

# North Creek Community Farm NEWSLETTER Week Eight Thursday, Aug. 6, 2015

## IN THE BAG:

Broccoli  
Potatoes  
Green beans  
Cucumbers  
Summer Squash  
Carrots  
Small bunch of basil  
Fresh shallots  
Garlic  
Tomatoes  
SWEET CORN!!!

## August Days

There is a shift in the farm around the first of August. It is the “great letting go.” You can’t really let go completely of course, but there is a sense of a halfway point. It’s too late now to plant more or change the course of the tide. The stage is set and the production is about to be in full swing. You see the results of the decisions made last winter or 6 weeks ago and there is no going back.

Luckily, most of these decisions made many times over the years are good ones. Somehow though, there are always a few that I can’t ever seem to remember. The cucumbers are too close to the summer squash...AGAIN! The chickens really do eat the first few ripe tomatoes, and if you let the deer taste the first watermelon, they will do almost anything to get more. So would I, but I limit myself to one or two. I don’t stand out in the field at midnight, crushing the melons with my foot and eating out all the flesh. You have to be an optimist to be a farmer but sometimes that interferes with the realities presented.

## Notes on the vegetables

These “Nicolas” are my favorite **potatoes**. I like them especially coated with olive oil and roasted in the oven at 475° until crispy on the outside and fluffy tender on the inside.

The first **sweet corn** is here. I have been watching the corn and like the other sneaky vegetables, it ripened without a word, just up and did it. Some of the ears are a little young but it is too good to resist. I am not sending a recipe. The first ears are just calling to be eating on the cob with butter. If you would like some corn to freeze, plan on coming to the Corn Feed on August 15 or just let me know when you would like to come out and pick some.

**Tomatoes** are coming on slowly and I have sent two per share. There will be a larger flood soon.

The **cucumbers** suddenly began to produce like mad. I love them in Tzatziki, a tangy, garlicky, yogurt cucumber sauce. It usually accompanies gyros.

Have lots of little bits of vegetables? Take some mayonnaise and puree in a clove or two of garlic. Cook vegetables that need it such as green beans and potatoes and cut the rest as finger food and dip them in the mock aioli sauce for an appetizer or add hard-boiled eggs and tuna for a light supper.

The long stripped **summer squash** are a variety called, Costata Romanesco. These have superior flavor and stay tender at a larger a size. There are also smaller, traditional zucchinis.

## Corn Feed, Saturday, August 15 Starting at 2:00 p.m. Option to bring a tent and spend the night

This is a relaxed family oriented event. We’ll go up and pick sweet corn about 4:00 and boil it over the fire. Supper around 6:00. I’ll be making salads with garden goodies in the afternoon and I will provide hotdogs and buns. Desserts, beverages and anything else you care to bring is great. Breakfast in the morning cooked on the woodstove with coffee, pancakes, local sausage and O.J.



## ***Greek Tzatziki***

### ***Ingredients***

- 1 pint sour cream (or Greek-style super thick yoghurt)
- 1 cucumber, peeled, cut in half, seeds removed, grated on a box grater, salted lightly for 5 minutes and squeezed between the hands to remove extra water
- 2 garlic cloves, mashed to a paste
- 1/3 cup olive oil
- 1 tablespoon red wine vinegar
- 1 tablespoon minced fresh dill (optional)
- salt

### ***Directions***

1. Just mix everything up together until it is all blended and the oil has emulsified into the yoghurt/sour cream. Taste for seasoning, and add salt if you think necessary. Put in a resealable container.
2. Allow to 'sit' in the refrigerator for at least 2-3 hours before using to allow the flavors to come out.
3. This wonderful meze (we do not think of it as a sauce here- it is a thick 'salata') is used to counterpoint rich, bbq'd meats (like souvlaki/shish kebab), but can be used in more diverse ways.
4. Place a small plate full on your dinner table for people to scoop up small amounts onto their bread (preferably crisp-baked pita).
5. Fry up some zucchini or eggplant slices (dredge in flour and fried in olive oil) and serve with a dollop of tzatziki on top.

## ***ZUCCHINI BREAD***

### ***Ingredients***

- 2 1/2 cups sugar
- 3 eggs
- 3 cups flour
- 3 teaspoons vanilla
- 1 cup oil
- 2 cups zucchini, grated
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 cup nuts (optional)
- 3 teaspoons cinnamon

### ***Directions***

1. Preheat oven to 350 degrees.
2. Combine all ingredients.
3. Pour into two greased loaf pans.
4. Bake for one hour.