

North Creek Community Farm NEWSLETTER

Week Six Tuesday, July 14, 2015



IN THE BAG:

Cabbage
New potatoes
Beets
Green beans
Fresh garlic
Cucumbers

Filling the bag

I stared at the green beans. "Are you going to ripen for the delivery on Tuesday?" I asked them. They didn't reply. Filling the bag each week is a process that uses experience, guess work and sometimes asking the vegetables. I think they will be ready for Tuesday. The man who usually brings me bees did not bring any this year. I haven't had a chance to call but that will have an effect on the availability of some crops. Cucumbers and summer squash really need bees. They will produce, but not as abundantly as they might.

I learned long ago that sending things just to fill the bag does not work for most people. For example, I could send chard again, but the beet greens are very similar to chard and for many, that's just too many greens. I will throw a few bunches in the extras box for those die-hard greens aficionados.

Intermittent Vegetables

Sometimes you will get something in your bag that is not on the "official" list of vegetables. This is because we send them by drop site as they become ready to ship. Cherry tomatoes for example, produce for a long time, but not enough to send to everyone at the same time. We pick them every week and divvy them up so you get a whole pint every now and then instead of 4 cherry tomatoes each week. Eggplants and Shishito peppers are the same. Shishito peppers are a new fad among vegetable growers and I will include a card with directions for cooking them. They are a frying pepper that is sometimes served as an appetizer at fancy restaurants. Keep an eye out for these new treats.

Notes on the vegetables

Cabbage is one of my favorites. It is very versatile cooked or raw and it lasts a long time in the fridge. I like to cook a bit of sausage in a pan and then add the sliced up cabbage to cook until just tender. Its good just steamed, or if you are feeling ambitious, stuff the leaves for a real home cooking treat.

I like **beets** best roasted. I just scrub them clean and throw them in the oven for as long as it takes, about 45 minutes for smaller ones and up to an hour and a half for the big ones. Don't peel them or anything. You can kick start the cooking by microwaving them until beginning the steam a bit then throw them in. Test to see if they are soft in the middle with a skewer or knife. Let them cool just a little and then peel them. The gynourmous ones we sent some of you could be cut into large cubes and coated with some olive oil and roasted that way too if they are just too big. Yum!

Fresh garlic is the same as dried garlic. Just make sure you peel off the out side layers until you get down to the center heart of each clove.

New potatoes are very tender and do not have much starch. They are best steamed or boiled. Don't try and make mashed potatoes with them. It just makes a gluey mess. I like them plain with butter and salt.

I have fallen in love with these little **French fillet beans**. They are green beans, just smaller and more tender. The extra time picking them is well worth it.

Garlic Harvest

Saturday, July 18 and Sunday July 19 starting at 10:30 a.m. Supper of delicious roast garlic, steamed new potatoes, green beans, cheese, bread etc. at 4:00.

The garlic this year is beautiful this year. Help bring in the harvest. We dig it up and lay it out in the shaded greenhouse to dry. Lot's of hands on deck make this job as joy even when it is hot.

It may rain. If it is not all day rain, we will hold the event. Check your email before you come for updates.