

North Creek Community Farm NEWSLETTER

Week Twelve

Aug. 23 and Aug. 25, 2016



IN THE BAG:

Purple Fillet Beans

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

Sweet Corn – we are tucking a few ears in the bag. It is a little more mature so it would be good used in a recipe like salsa or added to a black bean salad.

Lemon basil – I'm not sure what to do with it but it smells so good I had to send it.

Shallots

Tomatoes – yes, they are like the energizer bunny, they just keep on going.

Chard

Potatoes

Garlic

Summer Squash

Harvest Festival

September 24 or
September 25



It is held both days and you can choose which day works best for you. Come and celebrate 23 years of CSA

Starts at 10:00 with a meal at 4:00. Bring a bag lunch for yourself if you come that early and something to share for the soup supper.

We will be harvesting potatoes, threshing dried beans, harvesting squash and more. Bring some bags for extra vegetables you can take home. There will be lots of Jack-o-lanterns.

No need to RSVP just come on out.

News from the Farm

Martha and Rebecca

I have had the pleasure of working with two young Amish women this summer. Rebecca Mast and Martha Miller are neighbors. They are good workers, funny, playful and cheerful. I have learned a lot about the Amish and like broadening my relationship with these new friends.

Last Friday night Christine, Susanne and I were invited over to supper at the Millers' house for "haystackers." We loaded up the ice cream maker and arrived at 6:30. Several girls came from another family and joined in helping to make ice cream. Rebecca and her family arrived shortly afterwards, the young boys on roller blades.

Martha's father John has been working hard on their beautiful new house. It sits up against a hill and has a nice deck. Inside, the main floor is mostly open with the wood cook stove in the middle. A gas lamp filled the room with light. There is very little adornment or clutter and feels calm and peaceful. Two of the little girls were tucked in behind the stove reading to each other. The youngest boy, Larry, was marching around on the top of a pile of benches they use for church. His mother gently chided him, but quickly he was back in the middle of everything.

The older boys hung around outside until supper was put on the table. When everyone was gathered, a silent blessing was observed and then the men ate first right down to the youngest. Then the women ate.

"Haystackers" are a layered meal consisting of crushed crackers, mashed potatoes, chopped cabbage, cooked burger, bell peppers, tomatoes, onion, blue cheese, cheese sauce and more crushed Doritos. They were delicious. After supper the older generation hung out, talking and sharing stories while the squad of teens played volleyball in the dark lit by the moon. We all had a good laugh when Martha, Christine, Rebecca and several of the other young women came into the room with fake moustaches that Christine had brought stuck on their upper lips. I will remember that meal for a long time.

Lemon Basil Snap Beans

All through the summer and fall we eat these with our fingers with drinks. The simplicity is belying; the beans showcase the basil brilliantly. Boil purple “green” beans in salted water until tender (just beyond tender crisp). Drain and rinse with cold water to stop their cooking. Turn the beans into bowl and keep them at room temperature up to 3 hours. When you’re ready to eat, toss the beans with a generous amount of coarse salt and 1 cup of lemon basil leaves for every ½ pound of beans. Enjoy them at room temperature.

SALAD NICOISE

Ingredients

Vinaigrette

- 1/3 cup lemon juice or red wine vinegar
- 3/4 cup extra-virgin olive oil
- 3 Tbsp finely chopped shallot
- 2 Tbsp finely chopped fresh basil
- 1 Tbsp finely chopped fresh thyme
- 2 teaspoons finely chopped fresh oregano or tarragon
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper

Salad

- 2-3 cans of best quality tuna packed in oil, drained (I add some of the oil to the vinaigrette)
- 6 hard boiled eggs, peeled and quartered lengthwise
- 1 1/4 pounds small young red potatoes or fingerling potatoes or larger cut into bite-sized pieces
- Salt and freshly ground black pepper
- 2 medium heads Boston lettuce or butter lettuce, torn into bite-sized pieces
- 3 small ripe tomatoes, cored and cut into wedges or sun gold cherry tomatoes
- 1 shallot, thinly sliced then rinsed in cold water and drained
- 1/2 pound green beans, trimmed and cut into 2-inch pieces
- 1/4 cup niçoise olives
- 2 Tbsp capers, rinsed and/or several anchovies (optional)

In a jar, place the oil, lemon juice or vinegar, shallots, herbs, and mustard. Cover with a lid and shake until well blended. Add salt and pepper to taste.

Place potatoes in a large pot and cover with 2 inches of water. Add 1 Tbsp of salt. Heat on high to bring to a boil. Lower the heat to maintain a simmer. Cook for 10 to 12 minutes or so, until the potatoes are fork tender. Drain. While the potatoes are still warm, cut them into halves or quarters, depending on the size of the potatoes. Place them in a bowl and dress them with about 1/4 cup of the vinaigrette.

While the potatoes are cooking, fill a medium sized pot halfway with water, and add 2 teaspoons of salt. Bring to a boil on high heat. Add the green beans to the boiling water. Cook until tender but still firm to the bite, about 3-5 minutes (more or less, depending on the toughness of the beans). Drain and either rinse with cold water to stop the cooking, or shock for half a minute in ice water.

Arrange bed of lettuce on a serving platter. Mound tuna in center of lettuce. Sprinkle the tomatoes and shallots around the tuna. Arrange the potatoes and green beans in mounds at the edge of the lettuce. Arrange hard-boiled eggs, olives, and anchovies (if using) in mounds on the lettuce bed. Drizzle everything with the remaining vinaigrette. Sprinkle with capers if using.

Serve immediately. Should be served slightly warm or at room temperature.