

# Journey School Food Community CSA Newsletter

## Week Twenty One: June 9, 2007

Here is a tally of food distributions for our first twenty weeks of our Whole Life, Whole Year CSA. Wow! After a long season of greens, I had forgotten the diversity we've received from this garden. Do you remember all those carrots? We've got three beds planted now with two more intended. I can't wait to see the tally for the next twenty weeks!

|                              |                               |                                  |
|------------------------------|-------------------------------|----------------------------------|
| 75 Peppers                   | 50 pints of Dried Asian Pears | 103 bunches of Beets             |
| 62 pounds of Chinese Cabbage | 75 shares of Garlic           | 75 bunches of Leeks              |
| 125 pints of Frozen Berries  | 25 pounds of Pancake Mix      | 562 pounds of Potatoes           |
| 50 pounds of Rhubarb         | 25 dozen Kiwi                 | 125 pounds of Baby Gourmet Salad |
| 39 pounds of Spinach         | 25 Lemons                     | 87 pounds of Baby Mustard Greens |
| 50 pounds of Jeff's Granola  | 25 Red Cabbages               | 200 bunches of Kale              |
| 12 bunches of Radishes       | 50 pounds of Chard            | 62 bunches of Green Onions       |
| 25 Cherry Tomato Plants      | 75 jars of Jam                | 150 Winter Squash                |
| 37 pounds of Nettle          | 500 dozen Eggs                |                                  |
| 12 pounds of Watercress      | 375 loaves of Bread           |                                  |
| 75 bunches of Rutabaga       | 200 bunches of Carrots        |                                  |

### Chicky Baby News

Our little Vashon Rouge chicks are not at all little anymore. We have our chicken pen under the apple trees divided so that the chicks stay separate from the laying hens. When the girls and I arrived to feed and collect eggs the other day, the little adventurers had broken through the barrier and were fraternizing with the older hens. I was startled at how much difficulty I had telling the red chicks from the red hens. In another week, they will have outgrown the hens which are a year older. For the most part, we are really satisfied with this breed. I'll leave that article to Jeff to write.

My real news is that we are trying once again to brood our own chicks with a real chicken mama sitting on the nest. We've had to take the eggs from one of our Black Star hens every time for the last couple of weeks. She was always sitting on the nest, and always raised a ruckus when we stole her eggs. Then we noticed she had pecked all the feathers from her belly. A certain sign that a hen has "gone broody" as the eggs need the skin contact to stay at the correct temperature. We built a little pen inside the garden here at Plain Old Farm and have brought the rooster and a few of our favorite hens over. In a couple days, we should know for sure if the Black Star is ready to sit still for the next twenty-one days. Stay Tuned!

**WANTED:** Half-pint canning jars. Please return canning jars we've included in the farm shares (should be four of them) so they can be refilled, reused and re-enjoyed. Thanks for helping us be part of the solution.

### Green Jade Soup

4 dried shiitake mushrooms  
1 cup boiling water

6 cups vegetable stock  
1 ½ tbsps grated fresh ginger root  
1 ½ cups thinly sliced carrot rounds  
2 cups chopped bok choy\*\*  
1 ½ cups thinly sliced leeks or onions  
4 cups firmly packed chopped spinach\*\*  
1 cake tofu, cut into ½ inch cubes  
salt  
chopped green onions  
several drops dark sesame oil (optional)

\*\*You should have enough greens in your bag of mixed cooking greens (which does include both spinach and bok choy) to total the six cups for the recipe\*\*  
Soak shiitake mushrooms with boiling water in heatproof bowl 10 minutes. Bring stock to boil in large soup pot. Add ginger, leeks/onions, bok choy, and carrots. Lower heat and simmer 10 minutes, until vegetables are tender. Drain mushrooms and add soaking liquid to soup. Thinly slice shiitake caps and stir into soup with spinach and tofu, cook 5 minutes. Add salt to taste. Sprinkle with green onions and optional sesame oil. 6 servings. (from: Moosewood Restaurant Cooks at Home)

### Pungent Mustard Pesto

I didn't make the wonderful labels Jeff is so good at for his jam. So, here is the ingredient list for the Pungent Mustard Pesto in your share this week:

Organic Pungent Mustard  
Organic Olive Oil  
Organic Pumpkin Seeds  
Organic Fresh Oregano  
Sea Breeze Farm Vache Vashon Cheese

George Page, of Vashon Island's own Sea Breeze Farm can be found at the Vashon Farmers Market every Saturday from 10:00 to 2:00. He has at least two different kinds of cheese available as well as milk, cream, eggs, and meat - all fresh from his farm. Here's what he has to say about his Vache Vashon Cheese:

"With a delicate, buttery texture, and a milky-sweet nuttiness, our Vache is a classic cellar-aged Tomme, typical of the Alpine regions of France, Italy and Switzerland. A hint of apple-pear fruitiness suggests a fine pairing with our Sauvignon Blanc, or a high-quality dry Cidre"

Enjoy the pesto on hot or cold pasta, on sandwiches, or as a defining spice for other dips, sauces, or soups.