

North Creek Community Farm NEWSLETTER

Week Fourteen, Tuesday
Sept. 15, 2015



IN THE BAG:

Kale
Tomatoes
Cilantro
Shallots
Potatoes
Ripe peppers galore
Broccoli
Carrots
Eggplant
Sweet corn

Notes on the vegetables

Please excuse the large amount of peppers but they are one of my favorites. We just had a wonderful dinner that included sautéed peppers with shallots, fresh salsa and ground beef in corn tortillas.

I like eggplant baked in the oven in slices until tender and then roughly chopped with some pitted kalamata olives and garlic. Even better, put the garlic cloves on the pan with the eggplant while baking at 425° and they will be toasty and sweet. I wish I could ship more eggplant but there is always next year.

Most of the other vegetables are familiar. If you are tired of so many tomatoes, just stick the whole bag in the freezer and make a sauce this winter. As they thaw, the skins will slide off.

Harvest Festival

Saturday and Sunday, September 26 & 27

10:00 a.m. - 7:00 p.m. (come either day). Bring snacks for lunch and we'll have a big soup at about 4:00 p.m. Please bring something to share, bread, or cheese, or desserts etc. Soup will be vegetarian. There will be work to do, mostly digging and collecting potatoes but there is gleanng too. No need to RSVP. I'll be here and look forward to seeing you.

“What do you do in the winter?”

I hear this question a lot and it is a good one. What would a farmer do in the winter?

After a long season, I take some time off to recover my energy. This year I am visiting my sister and her family in Portland and then going to see my mom in the Bay Area. When I get back, I have lots of paper work that builds up in the summer. This is interspersed with cleaning up the farm and getting things buttoned up for the winter.

In the off season, I run “Kate’s Occasional Café” at a small café on Wednesday nights in a neighboring town. I cook a varied menu with several vegetarian options and a spicy special that is always a hit. The community loves the Wednesday café and has been lobbying for it to start up again. It is quite a lot of work but it is fun to see my friends gathered.

I will also be looking for part-time work that could include bus driving and working at a cheese shop. We’ll see.



Kent County Fresh Corn Pudding

By MarraMamba on August 25, 2009

About This Recipe

"I love fresh corn but this version of John Shields' corn pudding is out of this world. Just put all the ingredients in the pan and cook. "

Ingredients

- 2 cups fresh corn kernels, coarsely chopped (4 to 5 ears)
- 2 eggs, beaten
- 1 tablespoon flour
- 1 tablespoon grated shallot
- 2 tablespoons sugar
- 2 tablespoons butter, melted
- 1 1/4 cups milk
- 1 teaspoon salt
- 1/4 teaspoon white pepper

Directions

1. Preheat the oven to 325°F Butter a I-quart baking dish.
2. Combine all the ingredients in a bowl and mix well. Pour the mixture into the dish.
3. Bake for 50 to 60 minutes, or until set. Serve as soon as possible.

My Favorite Sautéed Kale

Ingredients

- 1 1/2 lbs kale, stems and leaves coarsely chopped
- 2 tablespoons olive oil
- crushed red pepper flakes, to taste (optional)
- 2 garlic cloves, finely sliced
- 1/2 cup vegetable stock or 1/2 cup water
- salt and pepper
- 2 tablespoons balsamic vinegar

Directions

1. Heat olive oil in a large saucepan over medium-high heat.
2. Add crushed red pepper flakes, if using, and let them sizzle a bit in the oil.
3. Add the garlic and cook until soft, but not colored.
4. Raise heat to high, add the stock and kale and toss to combine.
5. Cover and cook for 5 minutes.
6. Remove cover and continue to cook, stirring until all (most) the liquid has evaporated. I like the kale to still remain bright-ish green.
7. Season with salt and pepper to taste and add vinegar.