



July 22, 2010

### **Greetings CSAers,**

Lots of changes happened quickly at the farm, and I'm still catching up! The Growing Partners started their summer jobs 3½ weeks ago. Now there are 7, ranging in age from 15 to 18: Ben, Eddie, Erin, Jennifer, Jeremy, Jesse, and Marcus. We've also welcomed two new crew leaders this month, Lauren and Beth.

The Growing Partners and a few of us staff went Tuesday after work to take the food handlers exam and get our cards. The county provides a great basic food safety workshop before the exam, and the food handlers permit is one of the credentials the youth will take away with them from their summer at LFO. The contents of your CSA box are not classified as "ready to eat" for the purposes of food safety regulation. However, we feel it's important for everyone on the farm to understand how the way they handle the produce can affect you, our customers.

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

- Cabbage—green or red
- Carrots (*How about [Gingered Stir Fry of Snap Peas and Carrots?](#)*)
- Peas—snap or snow
- Swiss Chard
- Mustards or Mizuna
- Basil or Parsley or Cilantro
- Lettuce



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

Weeding, harvesting, and more weeding was the driving rhythm of this past week. Lauren, Jesse, Jeremy, and Erin learned how to pick peas. Beth Pushard -- our new crew leader -- along with Trina, Eddie and Meru diligently weeded the squashes, cucumbers, and beans. Claire spent an entire day thinning parsnips and saving the rutabagas from drowning in a sea of weeds. Kirk, Ben, and Michelle learned how to harvest broccoli and beets.

On Saturday, the Growing Partners and some volunteers quickly pulled, hauled, washed, and stacked the Inchelium Red garlic in less than two hours! Great work, and a great relief to have that job done. It will now cure for four to six weeks to concentrate the flavors and make it suitable for storage. We will pull our two other varieties of garlic in the next two weeks.

I spy white flowers on the bush beans, signaling the start of the bean-eating season in about two weeks. Nature determined that they come two weeks later than planned. The cool weather from mid-May on has definitely affected the timing of our crops and that of many other farmers (the Governor recently declared disaster status for several agricultural counties in the state due to the cold spring affect on the crops). I'm seeing tiny green and yellow zucchinis, too, so hopefully we'll be picking summer squash by the end of the month.



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### Meet the Crew

Hi, my name is Trina and I am a Grower at Left Foot Organics. I help transplant, weed and harvest your vegetables and flowers. I helped to pack your CSA box, I sell vegetables and flowers at the farmers markets. I work all year round. In the winter I am working on getting the fields ready for planting and in the spring I get to do one of my favorite jobs, transplanting. One of my goals is to get better at counting money. I got help from farm assistant Claire when we worked at the Tumwater market together. I really like meeting new people here and meeting all the CSA customers who come to the farm to pick

up their boxes. You can introduce yourself to me when you come on Thursday afternoons. Jane will take my picture so you will know who I am. Thank you for being our CSA members!

### Sharon's Corner

Don't forget, [Pesto](#) can be made out of many herbs, not just basil. I think that it is easier to make in a food processor, rather than a blender. Also, I substitute raw, shelled sunflower seeds for the more luxurious pine nuts or walnuts.

### Recipes

**Coleslaw with Cilantro and Chives** " *There is almost nothing better to do with a young, fresh head of cabbage than to make it into a fluffy slaw. It's refreshing on a hot summer's day and pairs nicely with all kinds of fresh raw vegetables. Here we simply accent the cabbage with cilantro and chives, but you can add julienned carrots, bell peppers, celery, or whatever crunchy fresh vegetable you like.*" Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics.

4 to 6 cups shredded cabbage (green, red, or a combination) (2 to 3 small heads)  
1/4 cup minced cilantro  
1/4 cup chopped chives  
3 tablespoons extra virgin olive oil  
3 tablespoons white wine vinegar  
2 tablespoons sugar  
1 teaspoon salt

Toss the cabbage, cilantro, and chives in a large bowl. Refrigerate, covered, for at least 1 hour or overnight. When ready to serve, mix the oil, vinegar, sugar, and salt in a small bowl until well combined. Pour the dressing over the chilled cabbage mixture. Mix well just before serving.

Enjoy!