



This Week's Word From the Farm

7/5/10

What's In Your Box?

- Cabbage
- Italian Parsley
- Fresh Shallots~ Much favored in French cooking, use as you would any onion or garlic. Store in your refrigerator
- Radishes
- Basil
- Fennel
- Strawberries ~ as available
- Komatsuna/Kale/Chard ~ This week you will have your choice of several greens. The Komatsuna is a delicious Asian green that can be used much like spinach.
- Chioggia Beets ~ Notice the bull's eye pattern in these tasty red beets.
- Braising Mix
- Squash
- Peaches ~ from Chaffin Orchards

Dear Friends,

Some time ago, Jo and I asked the community for help in identifying and nominating an admired and respected community servant to receive a free CSA subscription, amounting to a weekly box of produce from our farm as part of this season's CSA offering. We had in mind someone who works tirelessly for the benefit of our community, even sometimes to their own detriment, and who could really benefit from the acknowledgement of their efforts and some support of their own.

As farmers, we grow food, and we do what we can to bring good food to the tables of our neighbors near and far. In an effort to ensure the wellbeing of our community, we'd like to have a hand in providing for those who provide so much for all of us.

We were impressed by the range and breadth of the responses, and by the heartfelt sincerity with which people described the appreciation they felt for those they nominated. In a community such as this, many people work on many issues and causes for the betterment of all, and the gratitude and recognition that others feel is a telling indication of the goodwill there is in this community for one another.

Of all the folks nominated, there were a couple of real standouts. Many people nominated Reinette Senum, Mayor of Nevada City, for her efforts on behalf of the community. She was instrumental in the startup of the Nevada City Farmers' Market, the APPLE Center for Sustainability, Power-Up Nevada City and a host of other initiatives, including the first Community Congress of Nevada City. In the words of one of the folks nominating Reinette, "She is a woman of big ideas and an even bigger heart. I have often found her down to her last penny, putting her own needs aside for the sake of others. I want to see this woman well fed. She gets my vote hands down!"

Perhaps less known to the community, Tomas Streicher was nominated for his work feeding homeless members of our community, as well as for his other work. One of his nominators wrote: "I am most impressed with Tomas Streicher, who feeds those in need through his nonprofit, Divine Spark. He leases the Nevada City

Vet's Hall from the city and provides free meals three days a week. He also drives to an Indian reservation quarterly and provides sustenance to what is arguably the poorest place in America, the reservation at Pine Ridge. He is a genuinely fine person. I am a real sucker for those who care for others without fanfare - just doing what is known needs to be done -- he is worthy of your offering as he knows who the needy are and cares for and about them."

Reinette and Tomas will share this season's Community Servant award and will alternate weeks picking up their CSA share. To these extraordinary individuals and all those nominated to receive this recognition, we extend our heartfelt thanks and appreciation for what you do to make our community a home we all love.

Recipes of the Week:

Crunchy Cole Slaw ~ You can add or substitute any number of raw veggies to this basic slaw.

Try adding some chopped radishes or kohlrabi for an added crunch.

- 1 small head cabbage, shredded
- 1 small white onion or two shallots, chopped
- 4 tablespoons parsley, chopped
- 1 red bell pepper, chopped
- 1 small carrot, shredded
- 1/2 cup cider vinegar
- 3 tablespoons white sugar
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup vegetable oil

Place the chopped veggies in a large salad bowl. Combine the vinegar, sugar, salt, pepper and vegetable oil in the bowl with the vegetables. Toss the mixture until the vegetables are fully coated with the marinade. Serve chilled

Pickled Beets

- 1 bunch (4 or 5) roasted beets
- 1/4 cup white vinegar, or rice vinegar
- 1 Tbsp sugar
- 1 Tbsp olive oil
- 1/2 teaspoon dry mustard
- Salt and pepper

Wash beets and place in a baking dish with a splash of water. Cover tightly with foil and bake in a 375 degree oven for approx. 45 minutes, or until easily pierced with a fork. Uncover and allow to cool. Use your fingers to slip the peels off of the beets. Slice the beets. Make the vinaigrette by combining the cider vinegar, sugar, olive oil, and dry mustard. Whisk ingredients together with a fork. Add salt and pepper to taste. Combine beets and vinaigrette in a bowl and allow to marinate for a half hour at room temperature. We love these beets in salads or sprinkled with goat cheese and diced shallots as a side dish.

Ike's Gingered Greens ~ Many thanks to our friend Ike at our great local eatery,

Ike's Corner Café!

Sauté 2 tablespoons each minced garlic and ginger until golden. Add your favorite greens (any combination of chard, beet greens, kale, komatsuna, braising mix, etc.) Sauté quickly and add salt and pepper to taste. Add a small amount of water (1/4-1/2 cup). Cover and cook for 2 to 10 minutes or until tender. Enjoy!

