

North Creek Community Farm NEWSLETTER

Week five, July 5 and 7, 2016

IN THE BAG:

Carrots

Green beans – these are French fillet beans. So tasty.

New Potatoes – Steaming is the best way to fix these because they are low in starch.

Kale – Remove the ribs and sauté leaves with garlic. Sprinkle on a little balsamic vinegar when tender.

Summer squash – You will recognize the long zucchinis but the short light green ones are called Magda, and are my favorite.

Fresh Garlic – use the cloves just like regular garlic. It has more moisture and will not roast well.



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

It was the magical time when the sun peaks under the lowering dark clouds as it sets. The trees glowed and across the forty, the freshly mown hay field turned deep amber. I was mowing down my wheat crop that I had optimistically planted in the south field almost a year earlier. Well, I had planted half the field. The other half of the area had been too wet the last season to even attempt any tillage. The part I had seeded down looked good though in April when the soil warmed and the winter wheat began to grow. I could see a few persistent curly dock weeds sticking up, but how bad could they be?

In May the field still looked good and was a stark contrast to the untilled section, which was now a riot of weeds and grasses. Satisfied, my attention had turned to the pressing matters of getting the vegetables going for the CSA and I forgot about the wheat, leaving it to fend for itself.

As July 4th weekend approached, I went over to the wheat field to get a roll of wire and discovered the field was a beautiful purple color! If I were a painter, the hairy vetch flowers would have inspired a bucolic painting, but the wheat was almost completely covered with the twisting vines. I couldn't let the vetch go to seed, and the wheat didn't stand a chance, so here I was, mowing down my crop. I figured I'd mow the weedy section down too and have another go at taming the perennial weeds in this drier season.

It was late, eight o'clock at night. I didn't want to kill any of the lumbering bumblebees that had been industriously visiting the purple carpet of flowers during the heat of the day. Then, as the big tractor mower pushed down the plants, the slow bees would get sucked into the mower. I need every pollinator I can get. It is another season with no honeybees. Alas, the bees didn't realize it was past their bedtime so I was going slowly to give them time to fly away.

As I watched the setting sun on the hills, my gaze was pulled by the sudden movement of a small fawn that jumped out of the wheat into the mowed area. It dashed around in a panic. I slowed the tractor and the fawn jumped into the wild section of the field. Thank goodness I had not hit it with the tractor! I turned off the tractor and went on foot towards the weeds to chase it out. I entered the jungle of plants and blackbirds rose up squawking from hidden nests and a bunny scurried away. This side of the field was full of wildlife. Fine, I thought, I'll leave a side for the animals and mow just the wheat. Maybe I am not meant to tame all of the fields with my noisy machine.

MASSAGED KALE SALAD

Ingredients

1 bunch kale (black kale is especially good), stalks removed and discarded, leaves thinly sliced
1 lemon, juiced
1/4 cup extra-virgin olive oil, plus extra for drizzling
Kosher salt
2 teaspoons honey
Freshly ground black pepper
1 mango, diced small (about 1 cup)
Small handful toasted pepitas (pumpkin seeds), about 2 rounded tablespoons

In large serving bowl, add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 2 to 3 minutes. Set aside while you make the dressing.

In a small bowl, whisk remaining lemon juice with the honey and lots of freshly ground black pepper. Stream in the 1/4 cup of oil while whisking until a dressing forms, and you like how it tastes.

Pour the dressing over the kale, and add the mango and pepitas. Toss and serve.

Easy Zucchini Bake Casserole

Serves: 6

Ingredients

- 1 tbs butter for greasing the pan
- 3 medium zucchini, shredded
- 1 egg + 1 egg white
- black pepper, to taste
- ¼ cup Panko breadcrumbs
- A wedge of Parmesan cheese, to taste

Instructions

1. Preheat the oven to 375F.
2. Grease an 8x11 inch baking pan with butter. Tip over the container with shredded zucchini, and strain excess liquid. Add the egg and egg white, and use a cheese grater to grate about 1 tbs of Parmesan into the zucchini mix. Combine the mixture and season with salt and pepper.
3. Pour the mixture into the baking pan and spread it out evenly. Sprinkle with the breadcrumbs, and grate Parmesan cheese on top. When done, use a rubber spatula to gently press in the mixture, so that the bread crumbs absorb the liquid.
4. Cover the baking pan with aluminum foil, and bake for 25 minutes, or until puffed up and bubbly. Uncover, and bake for a further 10-15 minutes, or until golden. Serve immediately.

In the Bag:

New potatoes

Carrots

Cilantro

Kale

Green beans

Fresh garlic