



January 7, 2010

Greetings CSAers,

Happy New Year! We've come back from our break to see some greens still hanging on in the field, though it will take a few weeks of lengthening days for new growth to take hold again. We're hoping to have greens back in your shares for February.

Spend MLK Day With Us!

Here's a chance to see what's up at the farm, and spend a day helping out with some winter projects. We will host a volunteer work party from 10 to 3 on Monday, January 18—Martin Luther King Day. We'll spend a couple of hours on mulching, gleanings, clean-up and other farm tasks in the morning, have a hot lunch (one of our famous soups), and finish up in the afternoon. Call or email Kirk, 754-1849, volunteer@leftfootorganics.org for more info, and to let him know how many folks to expect for lunch.

What's in Your Box

- Leeks
- Potatoes
- Winter Squash—Red Kuri
- Garlic
- Carrots (this was our plan, but the freeze in December did too much damage to the roots)



Beth's Farm News: What's Growing On

Welcome back! We've been having a restorative break and are gearing up for another great year. I spent the last day of 2009 working with a volunteer crew from Cedar Creek Corrections Center. In the pouring rain, we put up a new plastic cover on our big greenhouse, and made repairs to two other greenhouses. Ann came out and poked through the leeks, which immediately after the hard freeze looked mushy. Now they are beautiful and tasty! If there's one thing I love about plants the most, it's this perseverance.

Whether they re-grow from a freeze, fling their seed far and wide, or root along a stem, plants find ways to keep on going through the ups and downs that Nature throws at them. I hope you find inspiration in your plants this year, whether you eat them or admire them. Happy 2010!

Recipes

Baked Kuri Squash with Leek and Apple Stuffing

- Kuri squash
- Leeks-cleaned and diced
- Apple-tart variety, diced
- Olive oil or butter
- Salt and pepper to taste



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Brown sugar, honey, brown rice syrup, or maple syrup (optional)

Cut off the top of the squash like Halloween pumpkins. Clean out the inside, and bake the seeds ([Baked Squash Seeds](#)). Fill the center with the diced leek and apple. Drizzle a bit of oil or dot a bit of butter over filling. Drizzle or dot sweetener over filling. Add salt and pepper to taste. Put their caps back on, and bake at 350°F until tender, 20-40 minutes.

Enjoy!