

North Creek Community Farm **NEWSLETTER**

Week Eleven

Aug. 12 and Aug. 14, 2016

IN THE BAG:

Tomatoes

Summer squash

Cucumber – The cucumbers are petering out and were never very productive. The shortage of bees really shows up here.

Purple Fillet Beans – These little beauties are called “Velour” and they taste divine.

Shell beans – Take these pretty beans out of their pods. They are like any dried bean that has been soaked and almost tender when cooking. There is a really good recipe on the reverse side.

Garlic

Carrots

Sage – I am sending sage to go with the shell beans.

Ripe bell peppers – these are not square but they are sweet. I love them sautéed.

On the side: a **cantaloupe melon and sweet corn**



News from the Farm

Corn Feed Fun

I enjoyed the Corn Feed very much on Saturday, August 13 surrounded by people who love the farm and me. People were relaxed and celebratory. A dedicated group harvested the shell beans we need for delivery this week. A special shout-out to Dyan and Richard who came early and harvested many, many beans over 3 1/2 hours. Others joined them as they arrived and tub after tub of beans went into the cooler. A sudden shower soaked the people in the field, but then the day was breezy and sunny. Just perfect. We made vanilla and coffee ice cream and enjoyed the potluck food. There was a whole group of kids that formed an instant play pod and were off and running, literally. About 6 families decided to pitch a tent and spend the night. I made pancakes and French toast on the wood stove. I love hanging out with people in the evening and enjoying the sights and sounds of a people enjoying the farm.

Farm on Fast Forward

The farm produce seems to be on fast-forward towards ripening. Perfect weather, an early spring, extra fertilizer and Poof! Lots of vegetables that are coming earlier than anticipated. Almost every week, I look ahead and think, “There is nothing in two weeks to put in the bags.” Then the time comes and there is plenty. This will probably be the case again, but the fear is always there. We are in the middle of the Great Summer Bounty. Enjoy!

Grilled Tomatoes with Goat Cheese and Sage

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2 tablespoons olive oil
4 tablespoons chopped fresh sage (about 1 ounce), divided
1/2 cup soft fresh goat cheese
2 teaspoons sliced green onions
1 shallot, minced
1/4 teaspoon salt
4 medium tomatoes

Heat oil in medium skillet over medium-high heat. Add 3 tablespoons fresh sage and fry 30 seconds. Using slotted spoon, transfer fried sage to paper towel.

Combine cheese, onions, shallot, salt, and remaining 1 tablespoon fresh sage in bowl. Season with pepper. Using small sharp knife, remove cone-shaped piece 2 inches wide and 1 inch deep from top of each tomato. Divide cheese mixture among tomatoes; top with fried sage.

Prepare barbecue (medium-high heat). Place tomatoes on grill rack; cover barbecue with lid. Cook until tomatoes are soft, about 5 minutes. Serve by themselves or on a pile of arugula.

Heirloom Tomatoes with Shell Beans Vinaigrette

- 1 tablespoon olive oil
 - 1 cup chopped sweet onion (such as Vidalia or Maui) or shallots
 - 4 garlic cloves, minced (or 2 of Kate's huge ones)
 - 1 - 2 tablespoons of minced fresh herbs
 - 4 cups shelled fresh or frozen black-eyed peas, crowder peas, or purple hull peas (about 20 ounces)
 - 2 cups low-salt chicken broth
 - 1/4 cup balsamic vinegar
 - 1/4 cup extra-virgin olive oil
 - 4 – 6 medium heirloom tomatoes (different varieties, if possible), sliced
1. Heat 1 tablespoon olive oil in medium saucepan over medium-high heat. Add shallots or onion; sauté 4 to 5 minutes. Add garlic, and fresh herbs; stir 1 minute. Add beans and broth; bring to boil. Cover with lid slightly ajar; reduce heat to medium-low. Simmer until beans are soft, stirring occasionally, about 15 - 20 minutes. Drain. Transfer to large microwave-safe bowl.
 2. Whisk vinegar and 1/4 cup extra-virgin olive oil in bowl. Season with salt (about 1/2 teaspoon) and pepper. Pour over warm beans; toss. Let cool about 20 minutes. *DO AHEAD: Can be made 2 days ahead.* Cover and chill. Bring to room temperature before continuing.
 3. Arrange tomato slices on platter leaving a space in the center. Sprinkle with salt and pepper. Spoon warm or room-temperature beans over tomatoes.

In the Bag:

Cucumber

Summer squash

Tomatoes

Purple beans

Shell beans

Ripe bell peppers

Garlic

Shallots

Sage

Carrots

On the side:

Sweet Corn

Melon

**Take 8 ears of
Sweet Corn per
share**

Take 4

**Sunflowers per
share**