

North Creek Community Farm

NEWSLETTER

Week 15, Tuesday Sept. 24

IN THE BAG:

Tomatoes
Garlic
Ripe peppers
Potatoes
Leeks
Cabbage
Delicata squash

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

Thank you Maddy...

Small-scale vegetables farming depends on many willing hands. I want to take this opportunity to thank Maddy Shaw, my wonderful intern for three years of great help. She is finishing her third season at the farm and I have come to depend on her. Maddy is passionate about many things in her life and loves farming. I think it is great that she is following her dreams, watching them shift and change like clouds overhead. Maddy is loyal and dependable and it has been a pleasure thinking with her about each new season. I have watched her mature in her thinking about farming over these years without losing her original sense of wonder and delight in the fresh vegetables that we produce. The seasons have flown by. I know that we are not losing each other but merely parting ways for a while. I look forward to seeing where her dreams lead her. Thank you Maddy!

Herb-Leek Tart

- All-purpose flour, for surface
- 2 medium leeks, white and pale-green parts only, thinly sliced and rinsed well
- 1 ounce (2 tablespoons) unsalted butter
- 2 large eggs plus 1 large egg yolk, lightly beaten
- 1/2 cup heavy cream
- 2 tablespoons creme fraiche
- 1/2 cup grated Comte or Gruyere cheese
- 1/4 cup chopped mixed delicate herbs (such as tarragon, basil, chives, parsley, or chervil)
- 1/2 teaspoon coarse salt
- Freshly ground pepper
- Pre-made pie crust.

Preheat oven to 400 degrees. Roll out pie crust into a 1/4-inch-thick rectangle on a lightly floured surface. Fit dough into a tart pan or lay on parchment on a baking sheet leaving a 2-inch overhang on all sides. Fold under overhanging edges, pressing firmly against pan, to double thickness of crust sides. If its just on a pan, make an edge to hold in the egg mixture. Prick bottom with a fork. Chill in freezer for 30 minutes.

Line dough with parchment cut to fit, and top with pie weights or dried beans. Bake until edges are golden, about 20 minutes. Remove pie weights and parchment, and bake until bottom is golden, 10 to 15 minutes more. Let cool in pan on a wire rack. Reduce oven temperature to 350 degrees. (continued to the right)

About the vegetables:

This is the last of the tomatoes. I wait all winter for the first tomatoes and here we are, all done already. There may be a few at the harvest festival but they are not really producing much right now. Leeks are a fall vegetable that I really enjoy. Mashed potatoes with sautéed leeks and cabbage mixed in is really good. The delicata squash is not ripe yet. It needs to mature about 4 weeks. It is a treat with Thanksgiving but won't last a great many weeks after that

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. We will provide drinks are well, water, lemonade and hot cocoa. You don't need to RSVP.

Meanwhile, saute leeks in butter over medium-high heat, stirring frequently, until leeks are just tender, 4 to 5 minutes. Transfer leeks to a bowl, and let cool slightly.

Add eggs and yolk, cream, creme fraiche, cheese, herbs, and salt to leeks, and stir to combine. Season with pepper. Spoon filling into cooled tart shell. Bake until filling is set in the center, 30 to 35 minutes. Let cool in pan on wire rack. Remove from pan and cut into squares

A Versatile Vegetable for Hard Times

By MARTHA ROSE SHULMAN

Whenever I think about budget dishes, cabbage is the vegetable that comes mind. Fortunately, the alarming surge in cabbage prices that has hit South Korea hasn't occurred here, and big heads of green cabbage are still among the best deals you can get at the farmers' market. Medium cabbages weigh 2 to 2 1/2 pounds. I paid \$1.50 for three heads last week and got six dishes out of them, each serving at least four people.

Though I often use cabbage for sides and [salads](#), this week I used it mostly in entrees, influenced by cuisines from Ireland to France, from southern Spain to India. Determined to make all of these recipes with ingredients I had on hand, our dinners — which included an Andalusian stew, a spicy stir-fry, a South Indian curry and a savory French tart — illustrate how versatile, even exotic, [this nutrient-dense vegetable](#) can be.

Andalusian Cabbage Stew

This simple Spanish stew is spiked with a splash of sherry vinegar as you finish cooking it. Serve the stew as a side dish or as a main dish with rice.

2 tablespoons extra virgin olive oil

1 onion, chopped

2 to 4 garlic cloves, to taste, minced

1 red bell pepper, diced

1 small cabbage (about 1 1/2 pounds), cored and shredded or diced (about 6 cups)

1 small dried red chili pepper

1/2 teaspoon sugar

1 28-ounce can chopped [tomatoes](#), with juice

Salt

2 teaspoons paprika

1 tablespoon sherry vinegar

Freshly ground pepper

1. Heat the olive oil over medium heat in a large, lidded skillet or Dutch oven. Add the onion. Cook, stirring often, until tender, about five minutes. Add the garlic and bell pepper. Cook, stirring, until the pepper has softened slightly and the pan is fragrant, about three minutes. Add the cabbage. Cook, stirring, until the cabbage has softened slightly and lost some of its volume, about five minutes. Add the chili pepper, sugar, tomatoes, salt and paprika. Raise the heat slightly, and cook, stirring often, until the tomatoes have cooked down slightly and the mixture smells fragrant, about 10 minutes. Turn the heat to low, cover and simmer 30 minutes, stirring often.

2. Add the vinegar and pepper, and taste and adjust salt. Simmer another 10 minutes. Serve with thick slices of country bread or with rice. This will taste even better if you refrigerate it overnight and serve it the next day.

Yield: Serves four to six.