

North Creek Community Farm NEWSLETTER Week 12, Thursday Sept. 5

IN THE BAG:

Salad mix
Arugula
Tomatoes
Roma tomatoes – about 3 ½ pounds
Garlic
Broccoli – enough to freeze
Potatoes – Yellow Finn
Summer squash
Cucumbers
Cilantro

On the side:
Melons

Curried Tomato Jam

PREP TIME: about 45 minutes

COOKING TIME: about 2 1/2 hours

MAKES: about 3 pints (although the yield will vary based on your particular tomatoes)

INGREDIENTS:

- 5 pounds tomatoes, cored and finely chopped (no need to peel or seed!)
- 3 cups organic cane sugar
- 1/2 cup freshly squeezed lemon juice
- 4 tablespoons yellow curry powder
- 1 teaspoon powdered ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cardamom
- 1 tablespoon sea salt
- 1 teaspoon red pepper flakes

DIRECTIONS:

1. In a large, non-reactive stockpot, combine all ingredients. Bring to a boil and then immediately reduce to a simmer. Simmer, stirring frequently for 1 1/2 to 2 hours, or until mixture is reduced and thick.
2. When the jam is almost done, prepare a boiling water bath and jars. Place lids in a small saucepan, cover with water and bring to a gentle simmer over low heat. (Do not boil lids-- high heat will degrade the seals)
3. Remove jam from heat and ladle into prepared jars. Wipe the rims, apply the lids and rings, screwing on to "finger tightness". Process in a boiling water bath for 20 minutes.
4. If you don't feel like going through the whole canning process, simply refrigerate the cooked-down jam. It should keep for about 3 months.

About the vegetables:

This morning it is chilly but just last week it was really hot. This prompted all of the **broccoli** to mature at the same time. I heard from many other farmers that this was true for them as well. We have sent an inordinate amount of broccoli. Freeze some if you like or leave it in the exchange box. More will be coming next week too.

The salad mix is mostly **spinach**. It too rode out the heat but is ready to be eaten. Some of the potatoes have scab on them. It is harmless. I scrape some of it off with the edge of a knife.

The dry weather continues and we are irrigating as much as we can. Such is life. It will help cure down the winter squash.

Spaghetti with Tomato Sauce

Ingredients

- 1 1/2 pounds plum tomatoes, peeled and halved lengthwise
- 3 tablespoons extra-virgin olive oil, divided
- 2 garlic cloves, minced
- 2 tablespoons plus 1/2 teaspoon fine sea salt, divided
- 1/4 teaspoon crushed red pepper

- 6 quarts water
- 12 ounces uncooked spaghetti
- 1/4 cup minced fresh basil
- 6 tablespoons grated fresh Parmigiano-Reggiano cheese

Preparation

1. Squeeze juice and seeds from tomato halves into a fine-mesh sieve over a bowl, reserving juices; discard seeds. Finely chop tomatoes.
2. Heat 2 tablespoons oil in a large nonstick skillet over medium heat. Add garlic to pan; cook 30 seconds or just until garlic begins to brown, stirring constantly. Add tomatoes, reserved juices, 1/2 teaspoon salt, and pepper. Increase heat to medium-high; cook 15 minutes or until liquid almost evaporates, stirring occasionally.
3. Bring 6 quarts water and remaining 2 tablespoons salt to a boil in an 8-quart pot. Add pasta to pot; stir. Cover; return water to a boil. Uncover and cook 8 minutes or until pasta is almost al dente. Drain pasta in a colander over a bowl, reserving 1/2 cup cooking water.
4. Add hot pasta and reserved cooking water to tomato mixture. Cook 5 minutes or until sauce is thick and pasta is al dente, tossing to combine. Remove from heat. Sprinkle with basil; toss. Place 1 cup pasta mixture on each of 6 plates. Drizzle each serving with 1/2 teaspoon of remaining oil; sprinkle each with 1 tablespoon cheese.

Fantastic pasta you can buy: Imported Italian artisanal dried pasta can be hard to find, but it's worth the search when you want authenticity. It's made with the highest quality wheat, which gives it superior flavor, and the dough is extruded through bronze dies, resulting in beautiful shapes with porous surfaces to which sauce readily clings. It's also slowly dried, producing a sturdier product.

Arugula Salad with Shaved Parmesan and Balsamic Vinaigrette

Recipe courtesy Emeril Lagasse, 2004

Serves:

4 to 6 servings

Ingredients

1/4 cup balsamic vinegar

1 teaspoon Dijon mustard

1 teaspoon sugar

1/2 teaspoon salt

Freshly ground black pepper

1 clove garlic, peeled and smashed on a cutting board with the side of a knife, or more to taste

1/2 cup extra-virgin olive oil

12 ounces fresh arugula, washed and dried

2 ounces shaved Parmesan

Directions

In a small stainless steel or glass bowl, whisk together the vinegar, mustard, sugar, salt, pepper, and garlic until the sugar and salt are dissolved. While continuing to whisk, add the olive oil in a thin, steady stream until emulsified. Taste and adjust the seasoning, if necessary.

Place the arugula in a large salad bowl and toss with some of the vinaigrette. Divide the salad among serving plates and garnish with shaved Parmesan. Serve immediately.

Arugula, Cherry and Goat Cheese Salad

This was inspired by a dish billed as “Cherries and Goat Cheese” on the menu at Westside Tavern in Los Angeles. I don’t know why they didn’t bill the arugula in bold too, as the dish turned out to be a very pleasant salad.

1 6-ounce bag baby arugula

16 cherries, halved and pitted

Scant 1/4 cup pistachios or almonds, (about 1 ounce), lightly toasted and chopped

1 tablespoon chopped fresh tarragon

1 tablespoon sherry vinegar

1 teaspoon balsamic vinegar

Salt and freshly ground pepper

3 tablespoons extra virgin olive oil

2 ounces goat cheese, crumbled

1. Combine the arugula, cherries, half the nuts and the tarragon in a large bowl.

2. Whisk together the vinegars, salt and pepper and olive oil. Toss with the salad. Arrange on a platter, sprinkle the goat cheese and remaining pistachios over the top, and serve.

Yield: 4 servings.