

To Contact Soil Stewards, email the club at soilstewards@stuorgs.uidaho.edu, and visit our website at <http://stuorgs.uidaho.edu/~soilstewards/>



GREETINGS SOIL STEWARDS CSA SHAREHOLDERS:

I am Lisa Downey, your new CSA Coordinator. I am the Pest Management Information Coordinator in the College of Agricultural and Life Sciences at the University of Idaho. I look forward to meeting everyone and making your CSA experience very enjoyable and tasty. Please feel free to contact me with any questions or comments regarding the CSA shares.

My email address is ldowney@uidaho.edu; I check this account regularly. My office is in the Ag Science building, room 307. My office phone number is (208) 885-0192.

I have so many details to share with you, most importantly that CSA share pick-ups have begun! Pick-ups will be on the lawn between the Ag Sciences and College of Natural Resources buildings. We plan to set up a farm stand at this location every Thursday, and you will be able to pick up your shares at the farm stand. We haven't finalized our pick-up time, but it will be a two-hour block between the hours of

3 and 6 pm. Please inform me which time slot would work best for you, and we will go with the consensus. Metered parking is available in front of the Ag Science building, on the corner of 6th and Rayburn. If you need more specific directions to the pickup location, or to the metered parking, please let me know.

In your first pick-up, you can look for an assortment of greens, spring onions, herbs, and maybe even some strawberries. We have planted an exciting variety of tomatoes, peppers, eggplants, winter and summer squash, pumpkins, greens, leaf lettuces, herbs, cucumbers, onions, leeks, potatoes and carrots on the farm, so you will have all of these things to look forward to in the coming weeks.

We have started a new share-packaging system. As you know, the total cost of your share included one large canvas bag with the Soil Stewards logo. "Peck" shares are in bags with green logos, "Bushels" are in bags with brown logos. The club has purchased a second set of bags that will be interchanged with yours. Each week you will pick up a canvas bag full of produce, and turn in the empty bag from the previous week's pick-up. At the end of the season, you get to keep the canvas bag (and choose which color). Quite a treat!



THIS WEEK'S HARVEST:

- ◆ **Spring Onions** : bunches may include Red Mercury, Walla Walla Sweets, Copra and Olympic Onions
- ◆ **Black Tuscan Kale**
- ◆ **Late Harvest Strawberries**
- ◆ **Head Lettuces: Romaine, Butterhead, Red Leaf or Iceberg**
- ◆ **Sweet Basil**
- ◆ **Baby Bok Choy (bushels only)**
- ◆ **Gourmet Baby Summer Squash: green, yellow & patty pans (bushels only)**

At the Farmstand this week: Head Lettuces & Sweet Basil!

In addition to fresh, locally grown produce, each week your bag will contain a comment card, with some questions and room for you to write your comments, praises, complaints and/or suggestions. We hope this will help us to keep you happy throughout the season. Please let us know what you did and didn't like, or give us ideas for improving your shares and the pick-ups.

I plan to communicate with you each week with reminders of pick-up times and any other details you might need. I will continue to send information to you via this email account unless you tell me you prefer a phone call, or an email sent to a different account.

I look forward to talking to all of you,
Lisa

BLACKBERRY-BASIL TART

Serves 6

2 cups sour cream
¾ cup plus 3 tablespoons sugar
½ vanilla bean, halved lengthwise

Cornmeal Shortbread Dough

2 cups blackberries (or even strawberries!) (about 1 pint)
¼ cup loosely packed fresh basil leaves, plus sprigs for garnish
¼ teaspoon ground cinnamon

1. Stir together sour cream and ¾ cup sugar. Scrape in vanilla bean seeds; stir to combine. Discard pod. Refrigerate filling, covered, until firm, about 3 hours or up to 2 days, before using.

2. Preheat oven to 375°. Press dough into a 13 ¾-by-4 ¼-by-1-inch oblong tart pan with a removable bottom. Trim edges of dough flush with pan. Refrigerate until firm, about 30 minutes. Bake until golden and crisp, about 18 minutes. Let cool completely on a wire rack.

3. Stir together blackberries, remaining 3 tablespoons sugar, 1 tablespoon water, the basil, and cinnamon in a small saucepan over medium heat. Cook, stirring gently, until berries have softened and released their juices and mixture is warmed through, about 2 minutes.

4. Spoon sour cream filling into tart shell. Top with the berry mixture. Garnish with basil sprigs.

-From Martha Stewart Living

ITALIAN SAUTÉED KALE

Serves 4; Prep time: 15 minutes; Total time: 45 minutes

1 pound kale
1 ½ tablespoons olive oil
¼ teaspoon salt

1. Remove stems (and veins, if desired) from kale. Cut or tear leaves into 1/2-inch strips.
2. In skillet, heat oil over high heat. Add kale and salt; toss to coat leaves.
3. Cover; reduce heat. Cook until tender, 30 minutes.

From Martha Stewart Everyday Food

THE KALE SLAW PHENOMENON

While we readily give out Deli recipes, *the* Kale Slaw recipe does not exist. Rather, each cook has their own flavors and favorite ingredients that they tend to toss together under the umbrella title of Kale Slaw. This month I've decided to explore Kale Slaw and its many forms in an effort to respond to the many, many recipe requests we receive. So, what is Kale Slaw anyway? Obviously, the key ingredient in the slaw is Kale—organic, fresh and raw. There are many different types of Kale, and the flavors of each type can vary with the season. Lahde recommends trying different types as the seasons change. Other ingredients that tend to get tossed into the mix are grated carrots, toasted cashews, scallions, red cabbage, mung, sunflower or lentil sprouts, toasted sunflower seeds, marinated tofu, and a plethora of other veggies, seeds, and nuts, only limited by our imagination or pantry stock.

It is the dressing that varies so widely and distinguishes one slaw from another. I asked a few cooks and a few other Co-op folks who have begun to make their own variations at home what their dressing recipes were and here are their responses. Keep in mind that, in keeping with the original Slaw nature, exact measurements are an anomaly. Play around with these till you find one you like.

Kenna's working girl Slaw: equal parts or thereabouts Annie's Sesame-Ginger vinaigrette and Mayonnaise. Whisk together and pour over slaw veggies.

Laura's variation: Curry. Laura suggests finding a curry yogurt dressing and using that on Kale Slaw.

Kelly's variation # 264: 1 good daub veganise, lime juice, rice vinegar, 1 good daub green chilies, fresh or dried basil, tamari, ginger, garlic.

Sarah Sarah's: Veganise, lemon juice, sesame oil, tamari, ginger and garlic.

Kelly's variation # 173: Equal parts nut butter (I like almond, p-nut or cashew) and veganise, rice vinegar, tamari.

Vicki's Kale Slaw: Mayonnaise, sour cream, garlic, ginger, marinated baked tofu, red onions, tamari, toasted cashews.

By Kelly Kingsland, former Deli manager of the Moscow Food Coop & revered local farmer

*from the August 2001
Moscow Food Coop Newsletter*

Help us recycle! Bring back
your baggies, containers and
other packaging and we'll
wash and reuse them!