



July 15, 2010

Greetings CSAers,

A tip about storing your greens: they last much better if you wrap them in a damp paper towel (water from the leaves is enough moisture), then place them in a plastic bag.

What's in Your Box

- Mizuna—try this sautéed and wrapped in an omelet, or make pesto out of it!
- Beets—red beets or Chioggia (candy-striped, and sweet!)
- Broccoli
- Kale—lacinato pictured here
- Swiss Chard
- Lettuce
- Fresh Garlic—Inchelium Red. Keep this fresh in the fridge.



Beth's Farm News: What's Growing On

Last Thursday, we enjoyed a visit from GRuB (Garden Raised Bounty) and Growing Places, our neighbor non-profits that grow good food and employ youth. With over thirty eager extra pairs of hands, we unburied the fava beans, dahlias, and other cut flowers from a sea of yellow-flowered mustard plants. They truly transformed our landscape and we are so thankful for their energy and enthusiasm!

Before we pack the CSA boxes on Thursday afternoons, we practice American Sign Language (ASL) with Meru's assistance (see last week's newsletter for more about Meru). The youth from GRuB

and Growing Places participated in our weekly lesson and were inspired to broaden their views of how we communicate.



On Wednesdays, Kerri's crew cooks lunch for us using produce from the farm. This week's chard-filled enchiladas were a big hit. We are starting to see the Growers and Growing Partners make the connections between the plants they tend, the products their customers buy at market, and finally the ingredients they use to prepare lunch for the crew.

Saturday brought cool, cloudy weather that made it ideal for spraying the brassicas with fish



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fertilizer and a bio-insecticide. Eddy, Jesse, and Staysha really got into being our "Cutworm-Busters". It's refreshing to have their youthful energy turn what could be a dull task into a lot of fun.

Meet the Crew

Hello, my name is Erin Bainbridge. I am going into tenth grade at Rochester High School and I am a Growing Partner at Left Foot Organics. I started an eleven week internship here in March, then I applied for the summer job program. This is my second week on the farm where I am officially employed. This week we had many volunteers from other farms come to help out (GRuB and Growing Places) and we taught them the *Five Agreements* that guide our actions on the farm:

- Be impeccable with your words
- Don't take anything personally
- Don't make assumptions
- Watch and listen
- Always do your best

The farm's focus on community really struck a chord in me and made me put all my effort into getting this opportunity to make this my first job. Even though this is a job, I enjoy all the connections we make with new people, and the social life of our farm community.



Sharon's Corner

This week, I would like to remind you about the overflowing cornucopia of recipes that we have online for you. The recipe for the [Chard Enchiladas](#) that Kerry's crew produced is here, as are many recipes for [Kale](#), [Broccoli](#), [Beets](#), and [Greens](#) in general, including care and handling tips.

Beet and Potato Salad *a simple salad with an unusual flavoring twist. Can be made 2 hours ahead.*

3 medium-size potatoes
3 beets
6 tablespoons vinegar
4 1/2 tablespoons olive oil
4 teaspoons ground coriander
Salt
Pepper

Cook the potatoes and beets separately in boiling salted water until they are just tender when pierced with a fork. Drain and cool slightly. Peel vegetables and thinly slice into rounds. Whisk vinegar, oil and coriander in medium bowl. Season generously with salt and pepper. Add vegetables; toss gently to coat. Let stand at room temperature until serving.

Enjoy!