



June 10, 2010

Greetings CSAers,

Week 2 and we are still in early spring mode according to the weather. But no matter, the greens are very happy. A few announcements:

Save the date! Left Foot's 5th annual Fun Farm Formal Dinner and Auction event is on Saturday, October 9. Tickets will go on sale in July (stay tuned). This year we are offering a discount to earlybirds—\$40 each or \$75 for two tickets purchased by September 1. After September 1 tickets will be \$45 each.

Fruit shares. The cold late spring has slowed down the first fruit harvests, so stay tuned for announcement of our start date.

Egg shares. We still have eggs available, \$4.25 per dozen. You can let us know any time if you'd like to sign up for eggs each week or every other week (to match your pick-up schedule).

Thanks All!
Ann V.

What's in Your Box

- Lettuce—romaine, butterhead, oak leaf, or red leaf (pictured here)
- Kale—Siberian (pictured here) or Red Russian
- Red Giant Mustard
- Bok Choy
- Herb—Sage, Oregano, Tarragon or Thyme (pictured here)



Beth's Farm News: What's Growing On

We've had almost an inch of rain in the first week of June, a bit different from last year when it spiked up to 90 degrees at this time. The rain helps prevent the greens such as kale, lettuce, and mustards from bolting (sending up a flowering stalk), and makes the foliage lush and tender. Claire, our new Production Assistant, led a crew in transplanting beets. Our first succession of beets, planted in April, are looking the best ever and will hopefully be ready as baby beets in a few more weeks. The Growing Partners helped me transplant lettuce, bok choy, and tat soi on Saturday. Ben and Jennifer also learned how to lay out drip tape. In the few moments of clear weather I zoomed around and sowed rutabagas and parsnips to prepare for fall and winter. The wet weather has delayed soil preparation for corn and squash so there is a lot of catch-up to do in this coming week as the weather hopefully clears.



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Recipes

Herb-Roasted Chicken

- 2 tablespoons butter
- Fresh herbs, 4 tablespoons minced (reserve 1 tablespoon for outside of bird)
- 1 clove garlic, crushed
- 1/8 teaspoon freshly ground black pepper
- 1 whole chicken
- 1 onion, peeled
- 2 cups liquid (chicken, mushroom, cooking wine, apple cider)

Preheat oven to 375°. In a small bowl, combine the butter, 3 tablespoons herbs, garlic and pepper. Carefully loosen the skin from the chicken breast, being careful not to tear it. Spread half of the herb-butter mixture under the skin; rub the rest on top. Sprinkle the reserved herbs over the bird. Place the onion in the cavity, and tie legs together with kitchen string. Place the chicken on a rack in a roasting pan and pour liquid into pan. Cover pan with foil and roast for 1 hour. Uncover chicken and roast until juices run clear when meat is pierced, about 40 minutes longer. Transfer to serving platter and let stand for 15 minutes before carving.

Frittata with Mustard Greens and Fontina Cheese *courtesy of Terry's Berries Farm, Tacoma*

- 2 tablespoons olive oil
- 2 small bunches mustard greens, stems trimmed, leaves cut into 1-inch wide strips
- 1 tablespoon finely chopped garlic
- 4 large eggs, beaten to blend
- 1/2 cup diced fontina cheese

Preheat broiler. Heat oil in medium broiler-proof skillet over medium-high heat. Add greens; stir until wilted and tender, about 2 minutes. Add garlic; stir 1 minute. Sprinkle generously with salt and pepper. Pour eggs over greens; stir to blend. Sprinkle with cheese. Cover skillet; cook until frittata is almost set but top is still runny, about 2 minutes. Place skillet under broiler. Broil until top is set and cheese bubbles, about 1 minute. Cut around frittata to loosen. Slide out onto plate.

Enjoy!