

# North Creek Community Farm NEWSLETTER Week Four, Tuesday July 9, 2013

## IN THE BAG:

Lettuce mix  
Green onions  
Green beans  
Spinach  
Summer squash  
Lemon basil  
Kale  
Popcorn  
Garlic scapes

## Thanks to Sophia, AZ, and Leo, our fantastic WWOOFers!

By Maddy Shaw

WWOOF stands for Willing Workers on Organic Farms, an international network of organic farms that have agreed to take visitors who work on the farm in exchange for room and board. Over the years Kate has been lucky to have lots of fun and interesting people visit the farm through WWOOF. This week we were lucky to have AZ, Sophia, and Leo, who came to us from Manhattan! They truly embodied the "willing worker" part of WWOOFing—they were cheerful, helpful and eager to learn new things. Sophia is taking a farm-to-fork class back home and wanted to learn more about vegetable farming.

See the story Sophia wrote about our vegetables in the newsletter.

### Trip to England

Over the July 4<sup>th</sup> week, I went to England. What could possibly get me to miss a week in July of farming? I had a conference for the peer-counseling program that I have been involved in for 25 years. Every five years we gather as leaders. I have been learning and thinking about the effects that inheriting money has on people and how we are conditioned about privilege. It was an honor to spend time with this powerful group of leaders from 8 countries. Together we worked very hard in reclaiming our natural goodness and getting close to each other. We looked at the ways that colonialism; colonization, genocide and racism have wrecked havoc around the globe. What fun! I arrived in England on Tuesday, July 2 and got home on Monday, July 8. This was ONLY possible because Maddy lead the crew and worked very hard. She will be taking a break this week and going up the Winnipeg Folk Festival. A big thanks to everyone, especially Maddy, who helped to make it possible for a farmer to seamlessly miss a busy week!

## About the vegetables:

**Kale** gets made fun of a lot but it truly is a wonderful vegetable. It is high in iron and very versatile for cooking. Stir fry it with garlic (scapes) and onions are the seed heads and stalks from stiff-neck garlic. Use them like fresh garlic. You can chop the whole thing. They will keep in the refrigerator a fairly long time or chop them finely and freeze in small bits to add to sauces later. **Green beans** are an early treat from the hoop house. These are small, tender French filet beans of the Tavera variety and don't have tough strings.

This is going to be the last **spinach** for a while, since it is a cold-weather crop and the heat makes it bolt.

Make stuffed **summer squash** by scooping out the middle and filling

## The Scapes Escape

A vegetable story by Sophia Jenkins

It was a rainy Monday night on the farm, and all the vegetables were in the cooler, ready for delivery the next day. The stormy wind howled all around them, but the vegetables felt nice and cozy in their containers. Yet, suddenly, a particularly strong gust of wind blew through the harvest shed, throwing open the door of the refrigerator. Quick as snakes, the slippery garlic scapes slid off into the night. "Oh no," the other vegetables said, "The scapes have escaped! Someone needs to find them before delivery tomorrow," "Let us!" Said the lettuce. And the eager lettuce left the cooler as well. A few long minutes passed, and neither the lettuce nor the escaped scapes returned. "We'll find them!" Said the turnips. And the turnips oiled out into the night. Ten minutes later the turnips had not turned up. The lettuce and the escaped scapes were nowhere to be found. "We don't have much time!" cried the thyme. Out went the thyme and, egged on by the eggplants, each of the other vegetables filed out of the cooler. The harvest shed was dark, and at first the vegetables reveled in their new freedom.

The beets walked the beat, and the glad gladiolas stretched out their leaves. However, when they all stepped out of the harvest shed onto the lawn they were hit by a huge tornado storm of wind. The spinach went spinning in all directions, the lettuce got all mixed up, and the summer squash got squashed. The onions started to cry, and the snap peas snapped under the pressure. A flash of lightening charred the chard. All was confusion and nobody knew how to find the harvest shed. The vegetables had almost given up when they heard a call from the distance. It was the garlic scapes, which had escaped from the storm and had found their way back to the cooler. With the help of the scapes, the other vegetables made their way to their snug containers. They had just managed to close the door of the cooler and laid the cloths over themselves when Maddy came in the harvest shed. "Why are you all so dirty and wet?" asked Maddy. Nobody said anything, but the potatoes' eyes all turned to look accusingly at the garlic scapes.

## **Lemon Basil Pesto**

- \* 2 cups chopped lemon basil (all tops if possible)
- \* 6-8 cloves garlic (optional: roast the cloves)
- \* 1/3 – 1/2 cup extra virgin olive oil
- \* 1/2 tsp fresh ground black pepper
- \* 3/4 tsp sea salt
- \* 1/3 cup grated Parmesan or Romano cheese
- \* 1/4 cup toasted pine nuts or walnuts
- \* Additional olive oil for storage

In a food processor, place the basil, roasted garlic, toasted nuts, sea salt and pepper. Turn on high for at least a few seconds before slowly drizzling in all of the olive oil as the mixture blends. This will take a minute or more. Allow everything to blend at least 20 seconds once all of the olive oil has been added.

You can add your chosen cheese while the food processor is still running, at the very end of the blending process, for about 5 seconds. Or you can fold the cheese in by hand after the pesto has been extracted. The third way is to add/mix the cheese in when you go to use the pesto in whatever you do with it. You can get pretty creative with this third option, especially within pasta applications, as to when is best to infuse your fromage.

Extract your beautiful creation with a spatula to get every tiny flavor-packed bit. Store in a container that gives you room to add enough olive oil so that, when poured in carefully, it covers the pesto evenly with about half-an-inch (1/2") of pure extra oil. Take the added step of carefully placing a small piece of saran upon the oil topping to keep any oxidation from occurring.

Refrigerate indefinitely, as long as each time you use some pesto, you reapply more protective olive oil and saran the same way. Pesto also freezes nicely. But if you foresee freezing as your storage method, do not add any cheese since it doesn't freeze well in pesto.

## **Kale with Red Beans, Cilantro and Feta Cheese**

1 1/2 cups dried kidney beans, soaked for 4 hours or overnight

2 bay leaves

1/2 teaspoon thyme leaves

sea salt

1 white onion

1 large bunch kale

2 tablespoons olive oil, plus extra to finish

3/4 cup chopped cilantro

3 oz feta cheese, crumbled

1. Drain the beans, cover them with plenty of cold water, and bring to a boil. Remove and scum that rises to the surface, then add the herbs, 1 1/2 teaspoons of salt, and all but 1/2 cup of the onion. Lower the heat and simmer until tender, about 1 1/2 hours.
2. Slice the kale leaves from their stems with a knife. Chop coarsely into 1- or 2-inch pieces and rinse well. Bring a few quarts water to a boil; add salt and the kale. Simmer until tender, 5 to 7 minutes, and then pour into a colander to drain.
3. Heat the oil in a wide skillet. Add the remaining 1/2 cup onion and 1/2 cup of the cilantro. Cook over the medium heat until the onion has softened, about 10 minutes, and then add the kale and the beans with enough of the cooking liquid so that there's plenty of sauce. Simmer together for at least 10 minutes, then serve garnished with crumbled feta cheese and the remaining cilantro.

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