

North Creek Community Farm NEWSLETTER

Week two, June 14 and 16, 2016



IN THE BAG:

Fresh Fennel – I have included recipes for this refreshing summer vegetable if you have never prepared them.

Garlic Scapes – These are the curly flowering stems of hard neck garlic. They can be used just like garlic. I pureed a few and added balsamic vinegar, Dijon mustard and olive oil and put it on a salad. Yum.

Green onions

Head lettuce – red butter head (my favorite) and another romaine

Broccoli – small heads but so welcome this early on in the season.

ON THE SIDE:

Sweet Williams Flowers – I love these cheerful flowers in their pinks, whites and reds.

Herb pots – take these home if you have a sunny corner that you can tuck them. They will need to be transplanted into their own pots or into your garden. The herbs are:

parsley larger plant with serrated edges

chives, look like mini green onions

oregano, fuzzy small oval leaves

thyme, small smooth oval leaves that are red on the underside



News From the Farm

Mitch the Giant

Susanne and Christine, the interns this year, both like to ride horses. I have two horses, Dolly a black Percheron and Alf, a Norwegian fjord horse. Dolly is much bigger than Alf and towers over him. Alf is old now and has a bum shoulder so he can't be ridden. I asked my friend Gary if we could borrow a horse. He gave us Mitch. Mitch is a grey Percheron that makes Dolly look small. He is a true gentle giant. Susanne has to climb onto a wagon to clamor onto his back but he has smooth gaits and is a well mannered fellow.

Expecting

Baby pigs that is.... We hope. Olav, the neighbor's boar, has been staying over at our place for a romantic interlude. He is a big white boar, probably a Chester White. My two female pigs are black Berkshires. Maybe they will have Oreos. Pig gestation is 3 months, 3 weeks and 3 days. How cool is that. Maybe there will be baby pigs for the Harvest Festival.

Early Harvests

It is very unusual to have garlic scapes this early in the season. A spate of warm weather kick started things early and they haven't slowed down yet. The broccoli is early because it went from warm to cool and even frosted a bit. When plants think that the end is near or are just stressed out, they will drive towards reproduction, in this case, making broccoli. This phenomenon is called bolting.

What do you do in the winter?

I get asked this a lot. This past winter I visited my mom in March. I also ran Kate's Occasional Café at a local café that is open for only breakfast and lunch. I took it over once a week on Wednesday nights. It was a big hit and fun to cook for people once a week. I also was a substitute bus driver. At first this job was very scary but I got used to the bus and the students and actually enjoyed it. I got pretty good at saying, "Hey, sit down!"

Bright Lentil Salad With Apples, Fennel, and Herbs

KERRY SARETSKY

This salad couldn't be more simple, or better, or more unexpected. I start with canned Puy lentils for ease, and then toss them in a light cider vinaigrette with olive oil, Pink Lady apples, fennel, and plum tomatoes. Fresh thyme and basil finish it off. An elevated, bright, happy version of Provençal peasant food.

1 tablespoon cider vinegar 1/4 teaspoon granulated sugar Kosher salt and freshly ground black pepper 2 tablespoons olive oil 1 tablespoon water 1 medium fennel bulb, finely diced (about 1 cup) 1 apple (recommended: Pink Lady), peeled and finely diced (about 1 cup) 8 ounces baby plum tomatoes, finely diced. 2 (14.5-ounces) cans of Puy lentils, drained and rinsed 1 tablespoon fresh thyme 2 tablespoons fresh basil

In a large bowl, whisk together the vinegar, sugar, salt, and pepper until the sugar dissolves. Add in the olive oil, and whisk until emulsified. Add the water, and whisk to loosen. Add the fennel, apple, and tomatoes, toss to combine, and allow to sit in the vinaigrette for 15 minutes. Finally, add the lentils and fresh herbs, and allow to sit another 15 minutes.

Roasted Fennel Pesto With Fennel Fronds, Toasted Almonds, and Garlic Scapes

Ingredients

- 1 cup chopped fennel bulb from one medium bulb (about 4 ounces)
- 1 cup extra-virgin olive oil, plus more for drizzling
- 1/2 cup skinned slivered almonds
- 3/4 cup loosely packed fennel fronds
- 3 garlic scapes roughly chopped
- Kosher salt

Directions

1. Preheat oven to 400°F. On a rimmed baking sheet, toss fennel with a drizzle of olive oil and roast, stirring occasionally, until softened and lightly browned, about 12 minutes. Meanwhile, scatter almonds on another rimmed baking sheet and bake, tossing occasionally, until lightly toasted, about 5 minutes. Let fennel and almonds cool slightly.

2. Using an immersion blender, regular blender, or food processor, pulse roasted fennel with fennel fronds, garlic scapes, and 1/2 cup olive oil until a puree forms. Add almonds and 1/4 olive oil and pulse until pureed. Add remaining 1/4 cup olive oil, season with salt, and pulse quickly to combine. Use right away or refrigerate for up to 3 days.

In the Bag:

Fresh Fennel

Green Onions

2 Heads of Lettuce

Broccoli

Garlic Scapes

On the side:

Sweet Williams flowers

Herb pots

Take two herb pots per share if you would like them. They will need to be re-potted soon.

**Take one bunch of Sweet
Williams per share**