

North Creek Community Farm NEWSLETTER

Week Ten

Thursday, August 20, 2014

IN THE BAG:

Carrots

Cucumbers

Giant kohlrabi

Salsa Pack

Beets

Tomatoes

Flat leaf parsley

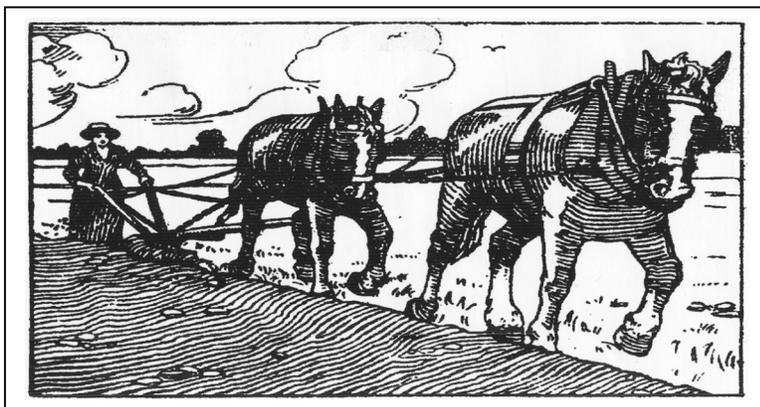
Potatoes

Peppers

Guardian Angel in Carharts

My guardian angel arrived in a Gator. He whizzed along the edge of the road in his farm-style golf cart and changed a disaster into a triumph. Magdalena and I were taking the delivery on Tuesday morning into the Cities when a tire on the trailer burst with a terrifying explosion. "What can we do?" we asked each other after we pulled over. Just as we were summoning cars to try and get bags, cucumbers and flowers to the cities, Mark, a retired dairy farmer came zipping down the edge of the road towards us in his Gator. "I heard your tire explode," he said, "need some help?" Such wonderful farmer understatement. Clearly we needed help. He looked at the tire, which was in shreds. I was relieved to hear that I had not been remiss in my maintenance, but that some tires just loose it and explode. "Trailer looks full," he noted, "we'll need my 4 ton floor jack." We climbed into the Gator and whizzed back to his farm while Magdalena called off Richard coming in the car. We picked out the tools he needed to change the tire from Mark's immaculate garage. "The spare tire needs some air," I explained, "better bring an air tank." "Good idea, but I think I might have a tire that will fit the trailer." Dumb-founded I watched as he rolled a tire from his equally immaculate storage room that was exactly what we needed. "You used to milk cows, didn't you?" I asked. "Yeah, but we stopped three years ago. Now I don't know how to stay busy." Clearly cleaning the garage was top of the list. We drove back to the truck and trailer. Mark quickly jacked up the trailer, removed the tire with a cordless impact wrench and had the new tired on in a matter of minutes. "Wow," I said with fervent conviction, "you are an angel, you are my guardian angel!" "Can you put that in writing and sign it for my wife?" he replied, "Sometimes she forgets that's true."

Note: The truck is still being worked on and volunteers from the different drop sites have volunteered to bring the bags to the Metro. Thanks everyone for helping us out during this truck challenge.



About the vegetables:

Heirloom tomatoes are much sought after for their flavor and variety. They are expensive in the store. There is a reason for this. Heirlooms have very tender skins and tend to split open when they are ripe. As much as I would love to send vine ripened tomatoes, we are going to try and pick the heirlooms a little less ripe so they arrive to your house in one piece. Some of the tomatoes will be cracked when you get them but they still taste good, just eat them right away.

OK, the giant kohlrabi is ridiculous, I admit, but taste so good. The pile of them during harvesting reminded me of something you would find in the Yurl Mountains for winter food storage. I have included another creamy kohlrabi recipe because it is so yummy.

The new planting of summer squash is coming on again. The round ones are patty pans and very creamy. Beets, what is there to say but you love them or hate them. If you really don't like them, leave them in the exchange box and forget them.

These potatoes are Nicolas and my favorite. I think they have just the right balance between smooth and fluffy.

Creamed Kohlrabi

- 4 cups cubed peeled kohlrabies (about 6 medium)
 - 2 tablespoons butter
 - 2 tablespoons all-purpose flour
 - 2 cups whole milk
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - Dash paprika
 - 1 egg yolk, lightly beaten
 - Minced chives and additional paprika
- Place kohlrabies in a large saucepan; add 1 in. of water. Bring to a boil. Reduce heat; cover and simmer for 6-8 minutes or until crisp-tender. Meanwhile, in a small saucepan, melt butter. Stir in flour until smooth; gradually add milk. Bring to a boil. Stir in the salt, pepper and paprika. Gradually stir a small amount of hot mixture into egg yolk; return all to the pan, stirring constantly. Bring to a gentle boil; cook and stir for 2 minutes. Drain kohlrabies and place in a serving bowl; add sauce and stir to coat. Sprinkle with chives and additional paprika. Yield: 6 servings.