

Journey School Food Community CSA Newsletter

Week Twenty-Eight: July 28, 2007

It's been a landscape changing week in the garden. We pulled all the remaining onions, which have been in the soil three weeks shy of an entire year, and all the garlic. The onions are in your share this week and the 150 POUNDS of garlic are curing for your future eating pleasure. We planted 12 pounds of garlic last October - what a return on investment! The bulbs were from a great Eastern WA farm named Filaree Farm. The owner, Ron Engeland, also wrote "Growing Great Garlic - The Definitive Guide for Organic Gardeners and Small Farmers". If you'll remember our winter newsletters lamenting the drowning garlic, we are highly impressed with the hardiness of the varieties and seed product.

In the onions' place, we planted kohlrabi, rutabagas, and various mustards for bunching. Parsnips, carrots and beets went in behind the tomato hoop house. At the end of the field directly in front of the farmstand, we've transplanted 1080 leeks, with a second bed of the same to be transplanted this coming week. In the space which grew the garlic so wonderfully, we are open for suggestions - what do you really crave when the weather turns blustery?

Can you sense a Winter CSA coming on? We have indeed made certain plans for an eight week CSA season to coordinate with our move this winter. In mid-December, we will leave the Island for a natural building school (www.housealive.org) in Southwestern Oregon. While we will be involved with the cob and strawbale workshops, our main work will be to develop the off-grid homestead food production. We visited a cooperative CSA during our short stay there a week ago and were very aware of the challenges in farming outside our lovely maritime climate. While we are very much looking forward to the new adventure, I am also glad to stay with you for a bit longer, dear community members.

Sincerely, Lisa, Jeff, Zoe,
and Rae

If you chose fennel as a swap item, you will note that we've left the root on. While shopping at the Ashland OR Growers Market, I noticed a vendor who'd done the same and had to ask why. While I've known that fennel is good for stomach aches, I'd always made a tea with crushed fennel seeds. The market vendor told me that she grates the fennel root, dries it and used that for a highly effective stomach soothing tea. Enjoy!

Roasted Green Beans

2 lbs. fresh green beans

1 onion, minced or garlic clove, or both!
2 Tbsp. olive oil
1/2 tsp. salt
1/8 tsp. pepper

Brush a roasting pan with olive oil. Rinse the green beans and cut off a bit at each end. Place the beans in the prepared pan. Scatter with the onions and drizzle with the olive oil. Sprinkle with salt and pepper. You can make the recipe ahead of time at this point and refrigerate, covered, up to 12 hours.

Preheat the oven to 400 degrees F. Roast the green beans, uncovered, for about 30 minutes, stirring once during cooking time, until the beans are crisp tender and slightly browned on the edges. Serve at once or let cool to room temperature before serving. Serves 8-10

Basil Garlic Gnocchi

3 cups cooked potatoes (cut potatoes into small cubes and boil until tender)
3 T basil
2 T Italian parsley
5 cloves garlic, minced or pressed
4 egg whites
3 cups flour

While cooked potatoes are still warm, peel and pass through vegetable mill. Make well in center of potatoes and sprinkle all over with flour, using all the flour. Place eggs, basil, parsley, and garlic in center of well and using a fork, stir into flour and potatoes, just like making normal pasta. Once egg and herbs are mixed in, bring dough together, kneading gently until a ball is formed. Knead gently another 4 minutes until ball is dry to touch.

Place dough in an oiled bowl, cover and refrigerate for at least 2 hours (you can make the dough a day ahead of time). After dough has chilled, divide it into 8 pieces. On a well floured surface, roll each piece into a log about 1" thick. Cut the log into 1" pieces. Using your hands, roll each piece into a small ball. Store the balls in a single layer on a baking sheet (use waxed paper between layers and stack, if necessary). Bring a large pot of water (or 2 pots if you want to work more quickly) to a rapid boil. Working in batches, drop gnocchi into the water. Be careful, you only want to add enough so that they can't touch or stick together while cooking. Cook for 10-12 minutes (gnocchi will start to float as they cook). Remove cooked gnocchi with a slotted spoon or strainer. Store in an oiled bowl until all are cooked. Serve with the sauce of your choice.