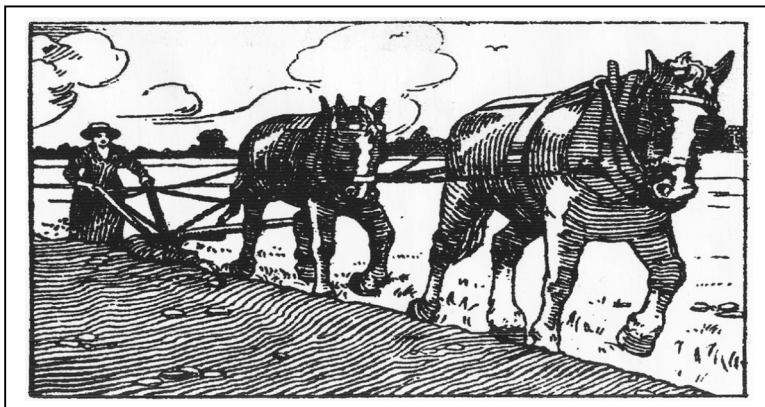


North Creek Community Farm NEWSLETTER

Week Fifteen

Thursday, September 25, 2014
(Last delivery October 2)



IN THE BAG:

Delicata squash – wait 4 weeks to eat

Potatoes

Carrots

Peppers

Parsley

Garlic

Green cabbage

Shallots

About the vegetables:

Delicata squash are my favorites. Keep them for a few weeks before you eat them because they will be sweeter with richer flavor. They should last until Thanksgiving. I cut them in half, scoop out the seeds and bake them at 350° until soft. You can eat the skin too. These new carrots I tried this year and real winners. They got less rot and are very sweet.

Amish Auction

Half the people at the auction came to see the Amish. My new neighbors had moved in June to a house just down the street. It had been owned by an older man who had slid further and further into dysfunction as he aged. By the time he died, the former show place had become a tangled collection of rusty equipment and broken tools. The Amish farmers, with the help of their whole community, had cleaned up the place. This auction was the last step in getting the mess squared away.

Some of the bidders were scrap collectors who knew the value of the old steel. They quit bidding on items when they judged the weight and value in scrap had been reached. Some of the men were buying fixer-uppers. Kurt bought an old Case tractor and held up one of the bolts that were hiding in the toolbox of the tractor. "I bought one of those at the Farmer's Union just a few days ago and it went for \$4.50!" He seemed pleased with his purchase.

I had gone to the auction to visit with Mary, the oldest girl in the family of 16 children. Mary and her brother Marion had been working at my farm for several weeks. She seemed glad to see me. "Are you buying anything?" she asked seeing my bidding number in my pocket. I rolled my eyes and she laughed knowing as I did that it was mostly just junk. "I hope not, but you never know."

It was nice to be at a "live" auction. Most auctions now are held on line. Its convenient but the social interactions don't take place. While at the auction, I was able to make many connections that hold rural relationships together. I asked Tom Stovern if I could borrow his old sow to eat the over ripe melons and dig up the compost pile. I talked to a group of Amish men about a young horse I was hoping to have trained. I said a few hellos to other farmers and we reviewed the summer's crops. One fellow who makes garden benches out of cast of steel wheels asked me if I had any more hidden in the weeds. None of these ties would be strengthened if I sat at my computer alone in the house.

You are warmly invited to the
Fall Harvest Festival

Saturday, September 27
and Sunday September 28

10:00 a.m. - 7:00 p.m.

(Come either day)



The fall is a wonderful time to visit the farm. The leaves are turning and the drive alone is worth the trip.

Things to bring:

*Bring snacks for lunch and we'll have a big soup at about 4:00 p.m. Please bring bread, cheese, desserts etc.

*Bags and boxes for extra vegetables

*Work gloves

If it is threatening rain, use your own judgment. We'll be here.

CARAMALIZED BUTTERNUT SQUASH

Ingredients

1 medium butternut squash (4 to 5 pounds total)
3 tablespoons unsalted butter, melted
1/8 cup light brown sugar, packed
3/4 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper

Directions

Preheat the oven to 400 degrees F.

Cut off and discard the ends of the butternut squash. Peel the squash, cut it in half lengthwise, and remove the seeds. Cut the squash into 1 1/4 to 1 1/2-inch cubes and place them on a baking sheet. Add the melted butter, brown sugar, salt, and pepper. With clean hands, toss all the ingredients together and spread in a single layer on the baking sheet. Roast for 45 to 55 minutes, until the squash is tender and the glaze begins to caramelize. While roasting, turn the squash a few times with a spatula, to be sure it browns evenly. Taste for seasonings and serve hot.

Buttered Cabbage

Epicurious | February 2008

by Darina Allen
Irish Traditional Cooking
Kyle Books

Yield: Makes 6 to 8 servings

ingredients

- 1 lb fresh Savoy cabbage
- 2 to 4 tablespoons butter
- salt and freshly ground pepper
- an extra knob of butter

preparation

Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately.