

# North Creek Community Farm NEWSLETTER

Week Six

Thursday, July 24, 2014

## IN THE BAG:

Lettuce Mix

Arugula

Chinese Cabbage

Cilantro

Mucho Nacho jalapeno

Summer squash

Green beans

Sugar snap peas

Cucumbers

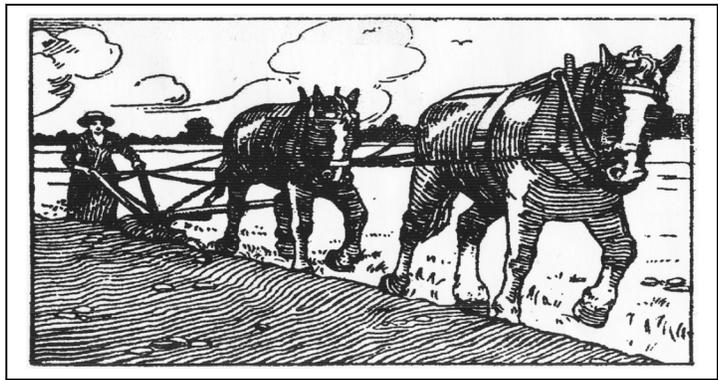
## Once Upon A Time . . .

Once upon a time that was a little girl who lived in Berkeley, California. Her father was a professor at the university. She read all kinds of books about children who farmed: Charlotte's web, Little House on The Prairie, and Hetta and Hanks' New Shoes. She tried to grow a garden in the back yard. But it was cool in Berkeley and the yard was shady. No one in her family had been a farmer.

She grew up and discovered that there were still people who still farmed with horses and she was determined to learn this skill. Her family didn't know anyone in the Midwest but a family said they would take the eager young college student and she embarked on an adventure that changed her life.

That summer, as the plane circled Minneapolis and St. Paul a part of her recognized home. After several summers in a little town called Prairie Farm, the girl decided that she wanted to farm. She couldn't imagine that she could fit in to the Midwest, and she couldn't imagine leaving her family in California. Prairie Farm had gotten into her heart however, and she hated to leave each time she visited.

In 1990 it became clear that it was where she was supposed to be. She found a small farm to purchase. Being used to land prices in California, the \$40 thousand dollar price tag seemed reasonable. She was lucky that her grandparents had given her some money for college, and she was able to buy the farm. It took a while to figure out what to grow. A new idea called CSA had just started and she thought that might be just the ticket. That was over 21 years ago and she is still learning and loving the Midwest. Her members have become her friends and she has a wonderful life in a fabulous community.



## About the vegetables:

Chinese cabbage is great in salads or stir-fries. It is the key ingredient in the classic Ramen noodle salad. You can google it and find as many recipes as you like. They are all about the same. This is a very summery salad. It is a great place to use the cilantro and sugar snap peas. The green beans have gone berserk in the heat and are one of my favorite vegetables. We had time at the Garlic Harvest festival to get the first picking done.

The garlic is drying for a week and then we will begin to ship it. I usually do two head every other week. This way if you split you bag, you each get a head. If you alternate weeks with you share person, then you need to figure out how you each get garlic.

I asked one member what number of cucumbers would be "too many" and they said a dozen. I asked another person and they looked puzzled as if it were impossible to have too many. I do know that for some, there is a limit. I'll try different amounts. The plants will begin to peter out. I tried some English type cucumbers in the hoop house and one of those might show up in your bag. They are long and skinny.

The Mucho Nacho jalapenos are not very hot this year. The seeds have a little heat. Maybe they will pick up some heat as they mature.



## Cilantro-Lime Cucumber Salad

Yield: 5-6 side servings

### Ingredients

- 1 jalapeno, seeded and finely diced
- 2 cloves garlic, finely minced
- 3 tablespoons fresh lime juice
- 1/4 teaspoon crushed red pepper
- 1/2 teaspoon salt, or to taste
- black pepper to taste
- 3 tablespoons olive oil
- 2 cucumbers, very finely sliced (see photos)
- 4 tablespoons minced cilantro, to taste

### Instructions

1. Dice the jalapeno and garlic and add to a medium-sized bowl.
2. Add 3 tablespoons of fresh lime juice, crushed red pepper, salt, and pepper. Use a whisk to incorporate the 3 tablespoons olive oil. Set aside.
3. Finely slice the cucumbers. Use a mandolin if you have it, but a very sharp knife will do the trick. (See photos below.) Add the cucumbers to the dressing and stir together.
4. Finely mince the cilantro and add it to the bowl. Stir to combine. You can either let it sit in the fridge to marinate for a couple hours, or serve immediately.

### Notes

Make sure that you let the salad sit on the counter for a little while before serving if it's been in the fridge; the olive oil solidifies slightly when it's cold.

## Green Beans with Almond Pesto

*serves 6-8*

### Sea salt

1/2 pound haricots verts or slender green beans, trimmed  
1 large clove garlic  
1 cup lightly packed fresh flat-leaf parsley leaves  
1/3 cup extra-virgin olive oil  
1/3 cup blanched almonds, toasted and coarsely chopped

Have ready a large bowl of ice water. Bring a large saucepan three-fourths full of generously salted water to a boil over high heat. Drop in the beans all at once and cook for 3 minutes. Drain and immediately plunge the beans into ice water. Set aside.

In a food processor or blender, combine the garlic, parsley, and 1/2 teaspoon salt and process until the parsley is finely chopped. With the machine running, add the olive oil in a slow steady stream and process until a smooth purée forms. Add the almonds and pulse until finely chopped and the pesto is a uniform coarse purée.

Drain the beans and pat dry. Put them in a large bowl, add the pesto, and toss to coat evenly. Arrange the beans on a serving platter or in a bowl and serve at room temperature.

Serve with a poached egg, if desired.

# **In the bag:**

**Lettuce mix**

**Summer squash**

**Green beans**

**Sugar snap peas**

**Cilantro**

**Arugula**

**Chinese cabbage**

**Mucho Nacho jalapenos**