

Journey School Food Community CSA Newsletter

Week Twenty: June 2, 2007

Week Twenty - WooHoo! It was the craziest weather winter I can remember. Just like the Mathias family to decide to prove the viability of farming year round during record-breaking weather anomalies. It still catches me by surprise to see how quickly things are growing now compared to the first twenty weeks. The tomatoes all have little flowers, the broccoli actually already has florets, and the beets have the best start I've seen since we began farming on Vashon. It looks to be a bountiful Summer!

Which brings me to an uncomfortable point for us. We had decided this past winter that we'd be able to create enough beds in the garden to produce 30 shares during the height of the Summer harvests. After contacting several people who'd asked to be placed on the waiting list for the Whole Life, Whole Year CSA to confirm their interest, we purchased two new hoopouses and irrigation to accommodate the extra plants as well as the melon specialties. I am shocked and sorry to say that we have only been able to sell two of the additional eight shares for which we planned. Part of the theoretical beauty of the CSA model is that the member shares some of the risk with the farmer. This was never a benefit Jeff and I relied on as we were always able to flex: when one crop failed, we were generally able to wildcraft, substitute, or barter with another farm for the planned item. The loss of an anticipated \$3600 new membership income hits us hard.

However, we've got lots of food coming! What we would like to propose is that we cancel the Essential Baking deliveries. Each week, we pay \$75 for those yummy loaves and they represent a \$4 item in your \$25 minimum value guaranteed share. I don't think we'll have any problem meeting that minimum value this summer as we've planned for so much extra food. If you have strong feelings about this, please let us know. There may be options we have not yet considered.

We'll also be shifting the pick-up procedure a bit as we are able to sell the surplus items through the farm stand. The plan to have pick-ups from 4:00 Friday to 2:00 Saturday has for the most part worked very well. To this, we are simply going to add a roster sheet. When you pick up, please check off your name. Then for anyone who has not picked up by 2:00 on Saturday, we will fill a paper bag with your items, mark the bag with your name, and leave it in the farm stand refrigerator. Again, if you would prefer a different strategy, please call us at 206-498-0986 or email lisa@luckyfarm.us

Thursday was my last day of work at The Harbor School. Jeff's my boss now. If any of you would like to schedule or stop by the farm to hang out with us in the garden, we'd love to have you. Looking forward to lots of sun and fun, Lisa, Jeff, Zoe, and Rae

When I Googled for Pac Choi recipes, I had to laugh at the results. Nearly every recipe was from the website of a small CSA. Our own Newsletter section has been updated recently with all weeks up to last week. I was inspired by several of the other CSA websites which contain sections categorized not just by week but also by

recipe main ingredient. I'll try to put a page together for our Food Community as such. If any of you have favorite recipes you'd like to include, please forward them to me. Thanks!

Asian Greens - Stir Fried

- 1 lb bunch of bok choi or pac choi
- 2 Tbsp oil - olive or safflower
- 1 clove garlic - pressed
- 1 Tbsp. fresh ginger - grated
- 1/2 C. vegetable stock
- 1 Tbsp soy sauce or tamari
- 1 tsp honey
- 1 Tbsp rice vinegar
- 1 tsp sesame oil
- 2 tsp arrowroot or cornstarch dissolved in 1/4 cup cold water
- sesame seeds as a garnish

Wash greens and chop stems into 2 inch pieces and coarsely chop leaves. Combine stock, soy sauce, and vinegar into a small bowl. Heat wok or large skillet to medium high heat. Add oil and when hot add garlic and ginger. Immediately add greens and toss greens to coat with oil and cook until just wilted. Add stock mixture and bring to a boil, stirring constantly until greens are tender but still bright in color. Add thickener and allow sauce to bubble and thicken. Place in serving dish and sprinkle with sesame seeds and sesame oil. Serve immediately.

Tatsoi with Carrots and Daikon (radish)

- 1 bunch Tatsoi
- 1/3 cup apple cider or apple juice
- 2 tablespoons shoyu or tamari (naturally brewed soy sauce)
- 1 teaspoon brown rice vinegar
- 1 tablespoon canola oil or light sesame oil
- 2 teaspoons minced fresh ginger
- 2 garlic cloves, minced
- 1 cup julienned daikon radish
- 1 cup julienned carrot
- 1 cup mung bean sprouts

Cut pac choi leaves and shoots into 1/2 inch ribbons or pieces. Combine the apple cider, soysauce, vinegar, and arrowroot in a medium-size bowl. Set aside. Heat a large wok over high heat. Add the oil and swirl to coat wok. Add the ginger and garlic and stir-fry for 10 seconds. Add the daikon, carrots, and pac choi stalks. Stir-fry for 1 minute.