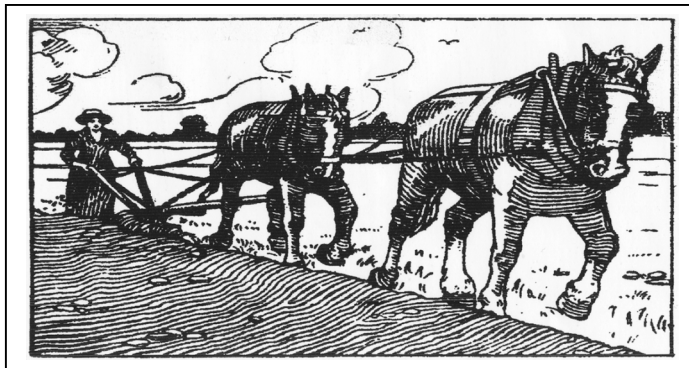


North Creek Community Farm NEWSLETTER

Week Five, Tuesday July 16



IN THE BAG:

Green onions
Bok Choy
Green beans
Sugar snap peas
Basil
Popcorn
Dill
Cilantro
Beets
Summer squash (a little)

The Grand Orchestration

Often my job feels like juggling. So many factors including relationships are part of the dance. On Friday, I finally got some hay made. Hay always comes when you are most busy but it has to get done. My friend Gary came down and cut the hay. There is a new tool called a disc-bine and it saves me a lot of time to have him mow with this nifty tool and then we get to see each other. I have known Gary and his parents for years. Now Gary is 66 and his folks have passed, but we are still close. Once the hay is cut, I had trouble finding people to help unload the hay. Gary's friend Danny came down to bale and a neighbor, Telea came to help unload. That's not a big enough crowd, but I had called everyone and that was it. No problemo, we took it in stride. The goal was to just get the bales in the hay mow. The hay mow is the upstairs in the barn. I unloaded slowly and Telea trudged across the mow floor with each bale. They were heavy and she moved all 325 bales. As Danny would get one wagon full of bales, he would come down and help us finish unloading. We weren't breaking any records but slow and steady can get the job done. Gary would ferry Danny down from the field and then sit and watch us work, pithy comments at the ready.

Saturday I had an extra crew coming to try and stay on top of the weeding. It's what riding big waves in Hawaii. You paddle like mad; get up on the crest of the wave until you cascade down the face. Ever notice that they always end up getting trounced at the end? We are riding the wave but I know what's coming. Every year we try again and get further. The crew was all new people to work with and I tried to quickly assess their skills to match the people with the work. It was fun to have some fresh conversation.

Garlic Harvest Festival

Saturday, July 20

10:30 a.m. – 9:00 p.m.

Come out to the farm and help harvest the garlic. We dig it up and then spread it out in the greenhouse to cure. After the work, enjoy a supper of roasted garlic, cheese, French bread, salad and more. The farm will provide a lunch and the supper salad and roasted garlic. Please bring bread, cheese or something else to add to the evening meal. Desserts are always good. The evening meal will be at 5:00. Lunch will be whenever we want to snack.

About the vegetables:

Things are going crazy out there. The heat and humidity is bringing on the **green beans** in earnest. **Basil** is a treat and I give large bunches. It just is such a bounty. Rinse the basil, take the leaves off the stems (ummm, smells good), put them in the food processor with some olive oil and puree. Put it in a ziplock bag and press flat, freeze. This winter you can break off a piece and put it in what ever you are cooking. The **dill** came before the cukes but you can hang it up to dry. The **bok choy** didn't bolt so enjoy it in a stir-fry. It would be good with the **sugar snap peas**. The trick with the sugar snaps is to add them at the VERY end of cooking, really. Make sure everyone is just about ready at the table and then add them. They just need to heat through. Over cooked sugar snaps get stringy. Good with toasted sesame oil. Add that at the end too to preserve the aromatic scents. **Beets** tend to be another love/hate vegetable. If you are in the "hate" camp, please try these roasted. Remove all but one inch of the tops from the beets and wash. Place them on a pan and place in the oven at 375° F. Foil or parchment will save some clean up. You can even seal the beets in a foil envelope for more moisture. You can drizzle the beets with oil. I don't do any of that. I throw them in the oven and bake until tender. In fact, if you have other things cooking, they will roast at any temperature between 325° and 425°. When a fork or knife will slide in without "raw" resistance, remove them from the oven and cool slightly. Remove skin with a knife and enjoy. You can cook them ahead and reheat. Beet greens are great too. Sometimes I freeze them for the winter when they are much more appreciated. To freeze, was greens and plunge into boiling water. Stir. Count to 10 and put into ice water. Squeeze out excess water and freeze.

Popping North Creek Community Farm Popcorn

In a time when most of us are used to microwave popcorn or just picking up a container at the movie theater, we don't always know how to deal with popcorn on the cob. It can be just put in a brown paper bag and popped in the microwave but it really works best like this:

Break the cobs in half over a large bowl. Rub or grind the two halves against each other to loosen the kernels from the cob. One cob will make enough for two people. (Disclaimer: I can eat a lot of this popcorn so my portion size would be that this is enough for one person.)

Heat a heavy bottom pan on high and pour in about 1/8 cup oil. If you have a metal colander have this ready or a lid that fits the pot. The colander will let the steam escape as it pops. Put two kernels in the oil as it heats. When these pop, pour all of the popcorn in and slide the pot back and forth rapidly to toss the kernels around. When the new ones begin to pop, quickly cover and keep shaking. When the popping is rapid, stop and let them toss themselves. When the popping is beginning to quiet and almost done, tip the contents back into the large bowl and salt. YUMMY!!

Grated Raw Beet Salad

By MARTHA ROSE SHULMAN

People who swear they hate beets love this [salad](#). It's a North African-inspired mixture of grated, uncooked beets dressed with orange and lemon juices and a small amount of olive oil. It makes a great starter when you're serving something robust as a main course, like a couscous.

1/2 pound beets

3 tablespoons freshly squeezed orange juice

1 tablespoon freshly squeezed lemon juice

1 tablespoon extra virgin olive oil

2 tablespoon minced chives, mint or parsley (or a combination)

Salt to taste

Leaves of 1 romaine heart

1. Peel the beets with a vegetable peeler, and grate in a food processor fitted with the shredding blade.

2. Combine the orange juice, lemon juice and olive oil. Toss with the beets and herbs. Season to taste with salt. Line a salad bowl or platter with romaine lettuce leaves, top with the grated beets and serve.

Yield: Serves four.

Advance preparation: The grated beets can be dressed and kept in the refrigerator, covered well, for a couple of days. They become more tender but don't lose their texture, and the mixture becomes even sweeter as the beet juices mingle with the citrus. Toss again before serving.

Nutritional information per serving: 58 [calories](#); 3 grams fat; 0 grams [saturated fat](#); 0 milligrams [cholesterol](#); 6 grams [carbohydrates](#); 1 gram [dietary fiber](#); 32 milligrams sodium (does not include salt added during cooking); 1 gram protein

Martha Rose Shulman can be reached at martha-rose-shulman.com.

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Garlic scapes

Basil

Beets

Dill

Summer squash

Cilantro

Sugar snap peas