

North Creek Community Farm NEWSLETTER

Week Four, June 28 and 30, 2016



IN THE BAG:

Cilantro – This is a vegetable that you either like or hate. Some people genetically find that it tastes like soap. I love it and you can add it to salsa to give it a fresh flavor, make pesto with it or add it to a Chinese Chicken Salad

Kohlrabi – Some members just love these and some find them something to endure. If you don't like them, put them in the Exchange box and take something you like.

Head lettuce – two tender butter head lettuces

Hakurei Turnips – For me, these taste like radishes, if radishes were good. They are mild and crunchy. I like them sliced thin in salads or stir-fry.

Baby carrots – These little beauties got their start in the hoop house. I wish I could send more but savor every bite.

Napa Cabbage or Chinese cabbage – I love napa cabbage in a salad or quickly stir-fried.

Don't forget you can google any vegetable to get more ideas of what to do with them.

Garlic Harvest

Saturday, July 9 and Sunday July 10 starting at 10:30 a.m. Supper of delicious roast garlic, steamed new potatoes, green beans, cheese, bread etc. at 4:00.

Help bring in the harvest. We will dig it up and lay it out in the shaded greenhouse to dry. Lot's of hands on deck make this job a joy even when it is hot. Bring sunscreen.

It may rain. If it is not an all day rain, we will hold the event. Check your email before you come for updates. I will send directions next week. Please RSVP to kstout@chibardun.net.

News From the Farm Christine

Hi everyone! My name is Christine Leonard and I am loving my summer so far here at North Creek! I grew up on a fifth generation dairy farm near Waconia, MN where my family milks about 45 Holstein cows and farms 120 acres. I was very active on the dairy farm and I even had my likeness sculpted out of butter at the Minnesota State Fair as a Princess Kay Finalist. This summer is full of a new kind of farming, and I'm learning a lot and loving it! I'll be graduating this December from the University of Wisconsin-Stout with a degree in Food Science and Technology with a communication and consumer education emphasis. My goal upon graduation is to connect people to where their food comes from- from the farm, to processing, all the way to the dinner table. I can't wait to meet you all at some of the festivals we will be hosting on the farm this summer!

Too much!

Once there was an old farmer named Jones. Every summer he complained about too much rain, too much dry, too much heat or too much cool. One summer everything was just right. Just the right amount of rain, heat, sun. The vegetables grew mightily. Everyone said the now old man Jones can't complain. When they saw them in town the next time they asked, "Well, how is your summer." Jones wrinkled up his brown and mumbled, "Too much crops!" That is almost the way I am feeling this year. One crop is tumbling on the back of the next as we rocket through the summer. No complaints from me though.

Kohlrabi Mash

Peel and quarter 2 pounds kohlrabi. Cook in boiling salted water until soft, about 30 minutes; drain. Puree with 2 tablespoons each heavy cream and butter; season with salt and pepper. Drizzle with olive oil and top with chopped parsley.

Use a food processor or immersion blender to puree these veggies—they're too fibrous for a potato masher.

SAUTEED SWISS CHARD WITH BACON

Ingredients

Olive oil, for pan

1 cup bacon, cut into 1/4-inch dice

2 cloves garlic, smashed

Pinch crushed red pepper flakes

1 bunch Swiss chard, stems removed and cut into 1/2-inch lengths, leaves cut into 1 1/2-inch lengths

1/2 cup chicken or vegetable stock

Kosher salt

Directions

Coat a large sauté pan lightly with olive oil and add the diced bacon, garlic, and crushed red pepper. Bring the pan to medium-high heat. When the garlic has turned a lovely golden brown, remove from the pan and discard. At this point the bacon should start to become brown and crispy. Add the Swiss chard stems and the stock and cook until the stock has mostly evaporated. Add the Swiss chard leaves and sauté until they are wilted. Season with salt.

Recipe courtesy of Anne Burrell

PAN-ROASTED HAKUREI TURNIPS WITH HONEY

- **Servings:** 2

(adapted, only slightly, from Andrea Reusing's [Cooking in the Moment: A Year of Seasonal Recipes](#))

- *1 bunch small Hakurei turnips (about 10), halved lengthwise*
- *2 tsp. vegetable oil*
- *Salt and pepper*
- *1/2 TB honey*
- *Pinch of cayenne*
- *1/2 TB water*

Toss turnips with 1 tsp. oil, salt and pepper in a medium bowl.

Combine honey, cayenne and water in a small bowl.

Heat a small skillet over medium-high heat. Add remaining tsp. oil. Add turnips. Sauté for about 10 minutes, turning turnips frequently, until they are golden brown.

Add honey mixture to turnips and toss them for a few minutes until glazed and tender. Add additional salt and pepper to taste.

In the Bag:

Kohlrabi

Chinese/Napa Cabbage

Cilantro

Hakurei Turnips

Baby Carrots

Chard