

North Creek Community Farm NEWSLETTER

Week Fifteen, Tuesday
Sept. 22, 2015

IN THE BAG:

Tomatoes
Shallots
Potatoes
Ripe peppers galore
Broccoli
Shell beans
Sage
Green beans
Winter Squash



Notes on the vegetables

We have not had a frost so the **peppers** and **tomatoes** continue. I have been eating a big tomato salad at most lunches, storing up the taste for winter.

This is the part of the letter where I feel I have to apologize for the small amount of **shell beans** and most of all **winter squash**. Having a second wet year in a row was hard on the squash and they got buried under a mess of weeds. I planted twice as much and got a quarter or less of what I expected. These are the challenges of weather. The squash is NOT ready to eat. Please let it ripen at least 3 weeks before you eat it. Keep it at room temperature in a sunny spot if possible. We are doing a mix and match on the squash so please go to a website with lots of information. Here is a good one:
<http://whatscookingamerica.net/squash.htm>.

Shell beans take a little work to shell but the beans are so fresh and delicious. I boiled mine in water with some minced garlic until tender and then mashed them with salt to taste and they were a hit. I put a recipe on the back that I love for Shell Beans with Sage and Shallots. I did not get as many quality shell beans as I was hoping for because of all the rain.

THIS WEEKEND!
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 gleaning too. No need to RSVP. We'll be here and look forward to seeing you.

Red Pepper Soup

Ingredients

- 2 tablespoons butter
- 4 red bell peppers, chopped
- 1 onion, chopped
- 4 cloves garlic, minced
- 24 fluid ounces chicken or veg broth
- 1/2 cup heavy cream
- 1/8 teaspoon ground black pepper

Directions

1. Melt the butter in a large saucepan over medium heat. Place the red bell pepper, onion and garlic in the saucepan and sauté for 5 to 10 minutes, or until tender.
2. Pour in the chicken broth, stirring well, reduce heat to low and simmer for 30 minutes. Transfer to a blender and puree until smooth.
3. Run the soup through a strainer and return the liquid to the saucepan over medium low heat. Stir in the heavy cream and the ground black pepper and allow to heat through, about 5 to 10 minutes.

Shell beans with Caramelized Shallots and Sage

As many shelled, rinsed shell beans as you have.

For each cup of beans you will need:

½ clove garlic

½ cup sliced shallots

1 tablespoon olive oil

½ bay leaf

1 tablespoon minced sage leaves

Salt to taste about ½ teaspoon

In a medium sized pot, heat the oil at medium-high heat. Add the shallots; do not stir until the shallots have begun to brown. Lower heat a bit, add the garlic and sage and continue cooking mixture about 20 minutes stirring occasionally. Don't let them burn.

In a medium pot, cover beans with water and boil gently about 20 minutes until they are tender but not mashed. Drain beans and add to shallot mixture. Taste for salt.

Feel free to add other vegetables to the shallot mixture when you add the garlic and sage such as chopped red peppers, green beans, a carrot or some celery.

Indian-Spiced Roasted Squash Soup

(Save recipe until squash is ripe in several weeks)

Ingredients

- 1 cup chopped yellow onion
- 8 ounces carrot, chopped
- 4 garlic cloves, peeled
- 1 (1-pound) butternut squash, peeled and cut into (1/2-inch) cubes
- 1 (8-ounce) acorn squash, quartered or whatever squash you have
- 1 tablespoon olive oil
- 1/2 teaspoon black pepper
- 2 cups water

- 1 teaspoon Madras curry powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon ground red pepper
- 2 (14-ounce) cans fat-free, lower-sodium chicken broth
- 1/4 teaspoon kosher salt
- 6 tablespoons Greek yogurt
- 6 teaspoons honey

Preparation

1. Preheat oven to 500°.

2. Arrange the first 5 ingredients on a jellyroll pan. Drizzle with oil; sprinkle with pepper. Toss. Roast at 500° for 30 minutes or until vegetables are tender, turning once. Cool for 10 minutes. Peel acorn squash; discard skin.

3. Combine vegetable mixture, 2 cups water, curry powder, garam masala, and red pepper in a food processor; pulse to desired consistency. Scrape mixture into a large saucepan over medium heat. Stir in broth; bring to a boil. Cook for 10 minutes, stirring occasionally, and stir in salt. Combine yogurt and honey, stirring well. Serve with soup. (Note from Kate: I would cook the spices in a little hot oil in a small pan before I added them to the recipe to enrich the flavors. I would also increase the garam masala by at least a ½ teaspoon.)