

F A I R V I E W G A R D E N S

COMMUNITY SUPPORTED AGRICULTURE

Where community and farm come together, bringing culture back into agriculture.

Volunteer Shifts

This year CSA membership doesn't require you to volunteer. However, if you do want to volunteer, we will give you a voucher for \$50 dollars to the stand (not bad for three hours work). To set up your volunteer shift (distribution shifts are 1:00-4:00 or 4:00-7:00) contact Mary Louise Bland at psychopiano@cox.net or 687-5150.

Storing Your Goods

Beets: Roast or boil and cut into slices. Eat these throughout the week in salads.

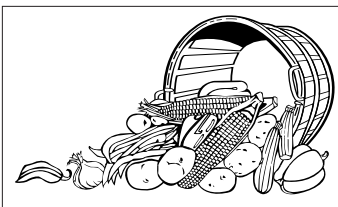
Carrots: Grate the whole bunch. Add to eggs, stirfry, salads, sandwiches and anything else.

Lettuce: Soak separated leaves in the sink for an hour or so. You can add a little salt or vinegar to remove any pests that might have snuck in the head. I tear the leaves and spin them in the salad spinner. Store your salad in a large sealed container for 3-4 days. Now you can just grab your greens and go for any meal!

Cilantro and Parsley: Store in air tight container unwashed. Wash as you go.

— Tiffany

THIS WEEK'S CSA HARVEST SHARE



Broccoli
Mandarin Oranges
Brussel Sprouts
Leeks
Turnips

Radishes
Arugula
Butternut & Acorn Squash
Kale
Collards
Dandelion Greens
Bunched Onions

PASSPORT
to Santa Barbara County



Passport to Santa Barbara

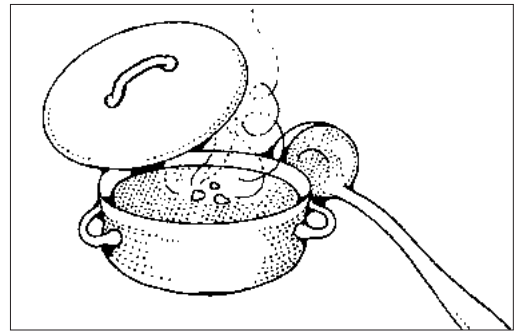
Once again, the Santa Barbara Educators Roundtable (SBERT) is offering the Passport to Santa Barbara program to area families. From now through the end of April, kids in K-6th grade are invited to visit our county's rich educational institutions with an accompanying adult, free of admission when they present a Passport to Santa Barbara County booklet. Explore history, science, nature and art first-hand, collecting stamps in your passport booklet as you go. Children who collect eight stamps will receive a free t-shirt. Families can visit all twenty-five participating institutions, a value of over \$120. Passport booklets with a list of participating institutions are available through Santa Barbara, Carpinteria, Goleta, and Santa Ynez Valley elementary schools, from the Santa Barbara Public Libraries and from the SBERT website at www.sbert.org/programs. The Santa Barbara Educators Roundtable is a consortium of educators from museums, gardens, and other learning environments found outside of the classroom. SBERT is dedicated to lifelong learning in history, technology, natural history, and the life sciences.

A BIG thank you to last week's volunteers:
Adrienne Davis and Marcia Moore

Roasted Potato Leek Soup

For Christmas this year I got a great new cookbook, *The Barefoot Countess Back to Basics*, there aren't a lot of recipes in it, but the ones in it are fantastic. I tried this soup a few weeks ago and I will never make potato leek soup any other way. — Elizabeth

- 2 pounds Yukon Gold potatoes, peeled and cut into 3/4-inch chunks
- 4 cups chopped leeks, white and light green parts, cleaned of all sand (4 leeks)
- 1/4 cup good olive oil
- kosher salt and freshly ground black pepper
- 3 cups baby arugula, lightly packed
- 1/2 cup dry white wine, plus extra for serving
- 6 to 7 cups chicken or vegetable stock
- 3/4 heavy cream
- 8 ounces creme fraiché
- 1/4 cup freshly grated parmesan cheese, plus extra for garnish



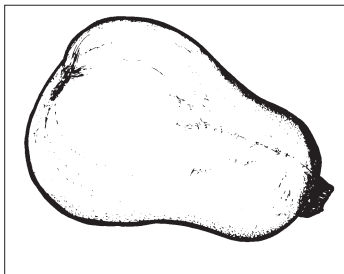
Preheat oven to 400°F. Combine the potatoes and leeks on a sheet pan in a single layer. Add the olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper, and toss to coat the vegetables evenly. Roast for 40 to 45 minutes, turning them a few times during cooking, until very tender. Add the arugula and toss to combine. Roast for 4 to 5 more minutes, until the arugula is wilted. Remove the pan from the oven and place over two burners. Stir in the wine and 1 cup of stock and cook over low heat. Scraping up any bits sticking to the pan.

In batches transfer the roasted vegetables to a food processor fitted with the steel blade, adding the pan liquid and about 5 cups of stock to make a puree. Pour the puree into a large pot. Continue to puree the vegetables in batches until they are all done and combine in the large pot. Add enough of the remaining 1 to 2 cups of stock to make a thick soup.

Add the cream, creme fraiché, 2 teaspoons salt, and 1 teaspoon pepper and check the seasonings. When ready to serve, reheat the soup gently and whisk in 2 tablespoons white wine and the parmesan cheese. Serve hot.

From *Barefoot Countessa Back to Basics* by Ina Garten.

Spiced Butternut Squash Muffins



- 1/2 pound peeled, seeded and cubed butternut squash
- 1-1/2 cups flour
- 2 teaspoons baking powder
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2 teaspoons pumpkin pie spice
- 3/4 cup milk
- 1 egg, beaten
- 1 tablespoon butter, melted

Preheat oven to 400° F. Lightly grease a 12 cup muffin pan. Boil squash in a medium saucepan with enough water to cover for 20 minutes or until tender. Remove from heat, drain, and pureé in a food processor. In a large bowl, whisk together flour, baking powder, sugar, salt and spice. In a medium bowl, thoroughly mix together milk, egg and butter. Stir in squash. Fold the squash mixture into the flour mixture until moistened. Spoon the batter into the muffin pan, filling cups about 1/2 full. Bake 20 minutes or until a toothpick comes out clean. Remove from pan and cool on wire rack.