

North Creek Community Farm NEWSLETTER

Week Eleven

Thursday, August 27, 2014

IN THE BAG:

Carrots

Garlic

Red cabbage

Tomatoes

Kale

Peppers

On the side:

Melons

Sweet corn

The season

We are still barreling along through the season even as kids and families get ready for school to start, but it is clear that we are moving towards fall. There are subtle changes in the colors around the farm and the ripe melons mean that things are in the last third of the season. We had over 5 inches of rain in the last week.

The humid air and rain have brought on a surge of disease in the plants. As soon as it dries a bit I will mow down the tops on the potatoes. Even if the plants have not died back naturally, the tops are taken off for two reasons; one is to trigger the potatoes to harden their skins and second is to prevent late blight from moving down the vines into the potatoes. The rain has also made the broccoli plants very happy. Now they need to decide that it is time to make some broccoli heads. Sometimes if plants are secure and complacent, they just keep happily growing, seemingly unaware of the fact that we are waiting for them to produce food for us.

All for One or All for Us

I was so heartened when I asked Tuesday members to come out to the farm to help bring in the delivery last week. I had just enough people show up at the farm, load their cars and take back produce. A gal could get used to that. I am very grateful and felt very supportive. I have terrible truck karma. I bought a new truck this spring and was hoping to have one season without a break down but it was not to be. The transmission went out in "Pete", the new truck. Hopefully this was just a one-time problem and not the start of a series of breakdowns. In the meantime, it is great to see the support I have with members and with my neighbors in filling the gap.

About the vegetables:

I know the red cabbages are big and perhaps more than you would like. If I could, I would cut them in half for you. Food safety rules state that I can only harvest vegetables and not prepare them in any way. So, you will have to get creative and use up your cabbage. It also lasts a long time so there is no hurry.

Tomatoes are coming on strong and we are going to try to ship a lot of them in the coming weeks. Don't put tomatoes in the refrigerator. They are much happier on the counter. Use the ripest ones first.

The melons are ripening almost as fast as we can pick them. We go out every day and harvest the ripe ones. Because of the wet weather, there is a slightly decayed spot on the bottom. This should not affect the flesh inside. Store the cantaloupe types in the refrigerator. The watermelons can sit out. There are not as many watermelons as I wanted to ship because of the late season and because they are like candy to the deer.

MOROCCAN CARROT SALAD

SERVES 4

Carrots, with their year-round accessibility, are sometimes taken for granted. But this unique and flavorful dish, adapted from *Chez Panisse Vegetables* by Alice Waters (HarperCollins, 1996), changes all that.

12 medium carrots, peeled, trimmed and sliced

1 garlic clove, peeled and crushed

3/4 tsp. ground cumin

1/4 tsp. paprika

3 pinches cayenne

2 pinches ground cinnamon

1 tbsp. fresh lemon juice

3 tbsp. olive oil

2 tbsp. chopped parsley

Salt to taste

1. Boil carrots and garlic in a pot of water over medium heat until just tender, 4-6 minutes. Drain; let cool.

2. Transfer to a bowl, add cumin, paprika, cayenne, cinnamon, lemon juice, olive oil, parsley, and salt to taste; toss well.

Red Cabbage Stir-Fry with Coconut

At her restaurant, Asha Gomez tops a cabbage stir-fry with fresh coconut, a Keralan staple. Home cooks can substitute shredded dried coconut (not sweetened) for the fresh kind; it's easier to find in stores.

1. 2 tablespoons canola oil
 2. 1 teaspoon mustard seeds
 3. 1 teaspoon cumin seeds
 4. 10 fresh curry leaves or 2 bay leaves
 5. One 2-pound red cabbage, cored and coarsely chopped (8 cups)
 6. 1/2 teaspoon ground turmeric
 7. Salt
 8. 3/4 cup water
 9. 3 garlic cloves, smashed
 10. 1 jalapeno chile, stemmed and coarsely chopped
 11. 1/2 cup finely shredded dried coconut (1 1/2 ounces)
1. In a large, deep skillet, heat the oil. Add the mustard seeds and cook over moderate heat just until they begin to pop, about 30 seconds. Add the cumin and curry leaves and cook until fragrant, about 30 seconds. Add the cabbage and turmeric and season with salt. Cook, stirring occasionally, until the cabbage is crisp-tender, about 3 minutes. Add 1/2 cup of the water and cook until the water is evaporated and the cabbage is tender, 5 to 6 minutes longer. Discard the bay leaves, if using.
 2. Meanwhile, in a mini food processor, add the garlic, chile, coconut and remaining 1/4 cup of water and pulse to a paste.
 3. Scrape the paste into the skillet and toss to coat the red cabbage. Cook, stirring, for 2 minutes. Season with salt and serve.

BRAISED RED CABBAGE WITH VINEGAR

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 1 cup chopped onion
- 4 garlic cloves, peeled, crushed
- 1 2 1/2-pound red cabbage, quartered, cut crosswise into 1/2-inch strips
- 1/2 teaspoon caraway seeds
- 1 1/2 cups low-salt chicken broth
- 3 tablespoons red wine vinegar

Heat oil in heavy large pot over medium-high heat. Add onion and garlic; sauté until beginning to brown, about 8 minutes. Add cabbage and caraway seeds; sprinkle with salt and pepper. Toss until cabbage is wilted, about 4 minutes. Add broth. Cover, reduce heat to low, and simmer 15 minutes. Add vinegar. Cover and cook until cabbage is tender, stirring occasionally, about 15 minutes. Season with salt and pepper.