

# North Creek Community Farm

## NEWSLETTER

Week one, Thursday

June 9, 2016

Welcome to the first delivery of 2016. The spring has been a wild ride, but things are looking good.

### IN THE BAG:

**Rhubarb** – a Midwest favorite for desserts. I have sent a recipe for Rhubarb Custard Pie that is delicious.

**Bok choy** – Don't knock it until you have tried it. I cook it in a quick stir-fry. Sautee some onion until translucent, add the white stems, cook several minutes and then add the chopped greens. Add some soy sauce, bullion and a little corn starch mixed with water. Add ginger and garlic if you like when you add the onions. Season with salt and serve.

**Green onions** can be added to stir fries, salads or pizza.

**Head lettuce**, romaine and panisse – It's summer, mix up a batch of your favorite dressing. Make sure you wash them at least 3 times because they are gritty.

**Arugula** – add to a salad with pecans and blue cheese. Wash thoroughly.

### News from the farm

The farm has a well. Formerly, the house and barn were run off of sand points (shallow water source) and irrigation came from the creek. Now there is a 160' well with a pump powerful enough to run lots of irrigation in the field. Hooking it up the first time was so fantastic that we fixed a picnic supper and sat and watched the sprinklers going around. Of course, since then it has been raining cats and dogs, but I think it will be put into service again before the season is over.

Christine and Susanne are interns this year and their work and interest in the farm are invaluable. They both enjoy riding horses and we have borrowed an enormous Percheron horse named Mitch who barely fits in the barn. They will be writing in future newsletters to introduce themselves.

Events at the Farm: Put these dates on your calendar so you can visit the farm this summer.

**GARLIC HARVEST** – Saturday July 9 or Sunday July 10. You can choose either day; there is enough work for both. We dig up the garlic heads, lay them out in the shade to dry and then enjoy a meal of roasted garlic, French bread, cheese, salad and more. You get the idea.

**CORN FEED AND OVERNIGHT CAMP OUT** – Saturday, August 13 starting at 2:00 p.m. Come just for the evening or pitch a tent and spend the night. Breakfast in the morning is cooked on the wood stove.

**HARVEST FESTIVAL AND CELEBRATION** – Saturday September 24, or Sunday, September 25, 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 bread, cheese, desserts etc. I'll make a vegetarian and meat soup. More details will be provided as the date approaches.



## Sautéed Bok Choy

- 2 tablespoons neutral cooking oil, like canola
  - 2 garlic cloves, peeled and minced
  - 1 ½-inch piece ginger root, peeled and minced
  - ¼ teaspoon red-pepper flakes, or to taste
  - 4 bunches of baby bok choy or two large, approximately 1½ pounds, cleaned, with the ends trimmed
  - 1 tablespoon soy sauce
  - 1 tablespoon chicken stock or water
1. In a large sauté pan with a lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.
  2. Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan.
  3. Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.
  4. Remove to a warmed platter and drizzle with sesame oil.

## *Arugula, Pear & and Blue Cheese Salad with Warm Vinaigrette Serves 2*

***2 tablespoons white balsamic vinegar***

***1 teaspoon Dijon mustard***

***1/2 teaspoon honey***

***4 tablespoons olive oil***

***Salt and pepper***

***4 large handfuls arugula (about 12 ounces)***

***1 barely ripe pear, cored and sliced thin***

***3 ounces soft blue cheese***

Whisk together the balsamic vinegar, mustard, and honey in a small saucepan over low heat. Gradually pour in the olive oil, and continue whisking until the dressing has emulsified. Season with salt and pepper. Divide the arugula between plates. Top with the sliced pear and blue cheese, then drizzle with warm vinaigrette.

## **Rhubarb Custard Pie Recipe:**

Pastry for 9-inch one crust pie

1 tablespoon all-purpose flour

3 1/2 cups (1/4-inch dice) fresh rhubarb\*

1 1/2 cups granulated sugar

3 eggs, lightly beaten

1/4 cup half and half cream

1/2 teaspoon freshly-grated nutmeg

1/8 teaspoon salt

Preheat oven to 375 degrees F. Prepare pie pastry; sprinkle flour over bottom of unbaked pie pastry. In a large bowl, combine flour, rhubarb, sugar, eggs, half and half cream, nutmeg, and salt; pour into pastry-lined plate. Bake in lower 1/3 of oven approximately 50 to 60 minutes or until knife inserted near center comes out clean, but the center of the custard is just set, it will jiggle a little when shaken, that's when you can remove it from the oven. Check toward the end of baking time to make sure the edges are not too brown; if so, cover edges with aluminum foil. Remember, the pie will continue to set as it cools. If using a digital instant-read thermometer, inserted in the centers, it should register 175 degrees F. Begin checking temperature about 10 minutes before recommended times.

Remove from oven and let cool completely on a wire rack before cutting and serving (the filling needs time to set). Store in the refrigerator.

**In the Bag:**

**Rhubarb**

**Green Onions**

**Arugula**

**2 Heads of Lettuce**

**Bok Choy**

# 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.