



December 10, 2009

Greetings CSAers,

Beth's news comes first in this issue, so we can get right down to talking about the weather, our favorite topic! The chill also calls us to contemplate the meaning of CSA: investing in a farm and sharing in the rewards *and the risks* with the farmer.

Beth's Farm News: What's Growing On

Last Week: On a clear, chilly Thursday morning, forty-five students from Evergreen's "Dreaming the Dreamer, Awakening the Dream" program arrived at the farm to volunteer. They enthusiastically worked with our crew, cutting down blackberries and thistles and adding cardboard and loads of wood chip mulch to our native plant border in the south field. We so appreciate them! It was fun to hear them shout "YES!" to all of us at the end of the day--their way of showing thanks.

After the students left our crew dug potatoes in the afternoon. In the course of an hour, they dug about 250 pounds of yellow finns that went into the cooler. Besides the occasional comment of "It's cold!" I didn't hear a grumble or complaint. The sunshine, a heated greenhouse to escape to during lunch, camaraderie, and lots of hot chocolate kept us warm and happy to be working.

This Week: Everything above the ground, and 6 inches deep in the soil, is frozen. Mother Nature changed our plans to include cabbage, parsnips and tat soi in this week's share. We cancelled work for the crew; we can't harvest or keep fingers and toes safe in this cold. Staff are on the job though, keeping water running inside the building and providing supplemental heat and bedding for the chickens. And those hardy hens continue to lay!

As temperatures warm to 40 degrees and above (frozen fingers crossed for next week!), many of the greens will begin to grow back. This relationship of growing and eating locally and sustainably is made up of hard work, trust, and hope. Please know that we will continue to do our best to bring you as much fresh, organic produce as we can coax out of the sweet ground this winter!

What's in Your Box

- Yellow Onions
- Winter Squash—Sweet Dumpling
- Potatoes



Last week I cut thin slices of sweet dumpling, skin on, about 1/8th inch thick and fried them til they had crispy edges and began to brown (they were partly crispy and partly soft at this point). I used just enough canola oil to immerse the slices in the skillet, and heated it to medium high, but not smoking. A great snack!



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Recipes

Potato Latkes *just in time for Hanukkah*

- 2 cups peeled and grated potatoes
- 1 tablespoon grated onion
- 3 eggs, beaten
- 2 tablespoons all-purpose flour
- 1 1/2 teaspoons salt
- 1/2 cup peanut oil

Place the grated potatoes in cheesecloth and squeeze out as much moisture as possible. In a medium bowl stir the potatoes, onion, eggs, flour and salt together. In a large heavy-bottomed skillet over medium-high heat, heat the oil until hot. Place large spoonfuls of the potato mixture into the hot oil, pressing down on them to form 1/4 to 1/2 inch thick patties. Brown on one side, turn and brown on the other. Let drain on paper towels. Serve hot, decorated with applesauce, sour cream, and chopped green onions.

Variation: add grated winter squash, carrot, garlic, beet (preferably golden or chioggia, varieties that do not bleed), alone or in any combination.

Australian Pumpkin Soup

- 8 cups water or vegetable stock
- 6 cups peeled and cubed winter squash
- 1 large onion, sliced
- 1 leek, sliced
- 1 Tablespoon peeled and minced fresh ginger
- 2 cloves garlic, minced
- 1 Tablespoon curry powder
- 1 Tablespoon fresh thyme leaves (or 1/2 teaspoon dried thyme)
- 2 bay leaves
- 1 package tofu, cubed
- 1/4 cup white or yellow miso
- Chopped fresh chives or parsley

Bring ingredients except tofu and miso to a boil in a large pot. Once boiling, cook over medium heat for 30 minutes. Let cool. Add tofu and miso. Puree well in the container of a blender. Pass through wire mesh strainer to remove any fiber. Garnish with chopped chives or parsley.

Enjoy!