

North Creek Community Farm NEWSLETTER

Week Thirteen, Thursday

Sept. 10, 2015

**NEXT WEEK'S DELIVERY WILL
BE ON WEDNESDAY**



IN THE BAG:

Chard
Basil
Potatoes
Garlic
Leeks
Green beans
Broccoli
Tomatoes
Ripe bell peppers

Notes on the vegetables

Basil does not store well. It will turn black and gooey. Give it a quick rinse and pick off the leaves. Whirl these in the blender or food processor with olive oil and garlic to make the start of pesto. I freeze mine in a zip lock baggie in a flat layer so that I can break off a chunk as needed.

Member Andrea Hauser puts pesto on store bought bread dough for a wonderful focaccia treat. Thaw the bread dough and patiently roll it out. If it won't stay flat, let it rest for 5 minutes and then roll again. When it is about ½ inch thick, spread with olive oil and basil and stab with a fork all over to keep it from getting big bubbles and bake in the oven until brown.

Harvest Festival

Saturday and Sunday, September 26 & 27

10:00 a.m. - 7:00 p.m. (come either day). Bring snacks for lunch and we'll have a big soup at about 4:00 p.m. Please bring something to share, bread, or cheese, or desserts etc. Soup will be vegetarian. There will be work to do, mostly digging and collecting potatoes but there is gleanng too. No need to RSVP. I'll be here and look forward to seeing you.

Flood

Five and a half inches fell on Wednesday, September 2. The weather on my compute had predicted ½ inch ending at 11:00. It was a big harvest day so we set to work in the hoop houses. When all the tomatoes were picked, we made a stab again at the green beans. Just as we perched on our buckets, it began to rain again. And it rained, And it rained. By 1:30 the creek next to the house had begun to rise and it went up and over the road covering over 50 feet of the pavement. We didn't loose anything and the new water diversion did its job keeping the water from flooding across the fields.

What happens when it rains this much? Many things do extra well, the greens, hay fields, leeks, etc. The weeds do especially well. Quack grass thrives with plenty of water and the only tool an organic farmer has for killing it is brining the roots to the surface and drying them out. Not much of that going on this summer. Perhaps before the ground freezes we can drag them up and freeze them. Mwua ha ha.



Leek and Potato Soup

Ingredients

3-4 leeks, cleaned and dark green sections removed
3 tablespoons unsalted butter
Heavy pinch kosher salt, plus additional for seasoning
14 ounces, approximately 3 small, Yukon gold potatoes, peeled and diced small
1 quart vegetable broth
1 cup heavy cream
1 cup buttermilk
1/2 teaspoon white pepper
1 tablespoon snipped chives
Add Checked Items To Grocery List

Directions

Chop the leeks into small pieces.

In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.

Jhat Phat Sabzi (Bell Pepper Paneer)

1/2 tablespoon ghee or 1/2 tablespoon unsalted butter

- 1 cup panir, cubed
- 1 teaspoon ginger-garlic paste
- 1/2 teaspoon chili paste
- 1 pinch turmeric powder
- 1/2 teaspoon red chili powder
- 1 teaspoon coriander powder
- 1 tomato, de-seeded and quartered
- 2 ripe bell peppers, diced
- 1/2 teaspoon kasuri methi (fenugreek leaves)
- 1 pinch garam masala powder
- salt
- chopped fresh coriander (to garnish)

Directions

1. Heat ghee in a large pan, add cubed paneer and saute for 2 minutes.
2. Remove the paneer from the heat and place paneer in warm water for 3 minutes, drain and keep aside.
3. In the same pan, add the ginger-garlic paste and chili paste and saute for 2 minutes.
4. Add turmeric powder, coriander powder, red chilli powder and combine.
5. Add the chopped bell peppers and cook till they turn slightly soft, about 5 minutes.
6. Add tomatoes and stir well to combine and cook for 7 minutes, with lid. Add the paneer cubes and toss the contents well and cook for 5 minutes. Add garam masala powder and kasuri methi and combine.
7. Finally, garnish with fresh coriander leaves and serve hot with naan bread.