

Week # 1 Timken Farm Community Supported Agriculture

Here we go! The planning for your CSA started in December 2005 when Dana and I met to decide varieties, quantities, and the flow of produce you will experience during the season. Then Heather and I went about crafting our team for the year. I am so excited to work with Dana Schuerholz for a second year. She is a wonderfully talented grower, skilled carpenter and she teaches me something new every day. Mary McCabe joins us this year after living on the farm this winter, she brings the skill of an additional experienced farmer and the joy of a budding pregnancy. We are very fortunate to land Nate Brundage from Seattle. Nate will spend the season as an apprentice at Timken Farm and is hoping to get his own farm going soon. Along with Heather and B, we are the people that grow your CSA food.

I hope during the season to let others have a crack at the newsletter. I certainly value hearing and learning from a vast number of individuals. I hope the newsletter will be filled with information about the food you will receive each week and also recipes, handling instructions, nutritional values, and what is happening on the farm and in the world of food democracy. As always, please let us know how we are doing. This is our first CSA season and we want you to be both excited about your food and your experience being in relationship with Timken Farm. We need your help and honesty to craft the CSA that works best for you.

What's in your box:

Spinach— Olympia, Tyee, Bloomsdale
Salad Mix— 10 different varieties
Kale— Red & White Russian, Lacinato
Bok Choi— Prize Choy
Leeks— over-winter
Cauliflower— over-winter
Mustard greens— Green Wave

Recipe: Heather is excited about spring greens in
Orzo with Feta and Walnuts

Food Handling: Most of the greens and some of the vegetables you will receive are “field washed.” For example, the salad mix has been harvested and then washed in potable water twice before bagging. The USDA recommends that you give the salad mix one additional wash before eating. We are very concerned about food safety and recommend that all veggies are washed before bringing to your table.

Food System Factoid: Only about 10 percent of the fossil fuel energy used in the world's food system is used in production; the other 90 percent goes into packaging, transportation, and marketing.

2 cups dried Pasta or grains (orzo works well, or fusilli, I also enjoy it with brown rice)
A bunch of Greens (use spinach, kale or mustards or a combination to taste)
a few leeks, cut lengthwise and across into small pieces or use yellow onion
4+ tablespoons Olive oil, butter or broth (adjust for your dietary needs)
1/2 cup Walnuts or pine nuts, both are delicious in this meal
1/2 cup Feta cheese crumbled
Salt to taste
balsamic

While pasta or grains are cooking as directed, sauté leeks or yellow onions in butter or olive oil until soft (you can also use a plain broth for lower fat and cholesterol). Add greens until wilted just 1-3 minutes and toss in nuts let them warm and toast slightly. Add salt if desired (I use a teaspoon or so). Mix greens and leeks with warm strained pasta or grains toss with feta, drizzle with balsamic. Add salt to taste and more broth or olive oil to desired consistency. Serve with a salad. Enjoy!

