



July 1, 2010

Greetings CSAers,

I am back and happy to see growth on the farm. I'm also thrilled to have five new young faces and hands on the farm. These are the rural youth who participate in our **Growing Partners** youth employment and development program. Jesse, Erin, Jennifer, Ben and Eddie have spent eleven Saturdays interning on the farm during the spring, learning about organic growing and Left Foot's mission. They staffed the annual May Plant Sale and learned marketing and money handling skills. They studied CPR and learned about communication and intellectual diversity. Now they are regular, paid crew members for the summer, working with Growers with disabilities Tuesday through Saturday, 9am to 3pm. You will see them there in the fields, and at the Tumwater, Dupont and Proctor Farmers Markets. Starting next week the Growing Partners and Growers will add their voices to this newsletter. Look for them here under the heading **Meet The Crew**. And when you see them on the farm or at market, please let them know how important their service is to you, and to the whole community.



Eddie, Ann and Meru at Tumwater Farmers Market Wednesday.

Left Foot Open House, July 30th 6-8PM

Are you new to Left Foot, or maybe been a member for a while but not gotten personally acquainted with us? Then here's your chance to see the farm, hear first hand all about our organization, and enjoy a glass of wine and hors d'oeuvres ON US! Be our Guest! Absolutely Free—leave the checkbook at home. Space is limited though, so we need you to reserve your spot.

RSVP by emailing Open House Volunteer Gene St.John, father of long-time Grower Michael St.John, at 6saints@comcast.net.

THANK YOU, and we look forward to seeing you!

What's in Your Box

- Nappa Cabbage or Tat soi (bunched at lower right in photo)
- Chard or Spinach
- Lettuce — Butterhead right in the middle, Mmmm!
- Kale — Red Russian here, with the purple rib, upper right
- An herb — basil (bottom center of photo), mint, or cilantro





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Beth's Farm News: What's Growing On

Thanks to the help of Kirk, Claire, and our new crew leader, Lauren, we planted all the cucumbers, summer squash, and winter squash last week. We use a plastic solar mulch around the plants to help keep their roots nice and toasty even during this cooler-than-normal weather. Erin, Sheila, Kathleen, and Stevie continue to meticulously weed the carrot beds, while Kirk and several volunteers weeded the potatoes. Richard and Bob sifted compost and mulched leeks and sweet onions. The sweet peas have started to bloom, presenting a wall of fragrance and color at the entrance to the farm. Tyler and Stevie trellised the tomatoes, which are doing quite well in our greenhouses along with the peppers and eggplants. With the summer solstice behind us, plant growth begins to hasten and we strive to keep up with it all.

We bid farewell to crew leader Tyler Williams, who will be moving to eastern Washington to conduct fish habitat surveys for the Department of Ecology. With his strong leadership and positive attitude, he has been a huge asset to Left Foot Organics this past spring. He eagerly and quickly took on irrigation projects and served as an excellent role model to the Growers. Although we're sad to see him leave, we are so grateful for his work and excited to see him pursue his career!

Recipes

Nappa Cabbage Wrap

If you are lucky enough to get Nappa Cabbage this week, use it for a sandwich, instead of bread. Kind of a wrap, using the Nappa Cabbage leaves as the wrapper. You could try many savory sandwich layerings, but sundried tomatoes in olive oil, basil leaves, and cheese, either Feta or Parmesan, comes to mind. I really enjoy the crisp, crunchy texture of Nappa Cabbage, and it's flavor is so mild, I usually use it raw.

Swiss Chard or Spinach Calzone *Calzone are turnovers made with pizza dough and a filling. They allow for tremendous creativity; you can make small ones for individual servings or large for slicing.*

- 1 bunch Swiss Chard or Spinach, washed
- 3 tablespoons olive oil
- 1 small onion, finely chopped
- 2 large cloves garlic, minced
- Salt and pepper to taste
- 1 lb. ricotta cheese
- 2 eggs
- 4 large basil leaves, cut coarsely
- 1/4 cup grated Parmigiano cheese
- 2 Tablespoons unbleached flour
- 1 pound pizza dough, at room temperature
- 2 Tablespoons coarse cornmeal



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Cut off and discard bottom few inches of tough chard or spinach stems. Coarsely chop leaves and thinly slice stems; separate. Heat oil in large skillet; add onion, garlic and stems, salt and pepper. Stir, cover and cook over medium heat for 5 min. stirring occasionally. Add chard or spinach leaves, recover and cook, stirring occasionally for 7 more minutes. Drain mixture in colander. In large bowl, add ricotta, eggs, basil, and Parmigiano cheeses. Combine well and taste for seasoning. Preheat oven to 375 degrees. Lightly oil large cooking sheet and lightly sprinkle with corn meal. Scatter flour over flat surface and roll out pizza dough into an 18-inch square. Spoon filling onto right half of the dough, leaving one-inch boarder around the edge. Lift left side of dough to cover right side; press edges to seal dough. Carefully transfer the Calzone to the cornmeal covered baking sheet. With a sharp knife cut three one inch slits in top of pastry. Bake Calzone for 55-60 minutes, or until golden brown.

Enjoy!