

## Journey School Food Community CSA

Week 6: December 23, 2006

WAHOOO! What a wind! Growing up in the Columbia Gorge, I've seen wind that hard before – just never from beneath a canvas roof with my babies beside me! I'll not tell you our story here as Zoe and RaeLani truly do the drama justice with their voices. Suffice to say, it was one of the most incredible individual and family experiences we have ever had. AND, it was Rae's birthday. "Happy Birthday," I told her after we were tucked in safe and sound at the Valencia home, "you are still alive!"

The biggest threat in this storm was not just the fault of the wind. The record-breaking rainfall we had in all of November and the drenching just before the wind weakened the earth's hold on the Douglas Fir roots. All over the Island, I see giant firs just tipped over, their roots a wide, flat plate like those little plastic palm trees I had when I was little. At a meeting on Sunday, our good friend and CSA member Dana Illo spoke of the political and practical changes our world faces. "I am just wondering what the tipping point will be," she said in reference to momentum shifting to cooperation rather than competition. When I see all those fir roots reaching high above my head, I cannot help but think that we have indeed walked through the tipping point.

From Plants of the Pacific Northwest Coast by Jim Pojar and Andy McKinnon

"Douglas-fir wood and bark was thought by most of the coastal groups to be an excellent fuel, but it had the reputation of throwing sparks and giving slivers to those handling it. The wood was also used to make items such as spear handles, harpoon shafts, spoons, dip-net poles, harpoon barbs, fire tongs, salmon weirs, caskets and halibut and cod hooks. Its pitch was used for sealing joints of implements such as harpoon heads, gaffs and fishhooks, and for caulking canoes and water vessels. The pitch, like that of many coniferous trees, was used to make a medicinal save for wounds and skin irritations. The Nuxalk, Quinault and others made torches from the pitchy heartwood...Under natural conditions, Douglas-fir establishes primarily after fires on wetter sites, and the trees can live for over a thousand years. Thus many ancient old-growth forests contain giant Douglas-fir that represent the legacy of fires that swept the landscape many centuries ago. The trees have very thick bark, which allows them to survive moderate surface fires."

We hope you all are so lucky and blessed as our family this holiday season. If you are not feeling those emotions just now, give us a call or simply come over. There will almost always be food in the farm stand, a fire in our stove, and a story in our hearts. By becoming a part of our Food Community, you have made possible the life we dreamed we could create. What do you dream of? How can we help? In January, we will begin meeting to identify the seeds we'd all like to see flourish in the garden this coming year. In addition to fruits and vegetables, please give some time during this tucked-in time of year to dream of what you would like to see our Community grow into. We welcome your visions and would love to include them in the next newsletters. Please feel free to call 206-498-0986 or email anytime [lisa@luckyfarm.us](mailto:lisa@luckyfarm.us)

The Mathias family wishes you a year of Dreams Come True! Jeff, Lisa, Zoe, and Rae

## Russian Potato and Cheese filled Pirogi in Sour Cream Dough

3 ½ cups sifted unbleached flour  
1 teaspoon baking powder  
1 teaspoon salt  
½ cup (1 stick) unsalted butter, cut into small pieces (I find it extremely useful to freeze the butter before cutting)  
2 large eggs, beaten  
1 cup sour cream  
1 large egg yolk beaten with 1 teaspoon cold water (for egg wash)

1 ½ pounds potatoes, peeled and quartered  
3 tablespoons olive oil  
1 medium to large onion, minced  
¾ pound cheese  
1 ½ teaspoons salt, or to taste  
1 teaspoon freshly ground black pepper  
½ cup (1 stick) unsalted butter

In a medium bowl, thoroughly combine the flour, baking powder, and 1 teaspoon salt. With your fingers or a pastry cutter, working quickly, rub the flour mixture and cut butter pieces together until it resembles coarse meal. In another bowl, beat the eggs and the sour cream together until they are combined well; add the mixture to the flour and butter and stir together with a spoon. When well combined, turn the dough out onto a floured surface and knead until it is smooth and pliable (about 3 minutes), adding more flour, if necessary, to prevent sticking. Divide the dough in half, and shape each half into a ball. Lightly flour them and chill for 30 minutes or longer. To prepare the filling, place the potatoes in a medium saucepan and cover with cold salted water. Bring to a boil over high heat, reduce heat to moderate, cover, and cook until tender, about 15 to 20 minutes. Meanwhile, in a small skillet or sauté pan, bring the olive oil to rippling over moderate heat. Add the onion and cook, stirring occasionally, until the onion is soft and just beginning to turn golden, about 5 to 8 minutes.

Drain the cooked potatoes and, in a medium bowl, mash them with a potato masher. Add the sautéed onions, cheese, and 1 ½ teaspoons salt and the pepper and mix well.

On a floured surface with a floured rolling pin, roll each piece of dough as thin as possible, no thicker than 1/8 inch. Using a 3-inch-round cookie cutter or glass tumbler, press out circles of the dough. Gather the scraps together, roll out again, and cut into more rounds.

Fill each circle with 1 teaspoon of the potato filling. Brush the edges with the egg wash, fold the dough over into half-moons, and press with your fingertips to seal. Press again with the tines of a fork (it looks pretty and insures the seal). Place the pirogi on a floured towel.

In a large kettle or saucepan, bring several quarts of salted water to a boil over high heat. Add half the pirogi and cook for 3 minutes after they rise to the surface. With a slotted spoon, transfer the first batch to a heatproof serving dish to keep warm in a low oven while you cook the remaining pirogi.

Meanwhile, in the same small skillet used to sauté the onion, cook ½ cup butter over moderate heat until it starts to brown, about 3 or 4 minutes. Drizzle the butter over the pirogi and serve.