

News from the farm: To pull us through the last leg of the season, we're so pleased to have Wwoofers Mo & Ben on the farm. Mo graduated from Western with a degree in Environmental Science. She is passionate about good food and is interested in on-farm experiments especially when it comes to repurposing resources on the farm including closing loops and reducing waste. Ben graduated from the UW in June also with degree in Environmental Science. He spent the summer commercial salmon fishing in Alaska and is happy to be on land and getting his hands dirty. Getting a chance to see different scale operations and deciding how to incorporate food production in his life is something that he's evaluating as he spends time with us. So far they've helped with harvest, washing, packing, deliveries, butchering, winterizing, hard-core weeding, and some office work. Poultry processing was one of Mo's favorite activities and Ben is really enjoying harvests on sunny days.

Here's what's in your box: kale sprouts, red onions, rainbow chard, golden beets, fennel bulb, garlic, russet potatoes, tomatoes, red kuri squash

Did you know? Kale Sprouts are a hybrid cross of Russian Red Kale and Brussels Sprouts and they look like a very tiny head of kale. Kale Sprouts have a sweet peppery flavor and crispy fresh texture. Use as a tasty garnish for meat entrees, mixed with spring greens in a salad, or simply sauté lightly with garlic.

As we move into some of the more obscure winter veggies, keep an open mind. For the most part, our food preferences are learned, though we have a predisposition to like certain tastes. Surprisingly, it can take 10 to 15 exposures to change your mind about a food so if there's something you don't like, just eat it over and over and over again.

Nothing is a waste of time if you use the experience wisely.

Auguste Rodin

Recipe:

FENNEL AND GRAPEFRUIT SUMMER SALAD

Ingredients

- 1 grapefruit, peeled and sectioned
- 1/2 red onion, thinly sliced
- 1 bulb fennel, trimmed and thinly sliced
- 1 can hearts of palm, drained and sliced or sub with roasted golden beets for a more earthy flavor
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine vinegar
- 1 clove minced garlic
- salt and pepper to taste
- 4 cups torn romaine lettuce
- 1/4 cup crumbled Gorgonzola cheese
- 1 avocado - peeled, pitted and sliced

Directions

1. Place grapefruit slices and any leftover juices in a bowl. Stir in onion, fennel, and hearts of palm (or beets), coating with the grapefruit juice. Pour mixture into another bowl, leaving a small amount of juice in the first bowl. Whisk together the olive oil, vinegar, salt, pepper, and garlic in the original bowl. Toss lettuce with the vinaigrette.
2. Divide lettuce onto 4 plates. Evenly distribute the grapefruit mixture on top of the lettuce and top with the Gorgonzola cheese. Place avocado slices on each salad and serve.