

North Creek Community Farm NEWSLETTER

Week Eleven Thursday
August 27, 2015

IN THE BAG:

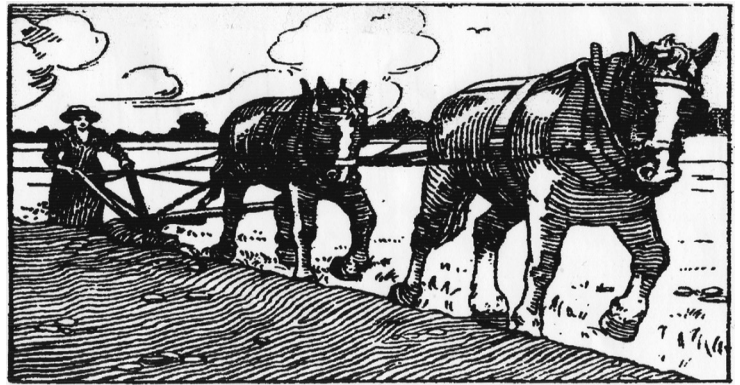
Tomatoes
Basil
Wheat berries
Red potatoes
Shishito peppers
Green peppers
Beet greens
Cucumber
Summer squash

Notes on the vegetables

I literally do not eat tomatoes all winter. I wait for my tomatoes from the hoop house. I hoard bacon waiting for the sublime sandwich treasured by most meat eaters, the BLT. I love tomatoes with olive oil, balsamic vinegar and fresh garlic. I love tomatoes with cilantro, lime juice and jalapenos. I love tomatoes in toasted cheese sandwiches dripping with sharp cheddar. You will excuse me then when I may send more tomatoes than you know what to do with. This bacchanalian feast is short and intense. If you are overwhelmed with the bag of tomatoes, wash the tomatoes, put them back in the bag and just pop it in the freezer. This winter, when you take them out, slip off the skins as they thaw and make a fresh sauce reminiscent of the summer days.

Beet greens are delicious with a little balsamic vinegar. There is a recipe on the back for beet greens you might like. You can cook the little beets first or cut them off and discard them.

The wheat berries were combined just a few weeks ago. They can be used as a breakfast cereal or a grain in salads or warm as a side dish. If you have a grinder, you can make flour.



The Great Countdown

The change from endless summer to approaching fall is like flipping a switch. Even after all these years, it catches me by surprise. In June as the summer stretches out before us, August and September register in my mind as hot months. Then a rain comes in cold instead of warm and I remember. Oh yeah, the first frost is in mid September out in Prairie Farm.

Paul Huttner, Metro meteorologist said that the storm around August 18 was an October-like event. It will warm up but this was a wake up call. Winter squash, field corn and soybeans are all on a race to finish before the weather turns cold. When the first hard frost hits can mean the difference between spending huge amounts on LP to dry the corn and being able to have it mostly field dry. When corn was harvested mostly for animal feed as cob corn, it was dried in corncribs and ground later as needed. Now most corn is harvest with a combine that removes the kernels from the cobs and it is stored in the big, round, silver bins that have popped up in rural areas. The corn stored this way has to be dry.

What the freeze means for CSA members is whether the winter squash gets rich flavor or whether it needs to ripen longer in your kitchen before eating.



Beet Greens and Feta Pasta

Ingredients

- Kosher salt
- 1 tablespoons olive oil
- 1/4 medium white onion, finely chopped
- 2 medium garlic cloves, finely chopped
- Freshly ground black pepper
- 1 pounds beet greens, washed, ribs removed, and coarsely chopped (about 5 cups)
- 1/2 pound penne pasta
- 2 1/2 ounces crumbled feta (about 1/3 cup)

Instructions

1. Bring a large pot of heavily salted water to a boil. Meanwhile, heat the olive oil in a large frying pan over medium heat. When shimmering, add the onion and garlic, season with salt and pepper, and cook until the vegetables are translucent, about 3 minutes.
2. Add the beet greens and cook until just wilted, about 3 minutes. Season well with salt and pepper; remove from heat, and reserve. Meanwhile, cook the pasta according to the package directions. Drain the pasta, reserving 1 cup of the cooking water.
3. Return the pasta to the pot and place over low heat. Add the reserved pasta water and the beet green mixture, and then sprinkle in the crumbled feta. Stir until thoroughly combined and heated through. Taste and adjust the seasoning as needed.

Wheat Berry Salad With Cranberries

By Raquel Grinnell on December 28, 2013

Ingredients

- 1 1/2 cups wheat berries
- 3/4 cup walnuts or 3/4 cup pecans, chopped
- 2 stalks celery, finely chopped
- 1/2 cup dried cranberries, chopped
- 1 scallion, chopped (white and green parts)
- 1/2 cup fresh parsley, finely chopped
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt & freshly ground black pepper

Directions

1. In a large pot combine the wheat berries and enough water to come 2 inches over the wheat berries. Bring to a boil and cook uncovered for 1 hour, or until tender. Drain and let cool. Toast the nuts in a medium dry skillet over medium-high heat until fragrant, 2 to 3 minutes.
2. In a large bowl, combine the wheat berries, walnuts, celery, dried cherries, scallions, parsley, olive oil and lemon juice. Season, to taste, with salt and pepper.