

Journey School Food Community CSA Newsletter

Week 30: August 11th, 2007

The carrots in your share this week are mostly a result of thinning the carrot patch straight inside the garden gate. I have always had a very difficult time thinning. Something fundamental in my psyche rebels at ending the life of something which I had intentionally started. I do know that the thinning of some plants is necessary for the health of the remaining plants. In fact, for plants such as beets, it is part of the very reproductive design: each beet seed is actually a fruit that will yield five or six new beet plants. None of these new plants will grow to maturity unless one is chosen to thrive while the rest die. So while I intellectually understand the concept of death of an individual for the benefit of those remaining, I've never been able to sit comfortably with it.

Thinning away, I kept pondering these deep philosophical thoughts. Like how I also have a difficult time thinning my priorities or passions. How do you choose what lives and what is put away forever? Is it the healthiest, biggest one at the time of thinning? Or should it be the one with the most potential for mature growth? Is it the one I've given the most energy to or the one which has returned the greatest joy to me that I should carry forward? I also thought of a friend who told me that in her circle of acquaintances, there had been a marriage, a divorce, a death, and a birth - all this week. Farming is like that too. Things beginning and things ending and things showing promise that you know in your heart will never mature (like pink tomatoes in October). Almost always, each of these stages can be found in every row, in every bed, of every variety in the garden.

Perhaps I am thinking these deep thoughts because I turn 41 next week. I've had to admit a very basic flaw in my understanding of growing up. I honestly believed it was something you did once, and then just got to **be** grown-up. Instead, I've found it is just like my garden - full of beginnings and endings and choosing what must die before growing to maturity at all. I'm not really any closer to figuring out why the world works this way or how to make the choices more easily. And the carrot bed isn't completely thinned either. I got a headache from all that deep thinking.

For those of you who have a simple, uncomplicated passion for pesto, we have boatloads of basil. Next week, Jane and I will be making pesto to put in the freezer for the gray days of Winter. If you would like to join us, please let me know right away which days work best for you. lisa@luckyfarm.us or 206-498-0986 You may also come by and we will harvest a pesto batch size bag of basil for you to take home if you'd prefer. We hope this week brings a wonderful volunteer plant into the garden of your life, Lisa, Jeff, Zoe, and Rae

Garlic Parmesan Green Beans

3 Tablespoons Salted Butter

2 Tablespoons Extra Virgin Olive Oil
2 Cloves Fresh Garlic, Peeled and Minced
4 cups Beans, Cut into Pieces
fresh lemon juice to taste
½ cup Shredded Parmesan Cheese to Taste

In a large skillet over medium heat, melt butter with extra virgin olive oil. Add garlic and saute until lightly browned, stirring frequently (2-3 minutes). Add beans, and toss to coat. Season with sea salt and pepper; add a splash of fresh lemon juice. Saute until green beans are desired tenderness, about 8-10 minutes. Transfer to serving bowl and toss with shredded Parmesan cheese. Adjust spices if needed and serve to your favorite friends!

Zucchini Salad with Tomato and Basil

1 or 2 medium zucchini, washed and sliced in slices slightly less than 1/2 inch thick
salt, for drawing water out of zucchini
3-4 ripe tomatoes, sliced 1/2 inch thick
1/4 cup Greek basil leaves
sea salt to taste
Dressing:
1/4 cup extra virgin olive oil
2 Tablespoons balsamic vinegar

Wash zucchini and slice slightly less than 1/2 inch thick, then put in colander in single layer. Sprinkle on a generous amount of table salt and let sit for 30 minutes. After 30 minutes, shake off each zucchini slice and wipe dry with a paper towel.

While zucchini drains, slice tomatoes and pull basil leaves from stems. Whisk together olive oil and balsamic vinegar.

To arrange salad, make a layer of zucchini slices on the plate, then a layer of tomato slices. Get creative here with the arrangement, depending on how big your zucchini and tomato slices are in proportion to each other. ****Alternatively, make slices bite size and mix all together lightly.***** Drizzle a generous amount of balsamic vinaigrette over each salad (or serving bowl if you've chosen to mix all together). You may not need all the dressing. Season with sea salt, then sprinkle with basil leaves and serve immediately. Be sure to get some of the zucchini, tomato, basil, and vinaigrette in each bite for optimum eating pleasure.