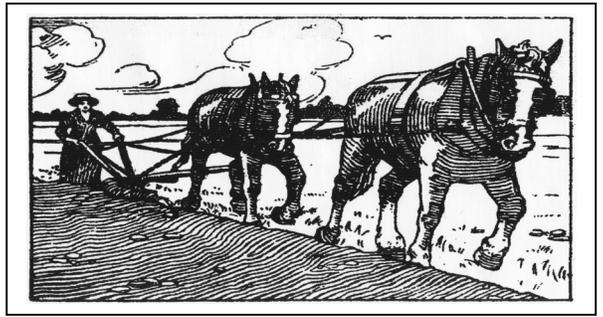


North Creek Community Farm NEWSLETTER

Week One Thursday, June 11, 2015



WELCOME TO THE FIRST DELIVERY

IN THE BAG:

Lettuce
Spinach
Baby beet greens
Rhubarb
Green onions

Greetings from North Creek Farm

I hope the winter treated you all well. I passed a good winter including a wonderful stay in California in March with my mom and sister. It was good to see the ocean and walk on the beach. I share greenhouse space with Patty and Mike of Springhill Community Farm and they watched the early vegetable seedlings in their greenhouse while I traveled. I came home in time for the maple syrup harvest.

Early Start

As if making up for last spring's difficult start, nature provided an almost perfect spring. It started slowly with enough dry weather to get lots of fields ready for planting. I plant cover crops in the spring to add fertility to the soil, this year mostly peas and oats. You may be getting some of the tender pea shoots in your bag soon. Just when we thought it might be a dry year it started raining again. I made pronouncements like, "Yeah, I think it's going to be a dry year; we are about due one." Then the rains began and I felt silly having pretended I can even begin to predict the weather. We'll see what the rest of the summer brings but it has started out beautifully.

Shares Available

There are still some shares available for the season so spread the word. *Thanks!*

In the bag:

Lettuce: Mix up or buy your favorite dressings and indulge in big, tender salads. Make sure you wash the lettuce at least 3 times to avoid grit. Spin salad dry and store in the fridge.

Spinach: This tender spinach would make a great salad. Wash very thoroughly. Add strawberries and almonds and top with poppy seed dressing. Crumbled bacon makes it really yummy. Or, cook the spinach down by sautéing in a hot pan quickly, add a little water, cover and cook until tender.

Beet Greens: Ok, I'll admit it, these are the thinned beets but we just couldn't let them go to waste. Wash thoroughly, cut off the ends, and chop the greens and sauté with garlic in a little olive oil. Salt and pepper to taste. Add a dash of balsamic vinegar at end.

Rhubarb is a favorite of mine. The ends are curly from being picked but you can cook them just the same. Busy? Just rinse, chop and freeze to cook in the winter. Or, throw it in a pot and cook with some sugar for a delicious ice cream topping. I add ½ cup of sugar for 4 cups of chopped stalks.

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.

COCONUT RHUBARB CAKE

- 2 cups flour
- 1 1/2 tsp baking powder
- 1/2 tsp kosher salt
- 1 cup + 2 Tbsp sugar
- 1 egg
- 3/4 cup milk
- 1 tsp vanilla extract
- 2 tsp orange zest
- 1/2 cup coconut oil, melted
- 3 cups chopped rhubarb (1 to 2-inch chunks)
- 1 cup chopped rhubarb (1/4-inch slices)
- handful unsweetened flaked coconut

Instructions

1. Preheat oven to 350. Coat a spring-form pan with baking spray and dust with flour.
2. In a medium-size bowl, sift together flour, baking powder, and salt.
3. In a large bowl, combine 1 cup of sugar, egg, milk, vanilla, and orange zest. Gradually add in the flour mixture, stirring until combined. Add the melted coconut oil and mix until thoroughly incorporated.
4. Arrange large chunks of rhubarb on the bottom of the pan. (Alternately, these can be mixed into the batter or arranged on top; your choice.) Spread the cake batter over the rhubarb. Sprinkle small rhubarb slices and flaked coconut over the top. Dust with remaining 2 Tbsp sugar.
5. Bake until a toothpick inserted in the center comes out with moist crumbs, 35-45 minutes. Let cool completely in the pan on a wire rack.
6. Slice and serve with fresh whipped cream.

7.

MAPLE BALSAMIC VINAIGRETTE

INGREDIENTS:

1/2 cup balsamic vinegar

salt and pepper to taste

1/4 cup maple syrup

1 cup extra-virgin olive oil

2 teaspoons Dijon mustard

DIRECTIONS:

1. Place vinegar, maple syrup, Dijon mustard, salt, and pepper into a blender. Pulse to combine, and then add the olive oil in a steady stream with the motor running.