

North Creek Community Farm NEWSLETTER Week 14, Thursday Sept. 19

IN THE BAG:

Paste tomatoes
Garlic
Ripe peppers
Chard
Green beans
Red potatoes
Beets
Broccoli flowerets

Last delivery will be
October 1. We will
deliver in plastic bags
so try and return all
your bags by that
date.
- Thanks!

On the Side:

Variety of winter squash

Bounty

Farm Member Karin Olson sent some thoughts about my musing in the last newsletter about Balance and Abundance. I thought I would share them with you. Not all of us have time to process food but I found her words inspiring. Thanks Karin!

"We also have the challenge of veggies spilling out of the fridge. Sometimes it can be overwhelming, but it is such a good problem to have. I am truly thankful that one of our "problems" is how to best use the fresh, organic, local food we benefit from. How fortunate are we?!"

We did leave the CSA for a few years when we couldn't keep up between the deliveries and our own garden where we grew mostly tomatoes and squash. This is our first year back and I have found it to be pretty manageable up until when the tomatoes started in earnest. It's become a tradition in our house over the past few years that the 3rd week in August is tomato soup week. During this week, most of our "free" time is spent peeling, seeding, cutting tomatoes (my husband's job), and making soup (my job) which we freeze to eat over the winter. There is nothing better than fresh tomato soup in the fall and winter!

A couple of years ago, we ran out of soup in early January, and we committed that that would not happen again. Well, this year, between the tomatoes from you and our garden, our freezer is already full. I am getting tired of making soup, but know that this is so temporary, and that in a couple of weeks, when it's all done, I will be so grateful for the effort and the finished product."

I too work hard to remember that what feels a bit overwhelming now passes so quickly. I move from dancing about the first ripe tomato to being indifferent in only a few weeks. Once the last one is gone, I am bereft for the rest of the winter until the next ones are ripe. I want to bring the awareness of gratitude to everything that I have and take for granted. I hop in my car and tootle into Prairie Farm to make copies of the letter without a second thought. If I had to walk or ride my bike, the car would be recognized for the luxury it is. Savor these last few weeks of vegetables for the treats they are.

About the vegetables:

Believe it or not, we had a frost the last few nights. The cooler weather we get in the country in the summer compared to the Cities has the down side of an earlier frost in the fall. It didn't affect too many things but is another sign of the changing season. The winter squash had a bit of a hard summer. The spring lingered leaving the soil cooler than usual when the winter squash was planted. Then the conditions were right for powdery mildew. In spite of this, we have a nice assortment and so we are sending a mixed bag. They are all about the same in care and feeding. DON'T EAT THEM YET!! They really aren't ready until they have cured for a few more weeks. Put them in a sunny location outside and protect them from frost. This helps make them sweeter. Here is a good link for how to cook them:
<http://localfoods.about.com/od/wintersquashpumpkin/ss/Types-Of-Winter-Squash.htm>

We are sending either butternut, looks like a large peanut, or buttercup and sunshine, both Kabocha types.

Harvest Festival

Saturday, September 28 and
Sunday, September 29

10:30 a.m. - 5:00 Lunch starting at 1:00.

Come when it works for you. Lunch is vegetarian soup. Bring a dish or snack to share.

This popular festival is held for two days to give you a choice of which day works better for you. There is lots of work to do before winter and it is fun to do it with a group.*Will will try harvesting Brussels sprouts and cleaning them up together so we don't have to ship the bulky stalks.

Harvesting popcorn, if it is ready is on the agenda as well as harvesting the pie pumpkins. Bring bags and/or boxes to take home extras from the fields. There are lots to glean. I divide up the garden leftovers between Saturday and Sunday so everyone gets to take some goodies home. There are also lots of jack 'O lanterns in the field to take home as well.

Please bring a dish to share. Desserts are always appreciated.

You don't need to RSVP.

Moroccan Tagine

"An exotic warm stew that is loved by all and is very easy to make. Also delicious as a vegetarian dish, without chicken. Serve over couscous."

INGREDIENTS:

1 tablespoon olive oil	1 carrot, peeled and chopped
2 skinless, boneless chicken breast halves - cut into chunks	1 (14.5 ounce) can diced tomatoes with juice
1/2 onion, chopped	1 (14 ounce) can vegetable broth
3 cloves garlic, minced	1 tablespoon sugar
1 small butternut or other squash, peeled and chopped About 3 cups.	2 tablespoon lemon juice
1 (15.5 ounce) can garbanzo beans, drained and rinsed	1 teaspoon salt
1/2 cup chopped dried apricots	1 teaspoon ground coriander
1 tsp turmeric	1 dash cayenne pepper

DIRECTIONS:

1. Heat the olive oil in a large skillet over medium heat, and cook the chicken, onion, and garlic about 15 minutes, until browned.
2. Mix the squash, garbanzo beans, carrot, tomatoes with juice, broth, sugar, and lemon juice into the skillet. Season with salt, coriander, and cayenne pepper. Bring the mixture to a boil, and continue cooking 30 minutes, until vegetables are tender.

ROASTING PEPPERS STEP BY STEP

1. Preheat your oven's broiler.
2. Use two teaspoons of vegetable oil for each pepper. Avoid extra-virgin olive oil as its smoke point is low and will burn when broiled.

Coat each pepper evenly with oil. A pastry brush is useful, but fingers will work in a pinch. Make sure to coat inside the folds of each pepper.
3. Arrange the peppers on a baking sheet and place the baking sheet on the highest rack in your oven.
4. Keep a watchful eye on the peppers. When dark splotches begin to appear on the peppers, remove the baking sheet from the oven.
5. The peppers will be very hot. Using tongs, carefully turn each pepper over. Once all of the peppers are turned, return the sheet to the oven.
6. When the tops of the peppers begin to darken again, remove them from the oven and place them into a large bowl. Cover the bowl with plastic wrap, making sure that it is sealed air-tight all the way around. The steam from the trapped hot peppers will loosen the skins.
7. Once the peppers are cool enough to handle (probably about 15 to 20 minutes), pull the stems out of each pepper.
8. Hold one end of the pepper down on a flat surface and gently peel the skin off of each pepper. The skin should slide off fairly easily.
9. Lift each pepper up and hold it with one hand, while using your other hand to squeeze down the pepper's length. The bulk of the seeds and pulp should drop out the bottom.
10. With the backside of the knife, slit open the side of each pepper and spread them out (ribbed side up). With the dull side of your knife, scrape off any of the ribs or membrane that remains in the pepper.