



Bear Prints

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SAVE THE DATE
PARTY
SATURDAY
OCTOBER 4, 2008
From 4 p.m. to
Potluck, barbecue,
bonfire, lots of fun!

Thanks, Lenore, for coming to help out last week! I ate up all the great lunch food that you brought that was left over. I'm sure your fellow members appreciated all the green beans last week that you helped pick, and some of them probably appreciated the kale as well. Come to think of it, I wish that magazine article had included kale as well. Keep those kale recipes coming!

Farm News

Happy Labor Day! There are no holidays on the farm, since the veggies need to be picked. It's always nice to see more Dads though, & usually people aren't so rushed when it's a holiday. Take the time to walk around & visit the critters, explore the irrigation pond, etc.

Last week was our daughter Michalle's last week working on the farm, so we made a big push to get the last of the transplants in. One greenhouse is now empty and the other just has lettuce and a few other things in it.

Another week of sun last week and more this week. In fact, we've been watering. Too bad we can't spread it out a bit more. Then everyone would want to farm I guess.

This time of year, when the kids go back to school, members, especially new ones, start asking "how much longer?" We go as long as we can, weather permitting, keeping in mind that we have to prepare the ground for the winter and next year, too. That means cover cropping most of the time. Over the last 11 years we usually go at least 17, usually 18 weeks. Although we try to start earlier, we usually don't get going until mid-June (this year was the 16th). We used to move the end of year party all over until we finally wised up and just said "the first Saturday in October". Many members appreciated the set date, since they wanted to save the day, since it's so much fun. The last week of pick up depends heavily on the weather (and of course, the veggies), but it is usually a week or so after the party. So keep coming! Later in the season it gets dark quick, though.

What's New In Your Share This Week

New this week is **red cabbage**. Cabbage is one of those wonder veggies that helps prevent cancer and lose weight, etc. I found some great recipes in a Good Housekeeping magazine from last year that I've included on the back page. The article was also touting beets and broccoli as incredibly good for you. The article was all about how some people have extra taste buds and just find some of these veggies a bit "strong". The recipes were geared toward making the veggies tasty even for those who normally don't care for them, while still keeping them healthy (no quarts of cream). Personally, I love them all (except big fat juicy vine-ripe tomatoes—go figure), so I'm not usually into these other recipes. As you've probably heard, during the farming season we don't eat many veggies since we are too tired to cook!

Did you look for any **tomatillos** last week? As I mentioned, they are just past the cherry tomatoes, hidden in a few weeds. Look on the bottom of the plants and on the ground, since they tend to fall off when ripe. They are ripe when the husk is completely full, so don't pick them when they are empty paper lanterns. They just keep going until frost.

For salsa use 3 tomatillos, husked and very finely chopped, 2 green chile peppers, minced, 1/2 small white onion, minced, 1 clove of garlic, minced, the juice of 1 lime, 2 T chopped parsley and 1/2 tsp. of salt. Just combine and you're all set. Many cook their tomatillos first until just tender or until they turn a different shade of green, but you don't have to. I think it mellows the flavor a little.

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PICK UP MONDAY, WEDNESDAY, OR
FRIDAY
3 PM UNTIL 7 PM (but you can come late)

(Please make arrangements at least one week
in advance to switch your pick-up day.)



COME ANYTIME —
THIS IS YOUR FARM!

Community Supported Agriculture

Anna had to fly out to Ohio to visit her Dad in the hospital this weekend, so I'm doing the back page this week. I was thinking about her and how everyone who reads this will probably be thinking of Anna, too, and wishing her and her family well. And it got me to thinking about the CSA and our relationships with each other.

Some members breeze in and get their veggies and breeze out, often because they are rushing off to soccer practice or need to make a meeting, cook supper or just get home after a long day. Others have been with us for years, or have little kids that want to visit the critters or just run around with our grandkids and so we see more of them.

Either way, it seems we've "connected" to many of you in meaningful ways to me (hopefully to you, too). We don't generally go over your houses for supper or socialize off the farm, but I know some of your stories about whose parents are ill, new babies, kids off to college, who is sick, out of work, etc. And you probably have heard more than you'd like about our family and how things are going on this end!

Anyway, just wanted to take the opportunity with all this white space to say I'm sorry I don't have more time to hang out at the farm stand and visit, and how I'm so glad to have met most of you and to have the chance to get to know some of you. So, if you can, take some time to wander the place and meet your fellow members. You won't regret it.

Recipes: Red Cabbage

Much smaller than the green cousins you've been getting this year, red cabbages are more manageable in size. As stated on the front page, these recipes are from Good Housekeeping, the June 2007 issue.

Red Cabbage Spaghetti with Golden Raisins

1 small head of red cabbage (about 11/2 lbs)
1T olive oil
1 small onion, chopped
1 clove garlic, crushed & chopped
1 cup apple juice or cider
1/2 cup golden raisins
pinch of ground cloves
8 oz. thin spaghetti, salt

Heat a large covered pot of cold water & 2 tsp. salt to boiling. Discard any tough outer leaves. Cut cabbage into quarters and cut the core from each. Thinly slice the cabbage. In a skillet, heat the oil over medium heat & cook onions about 8 minutes until tender. Add garlic & cook 1 minute more, stirring. Stir in cabbage, juice, raisins, clove & 1/2 tsp salt. Cover & cook about 15 minutes until cab-

bage is tender, stirring occasionally.

About 6 minutes before cabbage is done, cook pasta. Reserve 1/2 cup of pasta cooking water & drain the rest. Stir pasta into cabbage mixture & add cooking water if it seems dry.

Apple Cabbage Stir-fry

1 red small red cabbage
1T olive oil
1 tsp. caraway seeds
2 golden delicious apples (or substitute ours)
1/2 tsp. salt & 1/4 tsp. pepper

Trim and remove core from a 1 pound cabbage and cut into 1-inch pieces. You should have about 6 cups. In a skillet heat 1 T olive oil over medium heat. Stir in 1 tsp. caraway seeds and cook 30 seconds until toasted and fragrant. Add cabbage pieces, 2 cored and chopped golden delicious apples, 3 T water, 1/2 tsp. salt, and 1/4 tsp. coarsely ground black pepper. Cover and cook 7 minutes, stirring once, until cabbage is tender-crisp. Remove from heat and stir in 2 T brown sugar. Serves six.