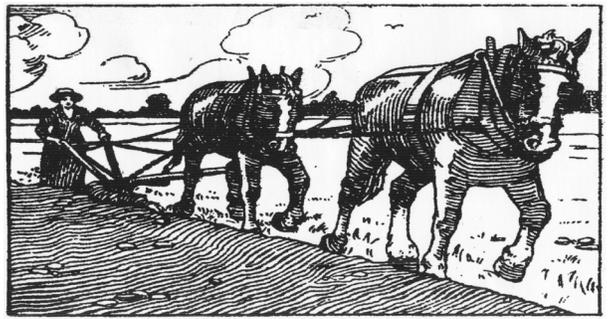


North Creek Community Farm NEWSLETTER Week 10, Thursday August 22



IN THE BAG:

Chinese cabbage

Peppers

Wheat

Tomatoes

Potatoes

Garlic

Purple beans

Basil

Jalapeños

And, of course, summer squash and cucumbers

Celebration of 20 Seasons of CSA

The celebration and fundraiser on Saturday August 17 was a great success with a beautiful dinner and fabulous members. A group of folks arrived early and energetically pitched in to harvest and prepare the final parts of the meal. People were willing and competent. The tables outside had bright table clothes and bouquets of flowers. Thanks to everyone for pitching in.

Many of you have donated both in person at the dinner and by mail. A total of almost \$3,500 was raised. Half of this money will go for a new rototiller for the tractor and half will go to the Bad River Indian Reservation for their Legal Defense Fund.

For hundreds of years, native people have lived on the land that I now farm. Over a number of years in the 1800's the Ojibwa agreed to cession treaties with the United States. The land that I farm and care for was part of this land. One of the provisions in the treaties was that the Ojibwa would be consulted about issues concerning the ceded lands. When the new iron ore mine was proposed in the Penokee Hills, part of the Bad River Watershed the native people were not included in the discussions. These waters and the rice lands that they support are sacred to the Ojibwa people. They are connected to the lands in ways that I have not been raised to understand or fully appreciate. What I do know is that the harm that was done to native people has not ended as I was taught in school, but rather it continues and I will help them fight for their sovereign rights where I can. I think there is enough old equipment on the farms in Wisconsin to provide as much iron as this 75 mile open pit would provide. Further developing the tourism in this beautiful area would maintain and increase the already existing jobs. Thank you for helping to fight the destruction of a watershed.

About the vegetables:

Wheat?! This is the newest crop of wheat from the farm and I thought it would be fun to include some for members. Wheat berries make a nice, chewy breakfast cereal and salad. The new berries need some more drying time so spread them out in a pan and let them dry on the counter for about a week. You will need to pick through them to remove more of the chaff and debris.

The **beans** are coming on. Some of you got purple beans and some got green. I love beans and enjoy them best reheated with a little bacon. The beans are really going to produce for a while now. If you get inundated, try freezing some for the winter. Enlist the whole family to take of bean ends.

You haven't gotten many **green peppers** because I am hoping the little buggers will ripen red. The reason red peppers are more expensive than green in the store is that they are much more perishable when they ripen but so good! They are just beginning to ripen.

The **tomatoes** are starting to go gangbusters. I am sending my favorite recipe for them. I sent it before but the food of the gods needs to be shared. I don't eat tomatoes all year until there are local vine ripened ones.

Corn Feed and Overnight Camping Saturday, August 24

Celebrate the taste of summer at the Sweet Corn Feed. This popular family event is a chance to enjoy the farm and see where your food is grown. Tour the farm, pick sweet corn right before its cooked. Play games on the lawn and pat the horses. It's not a workday, but if you really want, we could do some farm work too and there is always turning ice cream maker. The event starts at 2:00 and we'll eat around 5:00. The farm will provide supper. Menu change: Instead of sloppy Joes with beef, we'll be having pulled pork from the farm. We will make some fresh salads and there will be egg salad as well. Bring some topping for homemade ice cream or something to share to drink.

The fun continues if you want to pitch as tent and spend the night. I'll make pancakes on the wood stove in the morning.

You don't need to RSVP, just come on out unless you are spending the night and then its good to have a guess at how many are staying overnight. *Thanks!*



Greek Wheat Berry Salad

This refreshing salad weaves together many of our favorite sharp flavors of the Mediterranean. This dish is easy to prepare and highly adaptable, feel free to substitute quinoa or brown rice for the earthy wheat berry. This recipe comes to us from Cathy of [A Life Less Sweet](#).

- 6 cups water
- 2 cups soft white wheat berries
- 1/2 tsp salt
- 2 cups grape tomatoes, sliced in half or diced tomatoes
- 1/2 cup green onions, chopped
- 1/2 cup kalamata olives, chopped
- 1/4 cup fresh basil, fine chopped
- 1/2 cup feta cheese, crumbled
- 3 tablespoons white balsamic vinegar*
- 3 tablespoons olive oil
- 1/4 teaspoons salt or to taste
- 1/4 teaspoons pepper

**If you don't have white balsamic vinegar, substitute white wine vinegar.*

Bring the water to a rapid boil in a large pot. Add the wheat berries and 1/2 teaspoon salt to the boiling water and cook uncovered for 30-50 min or until wheat berries have reached the desired tenderness. Drain in a colander. Combine wheat berries, tomatoes, green onions, olives, basil and feta. Mix well. In a small bowl, combine the vinegar, olive oil, remaining salt and pepper. Whisk for about a minute to emulsify the dressing. Pour dressing over the wheat berry mixture and mix to coat the salad well. Serve and enjoy!

Pasta with Marinated Cherry Tomatoes

Adapted from Martha Stewart Living magazine

Ingredients

5 garlic cloves, thinly sliced
1/2 cup extra-virgin olive oil
2 pounds cherry tomatoes, sliced in half
8 ounces mozzarella bocconcini balls, sliced in half or good flaked parmesan
1 cup fresh basil, torn or sliced thinly
4 tablespoons capers (optional)
2 teaspoons finely grated lemon zest, plus more for sprinkling
1 tablespoon lemon juice
1/4 teaspoon crushed red-pepper flakes
Course salt & freshly ground pepper
1 pound pasta cooked al dente

Instructions

1. In a small saucepan, cook garlic in oil over medium heat until golden, about 10 minutes. Let cool.
2. Combine tomatoes, 1/2 cup basil, capers, lemon zest, red-pepper flakes and 1 teaspoon salt in a large bowl. Pour garlic oil & garlic over tomato mixture, marinate for at least 30 minutes, tossing occasionally.
3. Cook pasta, drain and add to bowl with tomato mixture and lemon juice and toss gently. Top with remaining 1/2 cup basil and additional lemon zest and salt and pepper to taste. Serve warm or at room temperature.