

Week # 2 Timken Farm Community Supported Agriculture

In Praise of Eating Locally

As a Community Supported Agriculture member you have made some commitments worthy of review. There are the obvious pieces of supporting the local economy and investing in a small farm dedicated to ecologically sound practices. These choices contribute to sustainability on the planet and in your community.

There is also the commitment to eating “in season.” It’s a commitment that challenges us culturally. Most of us have grown up on supermarket menus... strawberries, tomatoes and cucumbers 12 months a year. Meals disconnected from place. Recipes that require more energy to transport produce than grow it.

Eating represents a profound interaction with the natural world. When we eat where we live we build connection to this particular patch of the earth we call home, Vashon Island. Noticing the correlation between shifts in our region’s hours of daylight and the veggies in your box each week gives a glimpse into the secret life of plants in the Maritime Northwest. As seasonal shifts in regional climate occur so will our diets. We begin to understand where we live from the inside. Eating locally is a commitment and opportunity to nurture ones sense of place.

Dana

“Tis the Season To Eat Greens”

For me mustards, kales and choys are the taste of early Spring west of the Cascades. Their textures and flavors represent the cool hardy nights they endure with ease. Don’t be afraid! They are rich in vital nutrients. Eat them steamed, sautéed, souped or raw.

The Vashon Spring Wrap (farm lunch fave)

First make the dressing:

Olive oil and Balsamic vinegar 1/4 C each or to taste

3 T Mayo

2 Garlic cloves chopped

3 pinches-o-Dill

1 T Mustard a

1 T Honey

Stir into thick creamy consistency

Food System Factoid: In the conventional food system, food travels 1500 or more miles on average from farm to table.

Heat tortillas up individually and melt grated cheese onto them

(If you don’t want your tortillas to get crispy put a few drops of water in the heated fry pan under the tortilla then quickly add grated cheese and turn way down to simmer with a lid on for less than a minute

Remove from heat and pack a bunch of chopped raw greens, (kale, mustard, spinach, lettuces.. any or all) onto tortilla

Slather on dressing

Wrap like a burrito (tucking in ends first to avoid blow outs)

Boc Choy, Simply

a splash of olive oil in a fry pan

Add chopped garlic and onion and heat slowly till caramelized

Mix in boc choy cut into strips(lengthwise)

Drizzle on tamari

When the stalks are soft and limp it’s done !

What’s in your box:

Spinach– Olympia, Tyee, Bloomsdale

Salad Mix– 10 different varieties

Kale– Red & White Russian, Lacinato

Bok Choy– Prize Choy

Mustard greens– Green Wave, Osaka Purple, Mizuna

Herbs– Chive Blossoms, Mint (for sun tea!)

Radishes– Cherry Belle

If it’s true
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Is to be read as text
I will take it as wafer
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Ellen Kort