

North Creek Community Farm

# Newsletter

Thursday, August 19, 2010

Week Eleven

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## CORN FEED, SATURDAY, AUGUST 21

WITH AN OVERNIGHT FOR THOSE WHO LIKE  
TENTING ADVENTURES.

Starts at 1:00 with a meal around 4:30

Join other members for this fun “play day” at the farm. The Corn Feed is fun because we get to hang out, play lawn games, build a fire, make a meal and eat together. I am making Sloppy Joes and we can make a big tomato-basil salad. End the meal with some homemade ice cream in the big 5-gallon ice cream maker. Bring an appetizer, beverage or favorite ice cream topping.

We might do a little work, but that’s not the main point of the day. If you like, bring a tent and camp on the lawn. In the morning, we’ll cook breakfast on the wood fired stove and then maybe do some harvesting for the upcoming week. If you camp, be prepared to use the outhouse and outside sink and faucet. Please RSVP if you are coming to the festival and if you are planning on spending the night. This helps me to plan the meal.

The zip line is no longer at the farm. My insurance company nixed the idea. There are lots of other fun things to do.

### Growing Carrots

When I was little, I had a little garden in the backyard of our Berkeley, California house. I wanted to grow carrots. Harold, with the magic crayon, had a carrot and I wanted some too. I would sprinkle the impossibly small seeds on the soil and wait... and wait. The weeds grew and the slugs came and went, but no carrots. The trees around our yard shaded the garden and not much grew there. I was optimistic though and didn’t give up. I think that a few things grew but not too many.

Now I am a farmer and much to my surprise, I can grow carrots, lots of carrots. I get a kick out of harvesting them every time and I think my helpers get tired of me exclaiming over them, “look, I grew carrots!” I think even Harold would be proud. Carrots are nice because you can eat them raw or cook them. They last a long time in the refrigerator and can even be stored all winter. I put them in the root cellar. The best way to store them is washed and put in plastic bags. They do well this way as long as the temperature is cool enough.

### In the bag:

Dragon Tongue Beans

Summer Squash

Tomatoes

Cucumbers

Salsa Packs

Basil

Carrots

Onions

Sweet Corn

Rainbow Chard

Potatoes

Yellow Doll Watermelons

### Vegetables in the bag

The vegetables are very similar to last week. With tomatoes, sweet corn, carrots, onions and watermelon, what could be better. The peppers are struggling this year. You’d think with all the heat, they would be really well but they just didn’t set any fruit. Its not just North Creek either, its many farms. We are all having trouble growing peppers. The eggplants too are not happy and I wish I had a better idea of why.

CHANGE IN HARVEST FESTIVAL DATES: My good friends and neighbors’ daughter is getting married on October 2 and I just can’t miss it. So, the Harvest Festival will be just one day, October 3. We will have our big party then. Starting at 10:00 we will have an afternoon meal instead of the evening. Details to follow, but don’t miss this event!



# Carrot Cake by Joan Nathan

Joan Nathan's Jewish Holiday Cookbook

Yield: serves 8-10

## **Cake:**

3 cups sifted all-purpose flour  
2 teaspoons baking powder  
2 teaspoons baking soda  
1/2 teaspoon salt  
2 teaspoons cinnamon  
2 cups sugar  
1 1/2 cups vegetable oil  
3 cups grated raw carrots (1 pound)  
4 eggs  
1/2 cup chopped walnuts

## **Frosting:**

3 ounces cream cheese, softened  
4 tablespoons (1/2 stick) butter or pareve margarine, softened  
2 cups confectioners' sugar  
1 teaspoon lemon juice

## **Frosting:**

When the cake is cool, blend together the frosting ingredients and frost.

## **Cake:**

1. Preheat the oven to 350 degrees. Grease and flour a 10-inch Bundt or tube pan.
2. Sift the flour together with the baking powder, baking soda, salt, and cinnamon.
3. In another bowl, combine the sugar and oil and mix thoroughly. Add the carrots and blend well.
4. Add the eggs, 1 at a time, to the carrot mixture, beating well after each addition. Fold in the nuts. Then gradually add the flour mixture, blending well.
5. Pour the batter into the prepared pan. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Cool before frosting.

# Mustard-Roasted Potatoes

Bon Appétit | December 2007

Molly Stevens

The mustard coating on the potatoes gets crunchy and dark while the insides stay creamy and sweet.

Yield: Makes 10 servings

Nonstick vegetable oil spray  
1/2 cup whole grain Dijon mustard  
2 tablespoons extra-virgin olive oil  
2 tablespoons (1/4 stick) butter, melted  
2 tablespoons fresh lemon juice  
3 garlic cloves, minced  
1 tablespoon dried oregano  
1 teaspoon finely grated lemon peel  
1 teaspoon coarse kosher salt

3 pounds 1- to 1 1/2-inch-diameter mixed unpeeled red-skinned and white-skinned potatoes, cut into 3/4-inch-wide wedges

Position 1 rack in top third of oven and 1 rack in bottom third of oven and preheat to 425°F. Spray 2 large rimmed baking sheets with nonstick spray. Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt in large bowl to blend. Add potatoes; sprinkle generously with freshly ground black pepper and toss to coat. Divide potatoes between prepared baking sheets, leaving any excess mustard mixture behind in bowl. Spread potatoes in single layer. Roast potatoes 20 minutes. Reverse baking sheets and roast until potatoes are crusty outside and tender inside, turning occasionally, about 25 minutes longer. **DO AHEAD:** *Can be made 2 hours ahead. Let stand on baking sheets at room temperature. Rewarm potatoes in 425°F oven 10 minutes.*

Transfer potatoes to serving bowl.