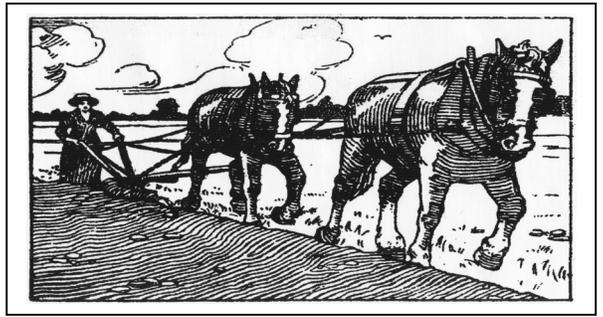


North Creek Community Farm NEWSLETTER

Week Two Thursday, June 18, 2015



IN THE BAG:

Lettuce
Spinach
Arugula
Bok Choi
Broccoli
Radishes
Green onions
A little bit of basil
Garlic scapes
Sweet Williams flowers

Greetings from North Creek Farm

The abundance of water is continuing the explosion in the garden. The weeds think its great too but we won't talk about that now. We have been scrambling to get the first deliveries out and catch up with the fast maturing vegetables. It is such a thrill to deliver beautiful produce to you.

Exchange/extras boxes

The exchange/extras boxes at the drop site today are an attempt to help you customize your bags. If you have a vegetable that you have tried but really don't like, leave it at the drop site in the exchange box. Take something out that you do like. Additionally, if you are having guests this weekend and need one more head of lettuce for that potluck salad, help yourself.

In the bag:

Lettuce: Beautiful butter head lettuce, my favorite and more "brillo" pad oak leaf.

Spinach: Smaller bunches this week. Add to your salad or stir-fry and eat with brown rice.

Bok Choi: I thought I didn't like bok choy and then I stir fried it with lots of fresh ginger and soy sauce and it was wonderful. This "joi choi" variety loved the start in the hoop house.

Radishes are not my favorite things but many people love their spicy bite. Look for a recipe where you cook them. Then there are the traditional English sandwiches of thinly sliced radishes with butter.

The **broccoli** decided to mature as smaller heads. I crowded them and they matured quickly. Try the recipe for roasted broccoli on the back of the newsletter.

Garlic Scapes: (long green bundle with bulges) These are the immature flower stalks from the garlic. Use them as you would regular garlic, just add a little more.

Arugula is not everyone's favorite as it has a strong flavor. I love it with goat cheese and pecans.

Garlic Harvest Saturday, July 18, or Sunday, July 19, 10:30 a.m. - 9:00 p.m. (come either day). Supper at 4:00 or so. Potluck Menu: roasted garlic, French bread, cheese, salads, olives, fruit, desserts. BYO red wine or other beverages. I'll provide the garlic. This is one of my favorite member events. We really need your help to get the garlic harvested before it gets too mature and then we get to have a relaxed evening of great food. You don't need to RSVP, we'll be here working. Bring some snacks to share for lunch if you come before lunch time. Looking forward to seeing you at the farm. Email for directions.

ROASTED BROCCOLI WITH PARMESAN AND WALNUTS

- 3-4 cups broccoli florets and stems
- 2 garlic scapes chopped
- 2 tablespoons good olive oil
- ½ teaspoon pepper
- ½ teaspoon kosher salt
- 2 tablespoons walnuts chopped
- ¼ cup Parmesan cheese shredded
- 2 tablespoons basil leaves julienned. (small strips)

Instructions

Preheat oven to 425° F.

1. Separate the florets into bite sized pieces. Peel and cut the stem into slices
2. Toss with chopped scapes, olive oil, salt and pepper
3. Spread out on a baking sheet and bake for 20 – 25 minutes until stems are tender and some of the florets are browned.
4. Remove from the oven and toss with cheese and walnuts and basil.

Arugula Pesto

Ingredients

- 2 cups of packed arugula leaves, stems removed
- 1/2 cup of shelled walnuts
- 1/2 cup fresh Parmesan cheese
- 1/2 cup extra virgin olive oil
- 6 garlic cloves, unpeeled or 6 garlic scapes
- 1/2 garlic clove peeled and minced
- 1/2 teaspoon salt

Method

1 Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.

2 *Food processor method* (the fast way): Combine the arugula, salt, walnuts, garlic or scapes into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

Mortar and pestle method: Combine the nuts, salt and garlic in a mortar. With the pestle, grind until smooth. Add the cheese and olive oil, grind again until smooth. Finely chop the arugula and add it to the mortar. Grind up with the other ingredients until smooth.