



January 22, 2009

Greetings CSAers,

One more week of regular delivery, and it feels like the season went fast! If you're like me, you have a freezer full of cooked squash for soups, bread and pies to last the rest of the winter and into the spring. **Reminder: make-up boxes on Feb. 5.** If you want one more box, let us know by the end of next week. They will be available to all members at the original prices.

We depend greatly on the big hearts in our community to keep our little farm operating and expanding. Last Sunday we had a visit from some of our best friends and contributors, the **Brotherhood Committee of the electrical workers union, IBEW Local 76.** They reviewed our electrical needs for the greenhouse and came up with a plan to get us wired for heat, light and fans. By mid-spring, thanks to their generous contributions of time and talent, we will have a fully functional greenhouse! They will be soliciting local electrical contractors and suppliers for donations of the materials needed, about \$3,000 worth of wiring and such. If you or someone you know is in the business and might be willing to donate some materials please call or email me. And if you know a union electrician, give them a hug for us!

What's in Your Box

- Assorted Winter Squash—the last of the sweet dumpling and kabocha, plus red kuri
- Potatoes—Romance, Yukon Gold, Rose Finn Apple
- Onions—the very last, please enjoy
- Parsnips
- Cabbage—January King



Beth's Farm News: What's Growing On

The community demonstrated its spirit of service this past week, and Left Foot was a grateful benefactor. Last Friday, students from Komachin Middle School arrived for a tour and to lend a helping hand. After discovering what kale and cabbage really look like, they helped move our adolescent chickens from their "apartment" in the work room to the "estate" of their larger coop. On Monday, NOVA School students sifted compost and mulched the garlic, and they put new layers of cardboard and wood chip mulch on the native plant border, and rhubarb and asparagus beds.

The cold and fog on Wednesday penetrated our bones, so we had even more reason than usual to keep moving, fast! Michael helped Kelly attach baseboards to the new greenhouse; Robert washed potatoes; Glenn and Shane collected compost and cardboard; and the staff added "cow wrangling" to our resume as we herded a calf out of our field.





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Inside, the staff are planning, organizing, discussing, purchasing and recruiting--all to make 2009 a successful year of growing plants and people.

Recipes from *Passionate Vegetarian* by Crescent Dragonwagon.

Norma and Powell's Glorious Garlic and Walnut Sauce for Broccoli (or cabbage)

about 1/4 cup Olive Oil, butter, or your chosen alternative

3 to 5 large cloves garlic, peeled and very thinly sliced

1/3 cup walnuts, chopped to the size of large crumbs

1 cabbage, sliced

Heat the oil (or butter) in a small skillet over medium-high heat. Add the garlic and cook, stirring constantly, until the garlic is deeply golden brown, but not burned. Assuming your oil is good and hot, this will be 30 seconds or less. Watch it carefully.

Add the walnuts and cook, stirring constantly, until the walnuts also brown just a little, and get infused with the garlicky oil, about 2 more minutes.

Pour the hot sauce over hot steamed broccoli (*cabbage*), adding a little extra oil if needed.

Cabbage T'horin

2 teaspoons mild vegetable oil, such as corn, canola, or peanut

1 onion, chopped

1 tablespoon black or brown mustard seeds

2 teaspoons sweet paprika

1 small head cabbage (about 1 pound), core removed, finely chopped into pieces no larger than $\frac{1}{4}$ inch on their longest side, preferably smaller

$\frac{1}{4}$ teaspoon salt

2 to 3 tablespoons water, preferably spring or filtered

1/3 cup dry, unsweetened coconut flakes (available at natural foods stores)

Heat the oil in a nonstick skillet over medium-high heat. Add the onion and sauté until softened, about 4 minutes. Add the mustard seeds and cook, shaking the pan often, until the mustard seeds begin to pop, about 3 minutes. Add the paprika and stir for 20 seconds.

Add the cabbage and stir well to combine and slightly sear the cabbage. After 20 seconds, add the salt, along with 2 tablespoons water, cover the skillet, lower the heat to medium-low, and cook 6 to 8 minutes, lifting the lid to stir now and then and adding an extra tablespoon of water if needed, until the cabbage is tender. (The dish should be dry - no liquid at all in the pan - though the cabbage will be moist.) Remove from the heat and stir in the coconut. Serve hot or at room temperature.

Enjoy!

