

North Creek Community Farm

NEWSLETTER

Week Fourteen - Tuesday, Sept. 13

Fresh out

This farmer is fresh out of things to say about farming. Eloquence escapes me at the moment. Instead, I will share with you some of my favorite cartoons from the New Yorker.



IN THE BAG:

Tomatoes
Cilantro
Red onions
Peppers
Broccoli
Lemon basil
Garlic
Carrots
Spinach
A few dragon tongue beans
On the side: sweet dumpling winter squash

Sorry, can't put these on the Web version without a scanner.

About the vegetables:

We are at the wonderful point in the season where the cool weather fall crops like broccoli and spinach are overlapping with the last of the peppers and tomatoes. The weather is cooling and the wind is now rattling the drying corn fields. It was fun to harvest the broccoli. I couldn't help squealing a bit with each new lovely head. Every year some things work and some don't. It's nice when they do.

I like to use lemon basil in a pasta dish. Maybe a lightly cooked pepper and tomato dish with the lemony taste. It's good in a pasta salad too. I like broccoli blanch then put in a salad with raisins or craisins, smokehouse almonds and a mayo dressing.

This may be the last of the tomatoes. I may send some green ones, but they have stopped ripening. I don't know why. They just have. The weather is still warm, or was; maybe it's a day length thing. I have decided that BLT sandwiches just can't be beat.

Sweet dumpling winter squash are new this year. It was hard to tell if they were ripe but all the ones I ate were good. Cut them in half through the stem, not around the "waist", scoop out the seeds and bake with a little butter in them at 350° until they are very soft. These are similar to delicata squash but aren't as touchy. Some winter squash need to be cured (more on this later) but these don't need that. Delicatas will be delivered soon.

Dragon tongue beans are a great romano bean which can be prepared just like green beans. They are fun to pick because they are easy to see and nice and big.

Roasted Broccoli with Garlic and Red Pepper

Bon Appétit | January 2009

From Black Bottle in Seattle, WA

Roasting turns broccoli into an addictive side. This crowd-pleaser can be prepared in no time.

Yield: Makes 4 to 6 servings

1 1/4 pounds broccoli crowns, cut into florets (about 8 cups)
3 1/2 tablespoons olive oil, divided
2 garlic cloves, minced
Large pinch of dried crushed red pepper

Preheat oven to 450°F. Toss broccoli and 3 tablespoons oil in large bowl to coat. Sprinkle with salt and pepper. Transfer to rimmed baking sheet. Roast 15 minutes. Stir remaining 1/2 tablespoon oil, garlic, and red pepper in small bowl. Drizzle garlic mixture over broccoli; toss to coat. Roast until broccoli is beginning to brown, about 8 minutes longer. Season to taste with salt and pepper. Serve immediately.

Broccoli Almondine Gourmet | December 2007

1 1/2 pounds broccoli, stems peeled, then head cut into 2-inch-wide spears
1/2 stick unsalted butter
1/3 cup sliced almonds
1 tablespoon fresh lemon juice

Cook broccoli in a steamer rack over boiling water in a large wide pot, covered, until stems are just tender when pierced with a knife, 8 to 12 minutes. Remove steamer from pot and discard cooking water. Cool broccoli 5 minutes. Meanwhile, heat butter in pot over medium heat until foam subsides, then cook almonds, stirring, until butter and nuts are golden and have a nutty aroma, 2 to 3 minutes. Stir in lemon juice and 1/2 teaspoon salt. Add broccoli and toss.

Ginger-Cilantro Chutney Bon Appétit | October 2006

by Neelam Batra

Yield: Makes about 1 cup
3 green onions, cut into 2-inch lengths
2 small serrano chiles, stemmed
1 (1 1/4-inch-long) piece peeled fresh ginger, thinly sliced
2 cups (packed) cilantro (tough stems removed)
2 tablespoons fresh lime juice
2 tablespoons water
2 tablespoons plain whole-milk yogurt
1/2 teaspoon sugar
1/2 teaspoon salt

With small processor running, add green onions, chiles, and ginger through feed tube; process until minced. Add cilantro, lime juice, and water. Process until smooth. Add yogurt, sugar, and salt; process. Transfer to bowl. **Do ahead** Can be made 1 day ahead. Cover; chill.

Note from Farmer Kate: I have never made a chutney with yogurt but what do I know. Start with one chili because for me, two would be too much.