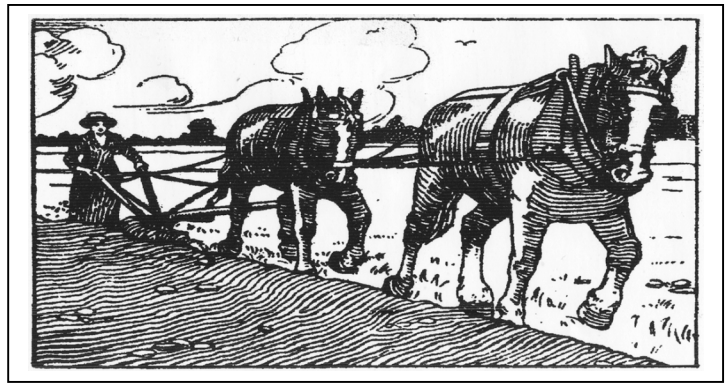


North Creek Community Farm NEWSLETTER

Week Eight

Thursday, August 7, 2014



IN THE BAG:

Carrots

Cucumbers

Kale

Potatoes

Big basil bunches for pesto

Summer squash

Green beans

Sweet corn

Exchange boxes

It is a challenge to put together a bag that will please most of the people most of the time. Some people want as many cucumbers as possible and some would rather not get too many. The garden has its say about all this too. I'd like to have tomatoes in June and sugar snap peas all the time but it just doesn't work that way. One way to mitigate the differences is to have an exchange box at the drop site. This is to get rid of vegetables you really don't like or you have had enough of. Put your cucumbers in the box and take some turnips instead or a bunch of kale. If you love cucumbers and wish you had six instead of 4, take the ones someone else really didn't want. We will put in some things that have been shipped but we don't have quite enough to send to everyone again, broccoli or kohlrabi. Please use the box and give and take. It means a little more work for the drop site hosts to get rid of extras so thank you for the extra effort.

Festivals and Workdays

The festivals at the farm are a chance for you to visit the farm and see where your food comes from. You are also welcome at the farm any time you want to pack a picnic and come out to visit. Let me know when you are coming so that someone is here to welcome you. I love meeting members and deepening our connection.

GREEN BEANS WITH SOUR CREAM

2 lbs. green beans

1/4 lb. sharp cheddar cheese

1 c. sour cream

1/2 tsp. salt

1/8 tsp. pepper

Cook green beans about 15 minutes or until crisp tender; drain thoroughly. Cut cheese in small cubes. When beans are cool, mix cheese, sour cream and salt and pepper lightly through the beans. Place in ungreased uncovered 2 quart casserole. Bake at 350 degrees for 40 to 45 minutes. Makes 6 to 8 servings.

About the vegetables:

The carrots are finally ready. Normally they would have made an appearance earlier, but the first plantings were rained out. It is such a pleasure to send them to you.

This is the last shipment of summer squash for a while. We have a new planting that should start in three weeks or so. I sent potatoes last week but couldn't resist sending them again. I love how new potatoes clink together like crispy ripe apples. With all the rain this year, the kale is beautiful. Often this time of year it is bitter from this dry heat, but not this year!

Now it feels like summer with green beans and potatoes. All we need now is tomatoes.... Next week? I love making Nicoise salad with green beans, tuna, hard boiled eggs and potatoes.

Corn Feed and Overnight Camping

Saturday, August 16 – 17

Starting at 2:00 p.m.

You are warmly invited to the farm for supper on Saturday, Aug. 16. The sweet corn is ready and we will pick it in the field and pop it in the boiling water. Supper is at 5:00. Menu is sloppy Joes, salads, and lemonade. Bring a dish to share. We'll get out the giant ice cream maker and make home made ice cream from local cream. Bonfire in the evening so bring smore fixin's if you want.

If you like, you can pitch at tent and spend the night. I'll make pancakes in the morning on the wood stove and of course there will be coffee.

Please RSVP if you are planning on coming so I can plan accordingly.

Spicy Stir-Fried Tofu With Kale and Red Pepper

Kale is a good choice of greens for a stir-fry because it retains its texture.

1 bunch curly kale (about 10 ounces), stemmed and washed
1 14-ounce package firm tofu, sliced about 1/4 inch thick
1 tablespoon soy sauce
1 tablespoon Shao Hsing rice wine or dry sherry
1/4 cup chicken or vegetable stock
1 teaspoon cornstarch
1/4 teaspoon salt (more to taste)
1/4 to 1/2 teaspoon ground pepper, preferably white pepper
1/4 teaspoon sugar
1 tablespoon peanut oil or canola oil
1 tablespoon minced garlic
1 tablespoon minced ginger
1 serrano pepper, seeded and minced
1 red bell pepper, cut in 2-inch julienne
2 teaspoons dark sesame oil

1. Bring a medium saucepan of lightly salted water to a boil, add the kale and blanch 1 minute. Transfer to a bowl of cold water, drain and squeeze out excess water. Chop coarsely and place in a bowl near your wok.
2. Cut the tofu into dominos and place them on paper towels. Place another paper towel on top and prepare the remaining ingredients.
3. In a small bowl or measuring cup, combine the soy sauce, rice wine or sherry, stock and cornstarch. Combine the salt, pepper and sugar in another small bowl. Have all the ingredients within arm's length of your wok.
4. Heat a 14-inch flat-bottomed wok or 12-inch steel skillet over high heat until a drop of water evaporates within a second or two when added to the pan. Swirl in the canola or peanut oil by adding it to the sides of the pan and swirling the pan, then add the tofu. Stir-fry 1 to 2 minutes, until it begins to color. Add the garlic, ginger and chili and stir-fry for no more than 10 seconds.
5. Add the red pepper and stir-fry for 1 minute. Add the kale, salt, pepper and sugar and toss together. Add the soy sauce mixture and the sesame oil. Stir-fry for another 30 seconds to a minute. Remove from the heat and serve with grains or noodles.

Yield: 4 servings.

Advance preparation: This is a last-minute preparation, but the blanched kale will keep for about 4 days in the refrigerator.

Nutritional information per serving: 194 calories; 1 gram saturated fat; 5 grams polyunsaturated fat; 4 grams monounsaturated fat; 0 milligrams cholesterol; 14 grams carbohydrates; 3 grams dietary fiber; 283 milligrams sodium (does not include salt to taste); 12 grams protein

MASSAGED KALE SALAD WITH MANGO

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

Directions

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.