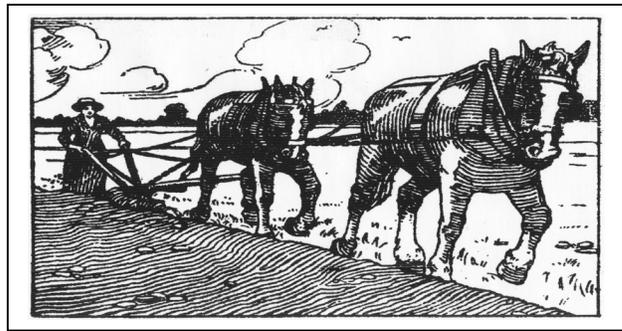


North Creek Community Farm NEWSLETTER

Week Twelve Thursday Aug. 30



“Got Your Garden In?”

This is the question that I hear when I go to the local filling station in town. There isn't a café in town so the older men meet at Amundson's gas station for a cup of coffee and to discuss the news and gossip in town. Many of these men are on the first responders team of the volunteer fire fighters and I would be happy to see them if I had an emergency. Making conversation is sometimes hard though. Asking the question, “Got your garden in?” is a good icebreaker. How do I begin to answer that other than a short, “kind of”?

Most people's small gardens go are planted around Memorial Day weekend, all in one push. There is a row of lettuce, usually black seeded Simpson leaf lettuce, beans, radishes, carrots and a few tomato plants and peppers. Bigger, canning gardens have a bit more but basically, that's it, you've got your garden in.

For a CSA, the planting continues all summer. At a certain point, things won't mature before the frosts begin. There are large fields to seed at the end of the summer. Cover crops are grown to protect the soil over the winter and to add nutrients and tilth. Each one has a different function. Peas and oats are planted together around the beginning of August to add nitrogen and biomass and they will die when the ground freezes. In the spring, they are ready to till in. Winter wheat needs to be planted by mid September and can be harvested the next July for making bread, chicken feed and the straw adds to the structure of the soil. The last fall planted crop is winter rye. This is the “Terminator” crop. It is hardy and tough and can be planted late and still survives. In the spring, it is the first thing to green-up and takes off with a vengeance. Like the Terminator though, it keeps coming back. It's roots put out a chemical that is allopathic, meaning it kills other plants. It helps control quack grass, a pernicious weed, but also affects seeds planted into freshly tilled down rye.

So the peas and oats are in and the winter wheat is ready to plant. The rye waits in the wings.

Harvest Festival September 29 and 30. You choose the day. End of the Season Celebration. Details soon but save the date.

IN THE BAG:

Salsa Pack (ingredients for salsa in a bag!)

Onions

Mustard greens

Potatoes

Basil

Parsley

Peppers!

Garlic

Hot peppers (the yellow one is very hot!)

About the vegetables:

The corn and the melons have ripened and ended. The peppers are really happy with the cooler nights and warm days. The long, red peppers are called Carmen and have been a great success. They are a sweet bell pepper. The smaller peppers are hot, especially the yellow one, watch out! Shallots are like onions only sweeter. They last a long time. I like mustard greens cooked the southern way with a little bacon and cooked until velvety smooth. Here is a fun video on how to cook “down home” mustard greens:

<http://vegetarian-recipes.wonderhowto.com/how-to/cook-up-southern-braised-mustard-greens-262184/>

Corn Feed a Success

In spite of rain in the Cities, about 10 brave families came out to the farm for the Corn Feed. It only sprinkled at the farm and we had a nice time and evening. The corn at North Creek was passed its prime but we picked a bunch for the pigs and then ate great corn from another CSA in the neighborhood. We enjoyed local brats and hot dogs and dishes that people brought to share. The big ice cream maker produced some great chocolate ice cream. In the morning we had pancakes and melon. Thanks to everyone for your help and good company.

Roasted Red Bell Pepper Soup

"Roasted red peppers are pureed with cannellini beans, sautéed onions, and garlic in this chicken broth based soup."

3 red bell peppers	2 (15 ounce) cans cannellini beans, drained and rinsed
1 onion, chopped	
1 tablespoon minced garlic	2 (14.5 ounce) cans chicken broth
1 tablespoon olive oil	salt and pepper to taste

1. Preheat oven to broil.
2. Place the bell peppers on a baking sheet and broil on the top rack of the oven, using tongs to turn them as each side blackens. Place the blackened peppers in a paper bag, close tightly and allow them to cool for 20 to 30 minutes. Then peel the skin off the peppers and discard the stem and all the seeds. Chop the peppers and set aside.
3. In a large pot over medium heat, sauté the onion and garlic in the oil for 5 minutes, or until onion is translucent. Now add the chopped, roasted red bell peppers and sauté for 2 to 3 more minutes.
4. Next, add the chicken broth and the beans, stirring well. Using a blender, puree the soup in small batches and return to the pot over low heat for 5 minutes.

Spicy Mustard Greens with Cumin Bon Appétit | November 2005

Yield: Makes 8 servings (You will have to cut the recipe in half for the amount of greens we sent.)

ingredients

1/4 cup extra-virgin olive oil
2 medium onions, coarsely chopped
6 garlic cloves, chopped
1 tablespoon cumin seeds
1/2 teaspoon dried crushed red pepper
2 large bunches mustard greens (about 26 ounces total), coarsely chopped
1 tablespoon balsamic vinegar

preparation

Heat oil in large wide pot over medium-high heat. Add onions and sauté until soft, about 7 minutes. Stir in garlic, cumin seeds, and crushed red pepper; sauté 3 minutes. Add mustard greens to pot in batches (about 1/3 at a time) and stir until each batch begins to wilt before adding next, about 3 minutes per batch. Reduce heat to medium-low, cover, and cook until greens are very tender, stirring frequently, about 30 minutes. Season with salt and pepper. Mix in vinegar. (Can be made 3 hours ahead.) Transfer to bowl and serve hot or at room temperature.

Read More <http://www.epicurious.com/recipes/food/printerfriendly/Spicy-Mustard-Greens-with-Cumin-233168#ixzz24zSYA2GY>