

North Creek Community Farm

Newsletter

Tuesday, June 8, 2010

Week One

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Welcome to the 2010 season!

It has been a long and wonderful spring but confusing in the weather department. If you have been a member of the farm for a while you will know that I talk about the weather a lot. Weather has a profound impact on my life. Not just big storms but how long since we have had significant rain, what the temperature is and whether it is going to frost. Getting a nice half-inch of rain can save me several hours of work setting up the irrigation. Knowing that it is going to rain causes us to run around setting out transplants and getting things harvested for the next delivery. This spring, the months seemed to have shifted around. First it was very warm and then it was cool. Many things are mysteriously delayed this year. I thought they would be early but the cloudy, cool weather set things back. It all comes around eventually.

Where are the tomatoes?

One of the adventures of eating seasonally is learning how the plants develop. First come the leafy things, then the flowery, stemmy things like broccoli and kohlrabi. Then come the fruity things like tomatoes, eggplants and melons. It takes a long time to grow the fruity things but they are well worth the wait. Right now we have lots of wonderful leafy things. Remember to wash the greens, especially the spinach and lettuce three times. I lift the greens from one container of wash water to another so that the grit stays on the bottom.

Visit the Farm Blog:

<http://www.nccfnews.blogspot.com/>

It's a great place to catch up on news and see pictures of the farm.

In the bag:

2 bunches spinach

Arugula

Lettuce

Rhubarb

Pea Shoots

Herb Pots

What I do with some of these vegetables: I had steamed spinach on rice covered with a spicy peanut sauce with pork for supper. I love Arugula salad with goat cheese, walnuts and a balsamic vinegar dressing. This tender lettuce is good with any kind of dressing but I like it with a sesame ginger type dressing, almonds, chicken and mandarin oranges. The pea shoot would be good in this salad or follow the recipe on the back.

Calling all Chard Recipes

Do you have a favorite chard recipe? Send it to my email and I will share it with other members. Any recipe you like for that matter that you are willing to share would be very welcome.

Planting Days

The Planting Day events held on June 5 and 6 were a great success. A small but industrious group came to both days and we mulched between the plastic rows and planted melons and tomatoes. If you missed the event, there are lots of chances to visit the farm. Go to the website and look under festivals.

Recipes

Pea Shoots- There are all kinds of fun recipes at www.peashoots.com. I like them in salads or given a quick stir-fry. Just like sugar snap or snow peas, you don't want to over cook them or they get very fibrous. Trim off the thicker part of the stem and enjoy

LEMON COUSCOUS SALAD WITH ARUGULA, SCALLIONS, & DILL

adapted from Gourmet

2 1/4 cups water
a 10-ounce box couscous (about 1 1/2 cups)
1/2 teaspoon salt
3 tablespoons fresh lemon juice, or to taste
1/4 cup olive oil
1 bunch Arugula, leaves washed thoroughly, spun dry, and shredded fine (about 2 cups)
3 large scallions, sliced thin
3 tablespoons finely chopped fresh dill, or to taste
In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl. Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in Arugula, scallions, and dill and chill for 2 hours or overnight.

Arugula and Pear Salad

Dressing:

2 tablespoons minced shallot
3 tablespoons vegetable broth
3 tablespoons extra-virgin olive oil
1 1/2 tablespoons balsamic vinegar
1/2 teaspoon Dijon mustard
1/4 teaspoon salt or to taste
Freshly ground pepper to taste

Salad:

1/2 cup chopped walnuts
2 firm red Bartlett pears
5 cups butterhead lettuce (Bibb or Boston)
washed, dried and torn into bite-size pieces
4 cups Arugula, trimmed, washed and dried

1. To prepare dressing, whisk shallots, broth, oil, vinegar, mustard, salt and pepper in a small bowl.
2. To prepare salad, toast walnuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant, 2 to 3 minutes. Transfer to a small bowl and let cool.
3. Just before serving, cut pears into 16 slices each. Place in a large bowl. Spoon on 1 tablespoon of the dressing and toss to coat. Add lettuce, arugula and the remaining dressing; toss well. Divide among 8 plates. Top with walnuts.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

1. Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.
2. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat.
3. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well.
4. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, adding additional Parmesan, if desired