



February 4, 2010

### **Greetings CSAers,**

This is the penultimate winter CSA delivery, and still the collard and kale leaves are tiny. But they *are* growing, and so it is our intention to include them in the last delivery 2 weeks from now. What a winter. I certainly won't mind if we never have single digit temperatures for 4 days in a row again!

Here's a photo of the damage done by the high winds we experienced a couple weeks back. Before the wind tore the new plastic clean off the hoophouse, it caused the frame to twist and bend in several places. You can barely see the little spinach plants inside that managed to survive both the freeze and this beating. Plants are indeed amazing.



I do hope you are enjoying a good root roast at least once a week. The Left Foot board had dinner together last week, and we managed to eat a huge roasting pan full of everything in your box this week, with plenty of garlic and olive oil.

We have been very busy interviewing and hiring new staff these past two weeks, getting ready for the coming production, and program, season. We completed the process today. I'll tell you about all of our new hires in the next newsletter. It's very exciting to have so many eager, capable people to work with. I'm really looking forward to seeing all we'll be able to accomplish together.

### **What's in Your Box**

- Winter squash--Red Kuri, Sweet Dumpling
- Potatoes
- Parsnips
- Red Onions



### **What's Growing On:**

With the warmest January in recorded history behind us, we continue to gear up for the season. The warm weather helped the garlic emerge earlier. Their first leaves look like green rabbit ears poking up from the ground. I've been finalizing seeding schedules and ordering fertilizers and manure. Jane and Kirk took the growers on a field trip to visit the local businesses where we pick up materials for composting (Blue Heron Bakery, Westside Coop, Batdorf and Bronson, Dancing Goats). They also visited GRuB (Garden-Raised Bounty) and squeezed in a little bowling at lunch! A great winter break that helped them see how Left Foot is connected to the larger community.



**February 4, 2010**

**Recipes**

**Lamb and Winter Squash Soup**

2 T. olive oil

1 onion-thinly sliced

2 lamb chops, meat removed from bones and cut into bite-sized pieces

1 medium sized winter squash (such as Kabocha), or several small ones (such as Red Kuri), peeled, cut up and with seeds removed

1 can (14 oz.) coconut milk

Water

Curry powder (optional)

In a cast iron or other heavy bottomed soup pot, sear the lamb pieces in olive oil over medium high heat. Turn the heat to medium, add the onion and sauté until soft. Add the cut up squash, coconut milk, curry powder, and water to cover. Bring to a near boil, then cover and simmer until squash is soft. Serve over rice.

Enjoy!