

Journey School Food Community

Whole Life, Whole Year CSA Newsletter

Week Two: November 11, 2006

Welcome to Week Two! We hope the new schedule and swap rules are working for everyone. Just to reiterate, you may swap any item in your weekly share for any other item except bread and eggs. These you may trade away but you cannot take extra of. You may also trade for any items that are "for sale" items, such as the carrots and leeks left over from last week's share pickup. However, I really encourage everyone to try each vegetable at least once before trading it away. I'm thinking of the lovely chard in this week's share. Yes, this is your Mother speaking!

Most Americans aren't well versed in the rich, strong flavor chard adds to your meals and thus shy away from it. In addition to the sweet, earthy flavor, chard is packed with vitamins A and C. Greens Glorious Greens authors Johnna Albi and Catherine Walthers state, "[Steamed], it can be served with a drizzle of olive oil, a squirt of fresh lemon juice, and a pinch of salt. Equally delicious is chard sautéed with olive oil and slices of garlic. Cooked properly, chard has a soft velvety texture." Definitely try it with the recipe below and you may find yourself trading the more common carrots *for* chard in the future!

Pumpkin Pie Contest

Do you make a pumpkin pie that family and friends look forward to eating each year? One that people think is the best part about Thanksgiving? Or a delicious pumpkin-look-alike pie? If so, we invite you to participate in the first ever Farmers Market Pumpkin Pie Contest! Judges will start tasting at 11:00 a.m. Saturday, November 18 during the special pre-Thanksgiving Farmers Market held at the Village Green. Contestants should bring their pie (and recipe) to the market at 10 a.m. The winning recipe will be published if OK with the owner. Questions should be directed to Karen Kinney, Market Manager at 206-265-3788.

Jeff and Rae together and Lisa are competing in the Pumpkin Pie contest. You can try to bake a better pie than us but we believe we'll be walking away with the prize – NaNaNanaNa!

Turkeys

As some of you know we've been searching for fresh not frozen turkeys for our Thanksgiving meal. I truly thought it would be easy with networking through the Internet. But alas I have yet to find a farmer butchering turkeys within driving distance. The next best thing is frozen turkey from Minglements. *Order your Thanksgiving Turkey from Minglements By November 14th.* They will order either Organic or Free Range Turkey as you specify from Shelton's. The price is \$3.29 per pound. Journey School received rave reviews for the fresh not frozen pastured chicken we raised and butchered this last spring. I'm thinking we should add a flock of thanksgiving Turkeys for our Food Community in 2007.

More Castle Sunbalm History by Zoe

Even though Castle Sunbalm is disintegrating, it is still alive in our imaginations. Some of Sunbalm is still alive in the garden as the watchtower is still there. When Rae, Amri and I built the watchtower it was cloudy and warm. We put all three of our building skills together: Amri builds with a lot of clay, Rae with not a lot of clay and lots of rocks, and I build with lots of clay and big rocks. So together we built a wonderfully strong watchtower. I remember when the watchtower was almost done it began to slump down in the front. I jumped up and tried to hold it together while Amri and Rae put rocks on the bottom. The jail is also still up. My house was the first to go in the big storm. After building four houses and still I was not happy, I decided to make a house in the Clay pit. So I dug a den - it was nice and rounded inside. The door way was smaller than the inside so it looked smaller than it was. I stayed in the Clay pit most of the time. That drove Rae and Amri crazy but little by little the Clay pit got bigger so that two people could fit in it. Now the clay pit is creeping closer to where the town was and will be again someday soon.

Pasta e Ceci with Chard

10 cups chicken, beef, or mushroom broth
2 onions diced
2 large garlic cloves, minced
1 ½ cups chard stalks, sliced ½ thick
4 meaty bacon slices, cut into ½ inch crosswise pieces (optional)
4 cups cooked chick-peas with 1 cup cooking liquid
1 teaspoon salt, or to taste
1 ½ cups tube-shaped pasta
½ cup chopped fresh parsley
½ cup fresh basil
3 cups coarsely chopped chard leaves
grated parmesan to taste

In a 7 to 8 quart soup pot, heat ½ cup of the broth. When the broth is bubbling, add the onions and sauté until soft and translucent, about 10 minutes. Add more stock if the mixture gets dry.

Add garlic and cook 1 more minute. Add all remaining stock and chard stalks. Bring to a boil.

Meanwhile, fry bacon (if using) in a medium-size skillet until browned and crispy. Drain on paper towels. Add to the stock along with the chick-peas and their cooking liquid. After the soup has come to a boil, reduce heat and simmer for 10 minutes.

Add salt and pasta and cook for 5 minutes. Add parsley, basil, and chard leaves and cook for 5 to 7 minutes, or just until the pasta is al dente and the chard is tender. Taste and adjust seasonings. Serve hot with parmesan.