



July 8, 2010

Greetings CSAers,

Now we should begin to see some vigorous growth on the heat loving crops—hope it keeps up!

Cherries for bulk order

The beautiful Rainier cherries in the fruit shares this week are available for order next week (for pick up beginning on Tuesday, though I can also deliver to the Proctor Market in Tacoma on Saturday). OPMA is offering them for \$60 per 15 lb. box. This is an incredible deal for **certified organic** cherries. Order by emailing me at ann@leftfootorganics.org by tomorrow night, Friday.

Meet the Crew

My name is Merutsuki Inuyoukai. I'm 19, and this is my second summer on the farm. I work at Left Foot for the farm food [yummy!], and for others [coworkers]. I like all do here, but I don't like pick up bad plant [thistles, ouch!]. I graduated from high school this year, and in September I will go to the deaf college in Vancouver.



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We are so proud of Meru and all she has accomplished in her short life. Meru's first language is ASL, American Sign Language. She is a great cross cultural communicator. She has inspired us to hold a weekly ASL class on the farm. Beth leads, and Meru adds guidance on variations and colloquial expressions. We learn a few new signs each week. Everyone participates, and the Growers and Growing Partners practice in the field, and even on the way home on the bus! Meru and I staffed the Tumwater market together last week. She is so much fun to work with! She taught me the sign for 'weird' (in reference to my weird self). Having Meru in our community enriches all of us, and is one of the many expressions of diversity that we cherish and celebrate daily on the farm.

What's in Your Box

- Kohlrabi
- Fresh Onions—Sweet, Red, and Yellow.
These are young onions, before the bulb forms. Use them just like bunching onions or scallions, they have a wonderful fresh flavor!
- Lettuce
- Kale or Broccoli
- Swiss Chard
- Bok Choy





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Beth's Farm News: What's Growing On

Having the Growing Partners working five days a week now helps pull us out of some weedy disasters that always creep up in June. Crews weeded and thinned beets and unburied some cut flowers.

Lauren, Erin, Jesse, and Michelle transplanted another succession of beets and lettuce. On Saturday, four volunteers and the Growing Partners weeded the basil and helped transplant celery and celeriac. The first two rows of peas are in full bloom and we will start picking soon.

Our work-share members, Erin and Sheila, are diligently weeding the carrots and the paths around them for several weeks. Robin, our work-study-student-now-intern from SPSCC, has been granted the task of saving the green onions from being drowned in a sea of Lady's Thumb, a very prevalent weed on the farm. When you see carrots and green onions in your box, you will have these volunteers to thank!



Recipes

Simple Summer Salad

- Lettuce—washed
- Kohlrabi—peeled and grated
- Onions—peeled and sliced thin
- Feta cheese—crumbled

Assemble and dress with your favorite dressing.

Kale and White Bean Soup with Sun-dried Tomatoes and Saffron

- 3 tablespoons olive oil
- 2 cloves garlic, minced or pressed (about 1 teaspoon)
- 1/2 teaspoon ground fennel seeds
- 1 1/2 cups chopped onion (about 3 small onions)
- 1 medium potato, diced into 1/2-inch pieces
- 1 small carrot, chopped
- 1 small parsnip, chopped
- 1 1/2 cups peeled, chopped fresh tomatoes or canned tomatoes
- 6 cups vegetable or chicken stock
- 2 bay leaves
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano
- 6-7 large leaves kale, chopped (3 to 4 cups)
- 3/4 cup cooked or canned (rinsed, drained) white beans
- 1/2 cup chopped oil-packed sun-dried tomatoes, drained
- pinch saffron
- salt
- freshly ground black pepper



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Heat the olive oil in a large pot over medium-high heat. Add the garlic and fennel seeds; cook, stirring constantly, for 1 minute. Add the onion and cook, stirring constantly, for 2 minutes. Add the potato, carrot, and parsnip and cook, stirring constantly, for 5 minutes more. Add the fresh or canned tomatoes. Pour in the stock. Stir in the bay leaves and oregano. Bring the mixture to a boil, then immediately reduce the heat so that it continues at a simmer. Add the kale, beans, and sun-dried tomatoes. Simmer until the vegetables are just tender, 15 to 20 minutes. Remove the pot from the heat; add the saffron. Season with salt and pepper to taste.

Enjoy!