

# THE SEEDPOD STANDARD

CSA NEWSLETTER

8.09.15



*"Whoever makes two ears of corn or two blades of grass to grow where only one grew before, deserves better of mankind, and does more essential service to his country than the whole race of politicians put together."*

*Jonathan Swift*

## A NOTE FROM SEEDPOD FARM

Dear Partners,

We're rocking here with the farm. I couldn't resist grabbing some blueberries from Spooner's Berries in Olympia last week. I hope you enjoyed the last taste of the season...although it ended too early by my account. I was hoping for more from our bushes this year. You'll have to ask the Seedpod Kids and the birds how they were since I didn't get a taste!!! I'll be taking measures for next year!!

We spent most of the day on Saturday in the veg patch trying to catch up on some weeding. Saturday's supper was a Seedpod affair. I have to say, there's nothing like looking at the table and noting that the majority of the things you're feeding your family came from your land- were watered with your water- and tended with your hands. Thanks for being a part of this life we're building!

Warm Regards,

*The Gulletts*

*The Likely Line-Up:*     **Nero Kale   White Russian Kale   Beet and Turnip Greens   Garden Lettuce: Red Sail, French Crisp, Tom Thumb   Beet Medley   Purple Globe Turnips   Velour Green Beans, Cucumber,   Peppers, Herbs & more**

# HARVEST HIGHLIGHT

## Chioggia Beets:



*From the coastal town of Chioggia, Italy comes this lovely beet that had mainly been found in farmers markets up until recently. This variety is an heirloom beet- originating in 1840 and arriving in the USA in approximately 1865.*

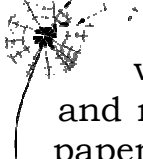
*Chioggia beets have a very tender with light red skin. The inside alternates rings of white and red flesh. These beets can be eaten out of hand (yes, out of hand) and have an extraordinarily sweet flavor.*

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**FOR YOUR INFORMATION-** Beets are becoming a more and more popular menu item now that greater attention is being paid to the benefits of this colorful, easy-to-grow crop. One cup of beets has approximately 15% of your daily fiber intake. It is a good source of vitamins C and E as well as potassium, folate, magnesium, iron and manganese. If you're watching your sugars-that same cup of beets contains on average 9grams of sugar. So take note.

Beets were always defined as "pickled" in stringent white vinegar.....or mushy grated things that turned my salad purple. However- when properly cooked, these roots take on a whole new dimension. As with anything that has a high sugar content, roasting helps to caramelize the sugars and concentrate the flavors. On the other hand, with beets such as Chioggia, one can easily shave these on top of a salad for a sweet and crispy texture. All beets can be easily peeled by boiling a few minutes and then slipping the skins right off. Try the below salad for a wonderfully colorful side.

### Roasted Beet Salad- From the Seedpod Farm Kitchen



Place three-four beets whole in a 350 degree oven on a sheet pan with a bit of olive oil and 2 whole cloves of garlic. Cover loosely with foil and roast until fork tender- approx 40 minutes. Remove and cool. Using paper towel, slip off skins from beets. Chop into bite sized cubes. Mince garlic. Combine 1 can drained chick peas, ½ chopped red onion, 2T chopped fresh dill, and the juice of ½ a lemon. Mix well. Add beets and garlic incorporating gently. Crumble pieces of goat cheese on top of salad along with some chopped candied pecans. Enjoy!