

North Creek Community Farm NEWSLETTER

Week six, July 12 and 14, 2016

IN THE BAG:

Lettuce mix – Give this another wash.

Nothing ruins a salad like grit or the odd bug.

Basil – the large bunch can be intimidating but it's a great excuse to make and freeze the base for pesto

New potatoes – These little pink beauties are called Desiree.

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.

Green cabbage – Some folks find it hard to use cabbage but I love it. My favorite is to sauté some kielbasa in a pan. Add chopped cabbage and some onion and cook until just tender. Salt and pepper to taste.

Broccoli

Green beans either the small fillet beans or regular green beans.



News From the Farm

Current events pushed their way dramatically into the farm this last week with many deaths. I am aware more and more of the role that racism plays to divide us from each other. The cloud in my mind, the numb feeling, is the result of an old mechanism that divides good people from one another. Fear and hatred keep working people apart so that we cannot stand shoulder to shoulder to create the world we want.

Garlic Harvest

I love having all of you out to the farm. When I am alone here, I tend to see just the long list of things to do but members see the rows of tall Brussels sprouts, the plump cabbages and the growing towers of tomatoes. The kids charged up to the hay mow for some play and then joined everyone in the field digging up the heads of garlic, twisting off the roots and putting them in the shaded greenhouse to dry. Having you all out is a good excuse to spruce things up and get our ducks in a row. All of the garlic was harvested!!! WHoo Hoooo!

Bright Side Farm Stand

I am working with a group of students from University of St. Thomas to set up some farm stands in “food deserts” in Minneapolis. They are also providing convenience stores with fresh produce. A group of students will be coming out each week to glean extra produce for their enterprise. They will harvest and help with other farm work, put the produce in the cooler here and then we will deliver it on Tuesdays to one of the drop sites. It will be picked up there and delivered to neighborhoods in need. I am really pleased to be part of this endeavor. More information is available at:

<https://www.commonrootsfund.org/civic-action-tc/brightside-produce-delivery/>



BUTTERED CABBAGE

Ingredients

- 1 lb. fresh green cabbage
- 2 to 4 tablespoons butter
- salt and freshly ground pepper
- an extra knob of butter

Preparation

Remove all the tough outer leaves from the cabbage. Cut the cabbage into four, remove the stalk and then cut each quarter into fine shreds, working across the grain. Put 2 or 3 tablespoons of water into a wide saucepan, together with the butter and a pinch of salt. Bring to a boil, add the cabbage and toss over a high heat, then cover the saucepan and cook for a few minutes. Toss again and add some salt, freshly ground pepper and the knob of butter. Serve immediately.

PESTO

Ingredients

- 4 cups fresh basil leaves (from about 3 large bunches)
- 1/2 cup olive oil
- 1/3 cup pine nuts, walnuts or sunflower seeds
- 2 garlic cloves
- 1/4 cup freshly grated Parmesan cheese
- 1/4 cup freshly grated pecorino Sardo or Parmesan cheese
- 1 teaspoon coarse kosher salt

Preparation

Combine first 4 ingredients in blender. Blend until paste forms, stopping often to push down basil. Add both cheeses and salt; blend until smooth. Transfer to small bowl. (Can be made 1 day ahead. Top with 1/2 inch olive oil and chill.) I stop after adding the first four ingredients and then freeze it spread thinly in a quart size baggie. I can break off what I want to use. Thaw and add the cheese.

In the Bag:

New potatoes

Lettuce mix

Green cabbage

Basil

Fresh garlic

Broccoli

Green beans