

Week #8 Timken Farm Community Supported Agriculture

Nate's Corner-

I am writing this at The Gibbs Organic Farm in Leavenworth, where I apprenticed for my first year last Summer. Being out here has brought back a lot of memories that I am able to compare to this Summer as I apprentice on the Timken Farm and help grow your food. I am amazed at the diversity of the ecosystems just right over the mountains from where we live in the Maritime Northwest. The apples on the Eastside are a few weeks behind the apples on the Westside, as well as the cherries. It seems the entire Spring process is a few weeks apart. The weather in Leavenworth has just hit the normal 95+ which is so conducive to growing tomatoes and peppers outdoors while the tomatoes and peppers you will be enjoying from us later on have been loving the greenhouse they are required to grow in on this side. But because of this greenhouse, and our milder winter, we were able to start growing your food in February which gave you access to fresh broccoli, cauliflower, cabbage, and peas much earlier than the seasons would allow east of the mountains. Imagine that, eating seasonally can differ so much in locations just a few hours away from each other!

I am learning a tremendous amount from Mark, Dana, Mary, Heather, and B. They are teaching me how to get in touch with each plant's unique needs. I am also learning how to identify the local pests, see the signs when they are abundant, and also know what methods are effective for avoiding infestation. I also enjoy the amount of fun we have as we work together. This leads me to the perspective I'd like to share with you...as we plant, grow, and harvest your veggies we are laughing, having fun, and listening to great music. This good energy passes on into the food itself. When you prepare and cook your food, whether you are happy or angry, you transmit that energy into your meal. Then you consume that energy back into you and it becomes a part of you. All of this affects how we feel which in turn affects everyone and everything around us. If we consciously prepare and cook our food by directing good happy energy into it, I believe this will help create a more peaceful world and happy world that we all can enjoy.

Vashon Summer Slaw

1 head cabbage, shredded
1-2 Beets, shredded
2-3 carrots, shredded
1-2 Radishes, shredded

Sauce/ Dressing

1/2 cup mayonnaise
1 Tablespoon Vinegar
1 Tablespoon Honey
1/2 cup chopped parsley
2 Cloves Garlic- Pressed or finely chopped, salt&pepper
To taste.

1. In a mixing bowl, combine cabbage, beets, carrots, radishes, and parsley. Save some parsley on the side to add as a fresh garnish before serving.
2. For the dressing stir together mayo, vinegar, honey, garlic, salt & pepper. Pour over coleslaw and toss to coat. Can be served immediately.

What's in your box:

Snap/Snow peas- Sugar Ann, Oregon Giant
Broccoli- Pacman
Salad mix- 10 varieties
Basil- Sweet
Parsley- Italian
Carrots- Mookum or Nantes Fancy
Beets- Detroit, Red Ace, Chioggia
Raspberries- Meeker, Summit
Cabbage- Derby Day (our fav for coleslaw)