soup**

- 2 teaspoons butter (or olive oil)
- $\frac{1}{2}$  large onion, finely sliced
- 4 cloves garlic, chopped
- $\frac{1}{4}$  teaspoon celery seed
- 1 celery root, peeled and diced into  $\frac{1}{2}$  inch cubes
- 2 medium potatoes, well scrubbed, diced into  $\frac{1}{2}$  inch cubes
- 5 cups vegetable stock
- $\frac{3}{4}$  to 1 teaspoon freshly ground black pepper
- Salt to taste
- 1 cup evaporated skim milk (or soy milk)
- 1 tablespoon cornstarch
- Yogurt or sour cream (optional)
- Minced fresh garlic chives or parsley (optional)
- 2-3 tablespoons cashew butter (optional)

Heat the butter in a soup pot. When the butter melts, add the onion, garlic, and celery seed and gently sauté over low-medium heat for about 5 minutes, or until the onion has started to soften.



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Add the celery root and potatoes, stock,  $\frac{3}{4}$  teaspoon pepper, and a little salt. Bring to a boil, turn down the heat to a simmer, and cook, half covered, until the potatoes and celery root are very tender, 30 to 40 minutes. Place the cashew butter in a small, heatproof bowl. Add a ladleful of soup, and whisk to mix the cashew butter into the broth. Return this to pot. Add all but 2 tablespoons of the evaporated skim milk, stir well, and heat through again. Smush the cornstarch into the remaining 2 tablespoons evaporated milk. When the soup is very hot, scoop a ladleful into the cornstarch mixture, stir, then add the mixture back into the pot. It should immediately thicken, just a bit. Remove from the heat and taste for seasonings. Serve topped with yogurt or sour cream and garlic chives or parsley.

Enjoy!