

North Creek Community Farm NEWSLETTER

Week Thirteen

Aug. 29 and Aug. 31, 2016



News from the Farm

Early Fall

I don't think it's just me; many people have mentioned that fall seems early. I have many oak trees around the house that drop acorns in the fall. That first PING on the tin roof signals in my mind the beginning of fall. Sure enough, they are falling now a bit at a time. Christine is finished this week, on Tuesday. I will miss her laughter, puns and energy. Thank you Christine for all your work.

A few trees have begun to change color. Not a lot but some stand out catching my eye amongst the dark green trees. The nights have cooled. Perhaps this is why the tomatoes have stopped ripening. We are sending a few this week and next week I will be sending green tomatoes with some delicious recipes.

Every year, someone shows up to help in September when interns are leaving. This year Alice and Diego are looking for some part time work. Alice has many years experience working on her dad's CSA and Diego is willing and energetic. Thanks for helping out.

I have my first day of school bus driving this week and it will be good to get into the routine. I know many of the children from my stint substitute driving this winter. I am looking forward to the new routine but it seems surreal that I am not doing the CSA next year. Oh my.



IN THE BAG:

Bell peppers

Shallots

Tomatoes – last week I said they were producing like crazy, but this week they are not ripening. Much of farming is a mystery to me.

Kale

Potatoes

Leeks – just a few to start the fall season

Summer Squash

Shishito peppers

Arugula

Melon

Harvest Festival

September 24 or
September 25



Come and celebrate 23 years of CSA. Current members and former members are all welcome.

It is held both days and you can choose which day works best for you.

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.

Potato Kale Leek Soup

Ingredients

- 4 MED potatoes *Pealed & Diced*
- 2 Leeks *Cleaned & Sliced*
- 2 CLOVES Garlic *Minced*
- 2 SHALLOTS *diced*
- 1 TBSP Olive Oil
- 4 CUPS Vegetable Broth
- 1 CUP Cashew Cream for vegan soup or 1 cup half and half for vegetarian
- 2 CUPS Kale *Torn Into Small Pieces*
- 1 TBSP Herbs de Provence
- Salt & Pepper *To taste*

Instructions

1. In a large pot cover potatoes with water, bring to a boil and cook until tender.
2. While potatoes are cooking, sauté leeks, shallots & garlic in olive oil for about 6 minutes or until soft.
3. When potatoes are done, drain and return to pot along with leek mixture & vegetable broth. Using an immersion blender, blend until smooth (you can also do this in a food processor or regular blender).
4. Stir in cashew cream, or half and half, kale and spices. Simmer over low heat until heated through.

*The longer it simmers, the more the flavors blossom.

Goat Cheese and Arugula over Penne

Recipe By:Christine L.

"This is a quick, easy, and elegant dish. Serve as a main course with a good loaf of bread, or as a side dish."

Ingredients

- 5 1/2 ounces goat cheese
- 2 cups coarsely chopped arugula, stems included
- 1 cup quartered cherry tomatoes
- 1/4 cup olive oil

- 2 teaspoons minced garlic
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- 8 ounces penne pasta

Directions

1. Cook pasta in a large pot of boiling salted water until al dente.
2. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper.
3. Drain pasta, and toss with goat cheese mixture.