

# North Creek Community Farm NEWSLETTER

## Week Five Thursday, July 9, 2015

### IN THE BAG:

Carrots  
Sugar snap peas  
Kale  
Kohlrabi  
Hakurai turnips  
Cilantro  
Spring onions



### Weather Obsessions

I am obsessed with the weather in the summer. Winter? Bah, who cares, I can add more wood to the fire if it's cold. But in summer, it's different. Most decisions on the farm are dependent on the weather. Can we cut hay? Should I transplant? Is the soil dry enough to till up new beds for planting? As the big storm that blew through on Monday approached, I knew I had a shrinking window to get work done. The ground had finally dried out enough to kill some weeds and plant more seeds. Several people had thoughtfully inquired, "What are you doing for the holiday weekend?" WORK.

Each time I rolled over in the wee hours of Monday morning, the rain continued to sound on the roof. I hoped that the crew would show up for a soaking day of harvesting in the rain. When they gamely arrived, we started in the hoop house getting out the carrots. Rain drummed on the plastic roof but not too hard and by the time we moved onto the sugar snap peas, it was just a misting. Kohlrabi was next. As we reached the field I remarked that it was sure a good thing that it wasn't raining like it had during the night. The words were just out of my mouth when the heavens opened up and it began to hose down. The saturated ground almost instantly was liquid mud. We looked at each other and began to laugh. Rain ran off of us and quickly soaked us to the skin. Finally, we abandoned ship. The harvesting will have to wait until the morning.

### Notes on the vegetables

The mad rush of vegetables earlier has left a gap in the supply and you will get a respite with a smaller bag this week. There is usually a gap this time of year as the spring greens peter out and the fruits of the main season get ready to burst on the scene.

**Hakurai turnips:** These are the little white vegetables. They taste like mild radishes. I love them raw. I wanted to send more of these little gems, but the weeds won this boxing round. I have a very persistent weed that grows faster than the vegetables and sets many, many seeds. So, the weeds got really big and the turnips stayed small. I will plant more and we should have some by the end of August.

**Kale** is one of my favorites and has been gaining in popularity but still not everyone's favorite. I like it in soup or in a "massaged" kale recipe.

**Cilantro:** Turns out that some people have a gene that makes cilantro taste like soap. Just leave it in the extras box if you are one of these folks. Otherwise, enjoy it chopped in both Mexican and Asian meals. I love it in rice with lime juice or in a coconut curry dish.

# MASSAGED KALE SALAD

6 servings, about 2 cups each | Active Time: 30 minutes | Total Time: 30 minutes

## Ingredients

- 1 large bunch kale
- 1/2 cup freshly grated Parmesan cheese
- 1/3 cup extra-virgin olive oil
- 1/4 cup lemon juice
- 3 large cloves garlic, minced
- 1 tablespoon reduced-sodium soy sauce
- 1 minced anchovy fillet or 1/2 teaspoon anchovy paste (optional)
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt

**Preparation** Strip leaves from the stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl. Add Parmesan, oil, lemon juice, garlic, soy sauce, anchovy (if using), pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny. Taste and adjust seasoning with more Parmesan, lemon juice, garlic, soy sauce and/or pepper, if desired.

## Cilantro & Ginger Hummus

1 can (15 ounces) chickpeas (you can use dry and cook your own too)  
1/2 cup tahini  
1 tablespoon minced garlic  
1 tablespoon grated fresh ginger  
1/4 cup cilantro  
juice from 1/2 a lemon  
1/4 cup water (or reserve the chickpea cooking water if you use dry beans)  
1/4 cup olive oil  
1 teaspoon sea salt

In a food processor blend the chickpeas until they are a coarse grain. Now add the tahini, garlic, ginger, lemon juice, cilantro and salt. Blend for a full minute or two. Now with the processor still running drizzle in the oil and then the water. For an even smoother, thinner consistency add more water.

## Roasted Kohlrabi

- 2-4 kohlrabi bulbs, peeled
- 1 tablespoon olive oil
- 1 clove garlic, minced
  
- salt and pepper to taste
- 1/3 cup grated Parmesan cheese

1. Preheat an oven to 450 degrees F (230 degrees C).
2. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.
3. Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

# **In the bag:**

**Spring onions**

**Kohlrabi**

**Carrots**

**Hakurai Turnips**

**Sugar Snap Peas**

**Kale**

**Cilantro**