

North Creek Community Farm NEWSLETTER

Week Eleven Tuesday August 21

IN THE BAG:

Paste or roma tomatoes (plus one or two regular ones)

Salsa Pack (ingredients for salsa in a bag! We will deliver these next week too.)

Onions

Carrots

Potatoes

Melon

Beets, a mix of red and yellow

About the vegetables:

Ah, the cooler weather. The small broccoli plants look so happy and are growing again, but of course the tomatoes have slowed down. I love the cool, oddly crispy days. It feels as if it is September; will September feel like August?

Paste or roma tomatoes were bred for being meaty and solid. They don't need as much cooking down to become sauce. We don't have a lot because of the heat but sent what we could. Salsa packs are a member favorite and we are finally shipping them with the advent of some cilantro. We will ship these twice, so if you split a share, just alternate weeks. It is hard to split it in half, unless, of course you make the salsa and split it while eating it. These are russet or baking potatoes. The giant ones that you find in the store got irrigated water at just the right time. These weren't so pampered but still taste good. Scrub them well and eat the skins. The melons are coming to an early end. We have identified a new one that we will introduce next year called Lambkin. It's like a honeydew melon but not as cloying.

Season extension and Sustainable living by Maddy Shaw

"Why don't you grow in the winter, too? More and more farmers are starting to try it." It is definitely possible to extend the growing season a few months and have local food for a greater portion of the year in our climate. But how 'sustainable' is it? On our scale it would take a lot of plastic (hoop houses, greenhouses) and energy for heating to grow all through the winter. As Kate replied, "the more sustainable thing would be to eat venison in the dark." One way to eat more sustainably is to eat seasonally, something all of you are doing by being members of a CSA. In winter, this means eating a lot less fresh fruits and veggies. It means eating more grains, meat, eggs, and dairy. There's some applesauce that you canned in the fall, a jar of sprouts grown on your windowsill to keep from getting scurvy. That's sustainable eating.

Eating seasonally (and being a member of a CSA) is like the veggie version of carpe diem. When the sugar snaps are ready, you enjoy each one. Then when they're gone you shrug and say, "can't wait til next year!", and start munching the cucumbers that are ready. Being a flexible eater has its benefits; the time when each vegetable is in season is also the time when it happens to be tastiest.

That being said, we live in a time and place where we can have almost any food we want - even fresh - at any time of the year. So being a flexible eater, while rewarding, also takes some re-training; it means learning a slightly different interpretation of 'abundance'. If you're reading this newsletter, you're probably heading home with your weekly bag of seasonally appropriate veggies, and you're well on your way.

Corn Feed and Overnight Camping at the Farm

Saturday, August 25, 2012

Starting at 2:00

Only one family has signed up to attend. We will make ice cream; use a fanning mill to clean rye and wheat seed and more. Come just for the day or spend the night. Enjoy sweet corn, local brats, and salads. Bring a dessert, side dish or beverage to share. Then spend the night if you like and enjoy pancakes and sausage cooked on the wood stove. Please

RSVP

Tomato Jam

1 1/2 pounds good ripe tomatoes (Roma are best), cored and coarsely chopped

1 cup sugar

2 tablespoons freshly squeezed limejuice

1 tablespoon fresh grated or minced ginger

1 teaspoon ground cumin

1/4 teaspoon ground cinnamon

1/8 teaspoon ground cloves

1 teaspoon salt

1 jalapeño or other peppers, stemmed, seeded and minced, or red pepper flakes or cayenne to taste.

1. Combine all ingredients in a heavy medium saucepan, Bring to a boil over medium heat, stirring often.

2. Reduce heat and simmer, stirring occasionally, until mixture has consistency of thick jam, about 1 hour 15 minutes. Taste and adjust seasoning, then cool and refrigerate until ready to use; this will keep at least a week.

Yield: About 1 pint.

Ultimate Twice Baked Potatoes

"Potatoes are baked and then hollowed out. The flesh is combined with sour cream, milk, butter, green onions and Cheddar cheese, then topped with more cheese, green onions and bacon."

INGREDIENTS:

4 large baking potatoes	1/2 teaspoon salt
8 slices bacon	1/2 teaspoon pepper
1 cup sour cream	1 cup shredded Cheddar cheese, divided
1/2 cup milk	8 green onions, sliced, divided
4 tablespoons butter	

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Bake potatoes in preheated oven for 1 hour.
3. Meanwhile, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
4. When potatoes are done allow them to cool for 10 minutes. Slice potatoes in half lengthwise and scoop the flesh into a large bowl; save skins. To the potato flesh add sour cream, milk, butter, salt, pepper, 1/2 cup cheese and 1/2 the green onions. Mix with a hand mixer until well blended and creamy. Spoon the mixture into the potato skins. Top each with remaining cheese, green onions and bacon.
5. Bake for another 15 minutes.