



November 12, 2009

Greetings CSAers,

Our first winter CSA box, and so far the weather is somewhat warm and tender greens are still holding. We did suffer some wind damage to the plastic on the big greenhouse, so we'll be working to repair that in hopes we can save the small greens planted there that we're hoping to deliver later in the winter. In any case, enjoy it while we can!

What's in Your Box

- Mizuna (mild Asian green, good for salads or stir fry), Mustards (good to spice up a salad) or Turnips (greens and roots are delicious fresh or stir fried)
- Potatoes
- Acorn Winter Squash
- Kale
- Carrots
- Lettuce Mix



Beth's Farm News: What's Growing On

Although the long-range forecast calls for a warm, dry winter, it seems to be preceded by a very wet autumn! Fortunately, we had a few dry days that enabled us to accomplish several projects. A crew from Cedar Creek put the plastic on our third greenhouse, sharpened all our tools, made repairs on a rototiller, and cut down herbs and perennials. Shane directed a potato digging project and spent the afternoon washing and sorting them. I filled our 20'x80' greenhouse with spinach transplants, with the hope they will provide us greens in the winter.



The warm weather keeps the cutworms -- caterpillars of different species of moths -- munching on our chard. On Friday afternoon, amidst rainbows, Katie and Trina helped cut out damaged leaves and killed the worms we could find.

As this is a time of year of transition, we mark another significant change as we bid farewell to Shane Hendren this Friday. Shane first arrived as a volunteer in 2008. Then we hired him as a job coach, and he has demonstrated continuous growth as a leader ever since. Assigned to the weekly compost run, he scouted out area businesses willing to donate cardboard for our endless mulching projects. I gave him long lists of errands and fix-it projects, and he completed them efficiently and resourcefully. A consummate cook, he directed several group lunches during the summer. He directed the Growing Partners in their last few days of work after our Youth Coordinator, Kelly O'Neil, left for Colorado. Shane developed meaningful relationships with the crew members, volunteers, and youth. I will truly miss his thoughtfulness, helpfulness,



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selflessness, and great sense of humor. We are excited for him as he moves back home to Vancouver, WA, to prepare to study special education in graduate school!

Sharon's Corner

Greetings, old customers and new! I am the one who plugs some of the pieces together to get this newsletter out. I also ransack cookbooks, internet cooking sites, and farm newsletters to collect recipes for you to try. If you have favorite sources, let me know at sharonsbirds@gmail.com.

Here are some suggestions for food related books from myself and the staff at Left Foot Organics.

These books and authors all have to do with food, food politics, or food ecology. [Botany of Desire](#), [The Omnivore's Dilemma](#), and [In Defense of Food: An Eater's Manifesto](#), are all by Michael Pollan. [Coming Home to Eat](#), by Gary Paul Nabhan, focuses on eating from where you live, in his case, from within a less than 300 mile radius. [The United States of Arugula](#), by David Kamp, looks at the historical development of the "gourmet" food movement in the United States, from Julia Child to Chez Panisse. Also, check out the web site of Marion Nestle, who is the Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health, and a Professor of Sociology at New York University. (Particularly interesting was reading about food related publicity campaigns). Books about nutrition include [Lunch Lessons: Changing the Way We Feed Our Children](#), and [The China Study](#). Recipe books include [Farmer John's Cookbook: the Real Dirt on Vegetables](#), Bert Greene's book [Greene on Greens: Artichokes, Beets, Kohlrabi, Okra, Potatoes, Tomatoes, Zucchini, and More](#), and Alice Waters book, [Chez Panisse Vegetables](#).

Recipes

Potato, Onion, and Roquefort Soup *this soup is not quite for dieters—it will dazzle you with its rich, deep flavors. It's very filling, so if you're serving it as a first course, a small cup is plenty. If you're not a fan of Roquefort cheese, you can substitute Gruyère. Angelic Organics Kitchen.*

3 tablespoons unsalted butter

2 medium onions, thinly sliced

1 teaspoon minced garlic (about 2 cloves)

3 medium boiling potatoes (about 1 1/2 pounds), peeled, cut into 1-inch chunks

2 cups chicken or vegetable stock plus more if needed to thin the soup

1 cup half-and-half

1/3 cup cream

1/2 cup crumbled Roquefort cheese plus more to taste

salt

freshly ground white pepper

Melt the butter in a large saucepan over medium-high heat. Add the onions; cook, stirring, until the onions are limp but not brown, about 15 minutes. Add the garlic; cook for 30 seconds more. Add the



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potatoes and stir until well coated with butter; cook for 5 minutes, stirring them up a few times. Add 2 cups stock and bring to a boil. Reduce the heat, cover, and simmer until the potatoes are tender, 20 to 30 minutes. Remove from heat and let cool. Add the half-and-half and the cream; gently reheat the soup, but do not boil. Stir in 1/2 cup Roquefort cheese. Transfer the soup to a blender or food processor in batches and purée until smooth. Thin with additional stock if necessary. Season with salt and pepper to taste. Garnish with additional cheese if desired and serve hot or cold.

Kale and Walnut Pesto *This version of pesto is particularly good over roasted potatoes, but it works great over pasta, too. If you plan to freeze it, add the cheese only after the pesto has thawed, when you are ready to serve.*

1/4 cup chopped walnuts
1 tablespoon plus
1/2 teaspoon salt, divided
1/2 pound kale, coarsely chopped
2 cloves garlic, minced (about 1 teaspoon)
1/2 cup extra virgin olive oil
1/2 cup freshly grated Parmesan
cheese (about 1 1/2 ounces)
freshly ground black pepper

Toast the chopped walnuts in a dry, heavy skillet (preferably cast iron) over high heat, stirring constantly, until they start to brown in spots and become fragrant. (Be careful not to overtoast them, as they will burn very quickly once they are toasted.) Immediately transfer the walnuts to a dish to cool. Bring two quarts of water to a boil. Add 1 tablespoon salt, then add the kale. Cook kale until tender, about 10 minutes. Drain. Put the garlic, walnuts, and kale in a blender or food processor; pulse until well combined. With the blender or food processor running, pour in the olive oil in a steady, smooth, pencil-thin stream. When the ingredients are thoroughly combined, transfer to a bowl. Stir in the Parmesan, remaining $\frac{1}{2}$ teaspoon salt, and pepper. Serve hot.

Enjoy!