

North Creek Community Farm NEWSLETTER

Week seven, July 21, 2016



IN THE BAG:

Lemon Basil – I made some homemade hummus and added lemon basil in the final puree and it was really good!

Summer squash – Zucchini bread with mini chocolate chips.... YUM

Fresh garlic

Broccoli – Another variety is just coming in so there will be ongoing broccoli.

Cucumbers – Just the first ones. Finally. Lack of bees is one of the reasons they are slow in coming.

Cilantro – Sick of it? Just pop it in the extras box or freeze it. Chop it up; put it in an ice cube tray or snack size zip lock bag. Cover with water and freeze.

Rainbow Chard – African Peanut Stew time. Recipe on the website.

Carrots

Beets

Green Peppers – these are oblong but NOT hot.



News From the Farm

Thanks to my capable crew

This past weekend, I went down to Folklore Village in Dodgeville, WI and cooked up a storm. The crew kept an eye on things while I was gone and did a great job. When I got home Monday morning, almost everything was harvested. There was a message on my phone that the neighboring farm had found a black pig. Luckily, this time, it wasn't ours. The gals kept everyone on the farm safe and sound.

Surprises in the bag

Sometimes you open your bag and SURPRISE, there is an eggplant or two or a box of cherry tomatoes but they weren't on the list. Some vegetables supply a lot of produce but over a long period. Take cherry tomatoes, they slowly ripen so it makes more sense to send a good amount of them to some drop site each delivery instead of a few for everyone at once. If you are not sure what to do with eggplants, Google them. One of my favorites is to bake ½ inch slabs of lightly oiled eggplant at 450° until very tender along with some garlic cloves. Chop these with about ½ cup of pitted kalamata olives. Serve on bread or crackers.

Beets

For those of you who have been members a long time, you will notice that beets are late this year. I have been waiting for them to get bigger. I waited and waited. It seems now that I got some seed that is faulty. Many, many of the beets seem to have crossbred with chard! The greens are broad stemmed and colorful but have only a small beet on the end. I will get a refund, but both of the beds of beets are from this lot. You are getting beets because we gleaned out the ones that are "normal".

Broccoli Salad

Serves: 8-10

Ingredients

- 4 cups of fresh broccoli cut into bite sized pieces
- 1/4 red onion, cut into thin bite sized slices
- 1/4 pound bacon, cooked and crumbled
- 3T cup raisins or craisins (see Note)
- 1/3 cup sliced almonds, toasted
- 1/2 cup mayonnaise
- 1/4 cup white sugar
- 1 tablespoons red wine vinegar
- salt and pepper

1. Blanch broccoli in boiling water for 10 seconds and plunge into ice water. (This highlights any worms. Yup, hate to say it.)
2. Combine chilled, drained broccoli with the red onion, bacon, raisins, and almonds in a large bowl.
3. To prepare the dressing, mix the mayonnaise, sugar and vinegar together until smooth. Stir into the salad.
4. Let salad chill for about 3 hours. It may not seem like enough dressing but after it chills the dressing marinates and is plenty. This also allows the flavors to meld.
5. Season with salt and pepper and serve.

Notes

You can also use halved grapes instead of raisins. Toast almonds in a skillet for 5-6 minutes or until golden brown.

French "Peasant" Beets

Serves 2 for dinner, 4 as a side

- 4-6 Beets with greens (I like a mixture of golden and red beets)
- 1 bunch Swiss chard
- 3 tablespoons butter
- 1 shallot or 1/2 onion sliced thinly
- Salt
- Freshly Ground Pepper
- 2 tablespoons white wine (Muscatel is my preference)
- 2 tablespoons water
- .5 pounds Bucheron Cheese (room temperature)
- Crusty peasant style bread (warmed in oven)

1. Scrub and peel the beets. Slice beets into 1/4-inch rounds.
2. Remove the ribs from the Swiss chard and coarsely chop and toss into bowl.
3. In a large sauté pan, melt butter.
4. Add beet rounds to the butter. Crack some pepper over the beets and a toss on a pinch of salt. Reduce heat and sauté beets, turning over to ensure even cooking.
5. About 15- 25 minutes later when beets are beginning to glaze and become tender, add shallots or onion. When shallots begin to become translucent, add greens and chard. Sauté for about 5 minutes, then add wine and cover. Cook until greens are wilted, adding water if necessary. Allow liquid to be mostly absorbed into greens, adjust seasonings.
6. Scoop greens and beets into a low shallow bowl. Garnish with a sizeable wedge of bucheron and some crusty bread. Crack a little bit of pepper over the entire dish.

In the Bag:

Beets

Lemon basil

Cilantro

Fresh garlic

Broccoli

Carrots

Chard

Cucumbers

Green peppers

