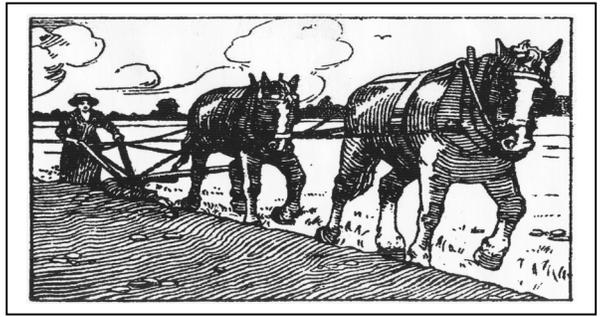


North Creek Community Farm NEWSLETTER

Week One Tuesday, June 17, 2014



WELCOME TO THE FIRST DELIVERY

IN THE BAG:

Lettuce
Bok Choi
A little arugula
Rhubarb
Herb Pots

Is this all we get?

At this time of year, the bags are not full. Members from the previous years know that this is just the sputtering start of the season. In my 21 years of farming, other than some very dry years, this is one of the most challenging springs I have experienced. Eating locally and supporting a farmer means that the weather extremes affect what I have to ship. I won't go on and on about the weather but suffice it to say we have had rain, a lot of rain. The season will build and grow until, weather willing, you will feel overwhelmed with the abundance. The four hoop houses, for example are full of delicious vegetables that will be making an appearance in your bag soon.

Pleasure

It is such a pleasure to pull together the first bag of vegetables. I try and imagine that just a month ago, the trees had only a whisper of leaves but it is difficult while surrounded by the voluptuous explosion of green. A polar vortex (Isn't that a great name?) can't keep nature down for long and the energy has come bursting forth again.

We have had record rains this spring but this is always better than a severe drought. My mother lives in Berkeley and things in California are desperate for rain. I would be happy to share some however.

Soil at the right moisture has a lovely texture. This is called the soil tilth. It crumbles and is a warm, rich, well... dirt color. This year I was forced to till the soil a little wetter than optimal and it was painful to see it clump together and get a bit compacted. Earth worms, roots, microbes and a host of unseen critters all work to restore that natural tilth of the soil.

About the vegetables:

Bok choy I could say that this is a new variety called "Lacey" because of all the holes, but actually, the flea beetles got under the row cover I use to protect them. This decoration comes at no extra charge. They taste just the same.

The **lettuce** is the first in an abundance of greens this year. We were hoping for big bunches of spinach but the high water table from the rains has rotted the roots. Add a bit of **arugula** to your salad for a nutty, sharp taste.

I love **rhubarb**. If you are busy, just wash the rhubarb and chop it in pieces. Put the chunks in a pot with some sugar to taste. Add about half a cup of water and cook it down and use as a sauce on vanilla ice cream or plain yogurt.

The **herbs** plants are provided so that you will have little bits available when you want them. The herbs in the pot will need to be separated and repotted or planted in your garden. There is a thyme plant, basil, parsley and oregano. The thyme has tiny leaves that are magenta underneath. The oregano has fuzzy leaves and the basil has big oval leaves. The curly parsley is the last one left. Pinch back the plants regularly and keep adequately watered for a steady supply. There will be lots more basil in addition to cilantro, dill and lemon basil.

Social Media and the farm

Are you on Facebook? Ok, I admit that I am a fan. The farm has a page and if you "like" it, you will get updates on the farm. I encourage you to share recipes, photos and thoughts.

Canvas bags

Care and feeding of your cloth bags: Take your bag home and unload it as soon as you arrive or shortly thereafter. Turn it upside down and shake out any leaves or lost vegetables. Try your best to return the bag the next week. Don't panic if you don't remember, but don't save up too many as then we run short.

Simply Fantastic Rhubarb Custard Pie

- 1 9" unbaked pie shell

Pie filling

- 1 1/4 cups sugar
- 1/4 teaspoon salt
- 3 tablespoons flour
- 2 eggs, beaten
- 4 cups rhubarb, chopped into small pieces

Topping

- 1/2 cup sugar
- 1/2 cup flour
- 1/2 cup butter
- 1 pinch salt

Directions

1. Preheat the oven at 350 degrees F.
2. Stir together the dry ingredients for the filling. Stir in the beaten eggs, then add the chopped rhubarb and mix all together.
3. Pour into unbaked pie shell.
4. Topping: Mix together the sugar and flour in a small bowl. Using a fork, cut in the butter until the mixture becomes "crumbly".
5. Sprinkle topping mixture over the rhubarb filling.
6. Bake for one hour at 350 degrees F.

Stir-Fried Bok Choy with Ginger and Garlic

Ingredients

1 tablespoon olive oil
2 cloves garlic, minced
1 tablespoon minced fresh ginger
8 cups chopped fresh bok choy
2 tablespoons reduced-sodium soy sauce
1 tablespoon maple syrup or 1 teaspoon sugar

Directions

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

In the bag:

Lettuce

Rhubarb

Bok choy

A little arugula

Herb pot

Welcome to your drop site!!!!

1. Please find your bag with your clothes pin(s) on them. Don't see a bag? Email us

2. Put your pin on the board on your name.

3. Collect a newsletter or, two if you split a bag "officially."

4. Look and see if there are extras to take.

Take two herb pots per share