

Week # 5 Timken Farm Community Supported Agriculture

To Bag or Not to Bag– Mark

It always amazes me that the food we eat comes from tiny little seeds. When we are seeding flats in the barn I find it hard to believe that a small round speck will turn into an enormous broccoli plant that will one day feed my family or yours. Each step of the way that seed is nourished and pampered as it grows and becomes a healthy plant. Then one day your farmers decide it is the perfect ripeness and we put it on our harvest list. We walk out into the cool morning and cut the stalk of broccoli and then...and then...then what do we do? This has been a persistent question that has been debated among your farmers. Let me add one step here. The broccoli is harvested and then placed in a storage bucket and put into the refrigerator until we are ready to prepare the CSA boxes for pick up. But we are faced with a dilemma. How to preserve your food without adding more trash and plastic bags into our world. Produce starts breaking down immediately after it is harvested. You have probably noticed that your produce lasts a lot longer than your typical Thriftway produce. Locally grown food is packed with energy and nutrients. It lasts longer because it travels less to get to you. So how do we maintain the freshness and how are you supposed to store your produce so it will last all week? In short– baggies. They work. We have been putting most everything in a baggie or zip lock bag because it guarantees freshness. But each week you must be overwhelmed with plastic and we are overwhelmed with guilt. It doesn't fit our core beliefs to put beautiful, fresh produce into plastic bags. One week you may have noticed we did not bag your greens and radishes. We observed they wilted within 24 hours, we were dissatisfied with the quality and you may have been too.. So this week we are trying something new. In addition to washing your bags out and reusing them, this week we introduce the BIOBAG, a 100% compostable bag made out of non GMO corn. After using the bag, keep your weekly compost scraps in it and then throw the whole thing into your compost pile. The Biobag will break down in several weeks while a typical bag can take 20 to 1000 years to breakdown! This week you will receive some produce in a Biobag. Let us know what you think about the idea and how the produce lasts. We want you to know that this is something we are working on. Please let us know your thought and ideas so we can serve both you and the world better.

Fried Vashon Cabbage-a household favorite

1 onion, finely chopped
6 or so tablespoons oil
1/2 teaspoon salt
Tomato- You can use paste, fresh or sauce.
1/2 teaspoon curry powder
1 medium cabbage, thinly shredded
Baby carrots

Sauté onion in oil until lightly browned. Add tomato, salt, curry powder, stir over medium heat a few minutes. Mix in cabbage and carrots. Pour in 1/2 cup of water. Cover, reduce, heat, and simmer until liquid is absorbed and cabbage is still slightly crunchy. You can also add a thinly sliced potato-I enjoy adding flavored tofu for protein.

Food System Factoid:

Each year, an estimated 500 billion to 1 trillion plastic bags are consumed worldwide. That comes out to over one million per minute. Billion end up as garbage each year.

What's in your box:

Spinach– Olympia, Tye, Bloomsdale
Kale– White, Red, Lacinato
Mustard– Mizuna
Snap/Snow peas– Sugar Ann, Oregon Giant
Broccoli– Southern Comet
Cauliflower– Snow Crown
Cabbage– Rubican
Salad mix– 10 varieties
Radishes- Easter egg
Cilantro– for garnish

An enduring agriculture must never cease to consider and respect and preserve wildness.

Wendall Berry– *The Unsettling of America*, 1977

