

# Local Roots Community Supported Agriculture

## Box Contents for July 22<sup>nd</sup>

1 bunch 'Nelson' carrots  
½# salad greens  
1 bunch arugula  
1 bunch turnips (no greens)  
1 bunch green chard  
1 zucchini  
3 baby Duvall-a Walla onions  
1 bunch parsley  
1 head butter lettuce (either red or speckled)

## Large box additions

¾# green beans  
assorted cucumbers

Next week's produce (we think): carrots – potatoes – celery – dill  
flowers – green onions – lettuce – cucumbers – zucchini – cabbage

## Local Roots Farm News

**Teetering on the brink of bounty:** This is a great time of year. On Tuesdays, when I write this newsletter, I start to make the list of items that might be ready for the following week's CSA. Today I started listing things and immediately came up with more than 15 items that will be in their prime (or very close to it) by next week. It's really fun to make the list of produce when we have a lot of different things to choose from. I make an effort to avoid repeating things week after week (with the exception of carrots and cucumbers, which I think most people happily eat regularly), and once we are in the heart of summer I try to group things together in the box with specific recipes or flavor combinations in mind. Next week I'm excited about the possibilities for dill and celery with potatoes, carrots, and (we hope) the year's first cucumbers.

Speaking of that summer bounty, we are now seeking to add about 20 new people to our CSA. We had completely maxed out the capacity of the van that delivers to our North Seattle sites, but last week we pulled the trigger on the purchase of a mini box truck that can carry many more boxes than our old cargo van. Our central/south/West Seattle route also has plenty of space to add new members as well. We have grown our CSA from 50 members our first year to over 200 now, all through word-of-mouth and personal connections. We love knowing that we are only a few degrees of separation away from each of you, and hope to continue to grow our CSA "organically" ☺.

**Visit your Food!** We have finally figured out some dates for CSA member potlucks and farm tours. Our May baby made it tough to plan any events on the farm in the spring, but we have two dates scheduled: August 9<sup>th</sup> and September 20<sup>th</sup> (both Saturdays). We had a great time doing this last year! It is really fun to see you all in person, and we hope one of the dates will work for you. If you can't make one of our official CSA events, you should know that you are always welcome to visit the farm. We can't always spare the time to show you around in person, but you are welcome to self-tour! Just send me an email letting me know you'd like to visit and I'll give you some quick instructions on how to get here and what to do when you arrive.

## Ideas and info for this week's produce

As I mentioned, next week will bring the advent of some new "summer" produce, but today's produce is mostly stuff you have seen before. The heat last week did a ffect some of our crops, specifically lettuce and turnips. We are giving the turnips without their usually-attached greens, which just weren't looking good enough to eat today. Lettuce is an assortment of butter varieties.

**Parsley** – It's can be a bit of a challenge to incorporate an herb into one's weekly cooking. Most herbs have a specific role to play in a dish, and one is usually not an appropriate substitute for another. I often see a recipe call for chopped parsley OR cilantro... what!?! Those two things are definitely not the same. In any case, parsley is a pretty versatile herb, as herbs go. I think it's nice in green salad, sprinkled over beans and rice, or mixed with bulgur wheat to make tabouli. If you have potatoes from the last two weeks, they would like a parsley accompaniment as well. Parsley will keep very well in the fridge for a week or more, as long as it is in a sealed bag or container to keep from wilting, so you can use a little at a time.

**Salad** – You have the basis for several salads in today's box. In our house we often use arugula and mixed salad greens as the foundation for a hearty and beautiful one-dish meal. We spread the lightly dressed leaves on a platter, layer marinated beans (cold or warm) on top, and then add a small amount of grilled steak, sautéed mushrooms, or fried eggs, along with whatever hearty vegetable we have around (carrots and zucchini would be great). The finished dish looks very pretty, and it's easy to serve everyone a nice helping of everything. Mixed salads are great too, but all the good stuff tends to fall to the bottom of the bowl...

Having started down this layered dinner salad venture, we've since added all sorts of variations: thinly sliced cabbage as a base for hot roasted potatoes, lettuce leaves under a heap of tabouli. It's a great way to use a lot of vegetables all in one dish (that's not stir fry ☺).

**Salad dressing** – We make our own salad dressing, and it gets lots of compliments from dinner guests. Make your own, it's really easy!

*Recipe – Simple vinaigrette dressing*

- 3 parts olive oil
- 1 part vinegar (I like balsamic)
- hearty pinch salt
- dollop of Dijon mustard
- a small clove or piece of garlic, bruised
- dried basil or oregano

Put all ingredients in a jar with a lid and shake vigorously to emulsify. Remove garlic clove while you pour dressing on the salad.