



November 19, 2009

Greetings CSAers,

This Saturday is our last farmers market, at Proctor in Tacoma. It's the real beginning of our winter season as we cut back to a two-day week at the farm. The whole crew will work Wednesdays and Thursdays from now til late March or early April when we start field preparation and planting for a new season. There will be plenty to do over the winter with our deliveries to you, to the Coop, and starting in January to the Thurston County Food Bank. The Food Bank has purchased 25 winter CSAs as a pilot project, to introduce more food bank consumers to fresh, organic, local produce in the winter when produce donations are at their lowest. The Food Bank raises money to buy food during these times, and their consumer surveys show that people want access to more produce. We are thrilled to have this opportunity to serve food bank consumers, and to keep our crew busy working through the winter. It's a win-win-win arrangement: more produce for hungry people, more income for us, more work for our crew. These are the partnerships that build a strong local food system. We look forward to many more opportunities to team up around our mission of growing good food, and people!

What's in Your Box

- Delicata Winter Squash *try [Winter Squash Braised in Apple Cider](#)*
- Parsnips (*how about [Cashew Mushroom Loaf?](#)*)
- Red Onions
- Green Cabbage
- Lacinato Kale
- Potatoes



Beth's Farm News: What's Growing On

During this wet week water management has been one of our priorities at the farm. John got some practice driving the truck as he and other volunteers dumped wood chips into the roadway in the south field. Two new volunteers from Evergreen State College teamed up with Brett and crew to dig a ditch that drained water pooling up by the compost area. They all earned our "Corps of Engineers" Award for great persistence!

I'm relieved to see the bright green tips of rye grass germinating in open areas of the field. This cover crop will grow throughout the winter, stabilizing nutrients and preventing erosion. Jane and Corinne have been cutting down the dead stalks of perennials as we continue winter farm clean-up.

Sharons corner

Beth's comments on water management remind me of the many challenges we've had on the farm with water issues this year. The last thing I remember about water problems was the difficulty of keeping things watered during 100° temperatures! And before that, there was the near disaster of the irrigation well pump going out during our first heat wave in June. That cost us \$5,000 out of our emergency funds to replace. And last spring there was a major leak in an old water pipe we



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didn't even know existed. That required much digging to find the actual leak, and then repairs while sitting in a hole, under a fence...quite an adventure. We would all love the water to be where we want it, when we want it, and in the correct quantities. But nature has its way with us. It just doesn't come that way in farming.

Recipes

Parsnip Chips

Olive oil

Parsnips

Seasonings of choice

Scrub the parsnips. Slice into 1/8 inch thick slices. Toss in a bowl with Olive Oil and seasonings. Spread on a cookie sheet and bake in a 475° oven for about 10 minutes, turning once.

Warm Cabbage, Onion, and Apple Slaw

1 medium onion

1 medium cabbage

2 large crisp, sweet apples

Oil

Salt and pepper

Vinegar

(Optional--cinnamon or allspice, mushrooms)

Peel and slice the onion very thin. Trim the cabbage, core it, cut in half, and slice into fine shreds. Peel, core, and slice the apples very thin. In a large sauté pan, heat a little oil and sauté the onions. When they are translucent and just beginning to brown, add the apples. Sauté about 1 minute until everything is sizzling, then add the cabbage, the seasoning, a dash of vinegar, and a little water. Stir on high heat just long enough to barely heat the cabbage. It should retain a little crunch.

Enjoy!