



January 21, 2010

## Greetings CSAers,

What a way to start the new year. Mother Nature dealt us another blow last weekend. The high winds tore the new plastic off the big hoophouse and damaged the frame, only 3 weeks after the Cedar Creek crew replaced the old plastic that came down in the November winds (see below, in Beth's farm news). Then we began our MLK Day volunteer workparty without electricity. It could have been a downer, but the weather was dry and warm and the power came back on before noon. The day was saved by about 35 volunteers in good spirits and hot soup for lunch. Volunteers accomplished many much needed tasks:

- weeded and mulched perennial borders and cut flower beds,
- removed farm garbage from last season (mounds of plastic mulch and drip irrigation tubing),
- cleaned the chicken pens,
- dug potatoes,
- built a farm-size worm bin
- set posts and framed a new covered tool storage area outdoors.

Our deepest thanks to the brave, hearty souls from SPSCC, AmeriCorps, Westminster Presbyterian, Komachin Middle School, YouthBuild and many others on their own who joined us on Friday and Monday.



We have an exciting partnership  
YouthBuild program, a new



with the  
project of

Community Youth Services and New Market Vocational Skills Center. They help at-risk youth who have dropped out of high school to earn a GED, and give them hands-on training to start a career in the construction trades. Tim Stender, the Youthbuild instructor at New Market, approached us for a building project for his students. We asked for a shed roof and tool rack on the side of our building where we can store tools out of the weather. Gray Lumber of Tacoma donated the materials. This is a project we've been dreaming of for the past two years. I'm so grateful to have their help!

The YouthBuild crew on the job.



## What's in Your Box

- Potatoes
- Yellow Onions
- Parsnips
- Delicata Squash





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**Beth's Farm News: What's Growing On**

Moving compost and wood chips was the theme of our one dry work day last week. Caleb, Joe, and John turned a few mini-mountains of compost and made a new pile from food waste collected from local businesses. The wet weather saturates the piles, slowing the decomposition process, so it was a huge help to have them turn and aerate the piles. In a few weeks, we'll be applying the finished compost to beds in a nearby greenhouse.

Katie and Trina worked vigorously at transporting wood chips to our big greenhouse and laying down a mulch layer around the outer edges. A few weeks ago, the crew from Cedar Creek Corrections Center put up new plastic on that house in the pouring rain, and we created a lot of mud. The wood chips will help keep the soil in place and make that area less slippery.

Inside, I'm pouring over seed catalogues and making many planning decisions for the upcoming growing season. We are in the process of hiring a production assistant and two new crew leaders. I'm excited to see what new talent and energy will come our way. In the middle of winter, we are actually quite busy!

**Teaching Diversity at Left Foot**

Left Foot welcomes many students from local colleges and universities to experience inclusion on the job. They come as interns, workstudy students, and volunteers. They come singly or with their entire class. They are students of agriculture, horticulture, human services and other fields.



Caleb, Evergreen student, and grower Glenn digging a border around the hoophouse



Robin and Corine, SPSCC students, weeding perennial herbs



Erin, Evergreen student, washing parsnips for CSA

Whatever their backgrounds and educational objectives, while they are with us they are immersed in inclusion, Left Foot's "no barriers" approach to working and learning. We value the hard work, open hearts and minds, and enthusiasm they bring to the farm. Here are a few of them.



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**Recipes**

**Parsnips and Potatoes Baked in Winter Squash Bowls.**

- 1 medium squash (delicata, acorn, kabocha or other similar variety)
- 2 medium potatoes, scrubbed and cut into 1-inch pieces
- 1 parsnip, washed and chopped into 1-inch pieces, peeled if desired
- $\frac{1}{4}$  cup milk
- Salt and pepper to taste
- 1 tbsp butter (optional)

Preheat oven to 350 degrees F.

Half squash crosswise, remove seeds and place cut side down in a large baking pan; add  $\frac{1}{4}$  inch of warm water to pan and bake until tender, 30-45 minutes; remove squash and set aside. Add potato and parsnip pieces to boiling water and cook 6-8 minutes or until tender. Drain and place in a large bowl. Scoop out some of the pulp from the squash, being sure to leave at least a  $\frac{1}{2}$  inch shell so that the squash keeps its shape. Add pulp and half the milk to the potato mixture and mash with a fork -- it will be a little lumpy. Add remaining milk as needed to achieve the consistency of mashed potatoes. Season with salt and pepper, and add butter if desired. Using a paring knife, trim the bottom of each squash half so that they will sit steadily cut side up, making "bowls." Fill each squash bowl with potato mixture and place back into baking pan. Cover squash with a foil tent and bake at 350 degrees F for 30 minutes, or until heated through.

Enjoy!