

# North Creek Community Farm NEWSLETTER

## Week Ten Thursday, Aug. 20, 2015

### IN THE BAG:

Kale  
Lettuce mix  
Cherry tomatoes  
Carrots  
Salsa Pack  
Green pepper  
Cucumbers  
Summer Squash  
Garlic



Rana and Alara Guvenc enjoying the view from the hay mow. *Photo by Serdar Guvenc*

### Notes on the vegetables

**Salsa Packs** are a special treat to use the first tomatoes. If you don't really like salsa, just use the tomatoes and other things in the bag. In a survey of members several years ago, when asked for a favorite vegetables, many people said, "salsa pack."

**Kale** is really easy to freeze if you would rather spend your time eating tomatoes. Wash the kale and take the leafy part off the ribs and discard ribs. Bring a big pot of water to a boil and have a sink full of cold water ready to dunk it into. With tongs or a spoon, plunge all the kale into the boiling water and stir gently for 10 to 15 seconds. Lift the kale out of the water, let drain a second over the pot and transfer to the cold water. When cool, I package by squeezing handfuls into balls and wrapping the handfuls in plastic wrap. Place wrapped balls into a gallon ziplock bag.

The **cucumbers** are slowing down a bit. That will be a relief to some and a disappointment to others. The tomatoes are coming on strong and starting next week you will get a nice bag of slicing tomatoes. Some of you will be getting a bag of paste tomatoes. These can be frozen as is for use this winter in a sauce or create a fresh tomato sauce or soup now.

### Corn Feed Weekend

"Farmer Kate, Farmer Kate!" The call goes out at each festival at the farm; suddenly I am surrounded by children. Each one vies for my attention to tell me the latest news and each one is wide-eyed with wonderment. Many of the adults are filled with wonderment too. It is good to remember that my farm is more than a place of work hard and vegetables. It is a community of people connected through good, healthy food and me. Seen through the members' eyes, I am able to remember again that this is a beautiful place filled with wonderment and not just weeds.

Including children there were about 40 people at the Corn Feed on Saturday. The weather was hot but a nice breeze kept things bearable. I had gotten out the antique fanning mill and we cleaned the newly combined wheat some of which was ground for the morning pancakes. Jennifer, a new member and chef said that the pancakes were the best she had had anywhere in the Metro. Amazing what fresh ingredients can do for a recipe.

Thanks everyone for making this another great festival. A special thank you to Christopher Danielson for making beer and bringing it for everyone to enjoy.

## Garden Fresh Tomato Soup

"A simple, homemade soup made with fresh tomatoes is a perfect summertime treat when the best tomatoes are ripe in gardens and farmers' markets. Everyone will love the fresh sweet taste and smooth texture."

### INGREDIENTS:

4 cups chopped fresh tomatoes	2 tablespoons butter
1 slice onion	2 tablespoons all-purpose flour
4 whole cloves	1 teaspoon salt
2 cups chicken broth	2 teaspoons white sugar, or to taste

### DIRECTIONS:

1. In a stockpot, over medium heat, combine the tomatoes, onion, cloves and chicken broth. Bring to a boil, and gently boil for about 20 minutes to blend all of the flavors. Remove from heat and run the mixture through a food mill into a large bowl, or pan. Discard any stuff left over in the food mill.
2. In the now empty stockpot, melt the butter over medium heat. Stir in the flour to make a roux, cooking until the roux is a medium brown. Gradually whisk in a bit of the tomato mixture, so that no lumps form, then stir in the rest. Season with sugar and salt, and adjust to taste.

## Pasta With Roasted Garlic and Cherry Tomatoes

- Servings: 4-6

### About This Recipe

"Prep time approx. 40 min (I found this in the May 2003 Canadian Living Magazine) This is a quick and easy recipe. Garlic becomes mellow when roasted,(so don't let 12 cloves scare you away) and roasting the tomatoes brings out the rich flavor. The two compliment each other. Using cherry tomatoes saves time so if you use other kinds of tomatoes it may take longer. I have two kids age 11 and 14 who love this recipe and always have more than one helping."

### Ingredients

- 4 cups cherry tomatoes, cut in half
- 12 garlic cloves, cut in half ( don't be shy)
- 1/4 cup extra virgin olive oil
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon hot pepper flakes
- 1/4 teaspoon ground pepper
- 1 lb bucatini pasta (I used bow tie) or 1 lb your favourite pasta ( I used bow tie)
- 1/4 cup chopped fresh parsley
- 1/2 cup freshly shaved parmesan cheese

### Directions

1. In a bowl toss sliced tomatoes, sliced garlic, oil, basil, salt, hot pepper flakes and ground pepper.
2. Place in a 9 X 13 metal cake pan and roast at 400°F for approximately 30 minute.
3. The tomatoes should be shriveled and the garlic tender.
4. Cook pasta in a pot of salted boiling water while tomatoes and garlic are cooking.
5. Drain and return pasta to pot.
6. Add garlic tomato mixture and parsley, tossing to coat.
7. Serve with sprinkle freshly grated Parmesan cheese.
8. If you don't have any fresh Parmesan try other sharp hard cheeses such as Romano or Asiago.