

# North Creek Community Farm NEWSLETTER

Week Sixteen

Thursday, Oct. 2, 2014  
LAST DELIVERY TODAY



## IN THE BAG:

Potatoes  
Brussels sprouts  
Leeks  
Peppers  
Parsley  
Garlic  
Chard  
Shallots  
Tomatoes  
Cilantro

“Pie” winter squash

*Thank you*

*For your support*

*this season!*

*Looking forward to*

*having you back next*

*year.*

## About the vegetables:

Hopefully some of the vegetables delivered today will be good to store for some time. I am trying new “pie pumpkins” this year. They are not pumpkins exactly but should be better for pies with less strings and are bigger. If you got a tan one, it is called “Cheese” and is known for good eating in pies. The big pink ones are “Georgia Candy” and contrary to their names are not very sweet but make good pie and soup. The orange-red ones are smooth and delicious too. If they begin to get a bad spot, bake them up and freeze the flesh for later or use right away.

I clean leeks by cutting them up first and then vigorously washing them several times. I like leeks in soup. I have included a recipe for leeks.

## “What do you do in the winter?”

I get asked this question a lot. It is one of the perks of my job that I do get free time in the winter but it fills up with lots of things.

Farm work does not end with the last delivery. Fields are tilled and cover crops planted. Extra vegetables are harvested and brought to the food shelf and friends.

I get some time off to recuperate from the season. This body needs attention after the many months of physical work. Ironically this means starting a workshop program as soon as deliveries end. I have to stay active to keep my body in shape.

I also have loads of paper work to do after the season to prepare for taxes and to plan the end of the year. Many jobs that I forgo throughout the season need to be done in the fall.

Getting ready for winter takes a while. I have to get wood split and stacked, the water supply in the barn frost proofed and all the supplies from the summer put away.

Farmers spend a fair amount of time visiting in the winter. It is one of the things I love best about the farm culture. A trip to the hardware store involves complaining about the weather and listening to people tell me how their garden fared over the summer. Just like a doctor who has to diagnose his/her plumber’s back pain, I get asked why people’s tomatoes got blight or their carrots rotted. Often I say that growing vegetables is part know-how and part mystery, mostly a mystery and miracle.

Right away I am planning next year’s season. Just like an etch-a-sketch, the slate is clean and I dream of the perfect garden. This year’s slate isn’t quite clean after the over abundance of rain, the fields for next year are not in the shape I would have hoped. This can be surmounted however and for most farmers, hope springs eternal.

I wish all of you a wonderful, joyous winter filled with relaxation and close friends and family.

# Roasted Brussels Sprouts

Recipe courtesy of Ina Garten

## Ingredients

1 1/2 pounds Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

## Directions

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt (I like these salty like French fries), and serve immediately.

# Leek Potato Soup

Yield: 6 servings

## Ingredients

1 pound leeks, cleaned and dark green sections removed, approximately 4 to 5 medium. You can substitute green onions for some of the leeks  
3 tablespoons unsalted butter  
Heavy pinch kosher salt, plus additional for seasoning  
14 ounces, approximately 3 small, potatoes, peeled and diced small  
1 quart vegetable broth  
1 cup heavy cream or half and half  
1 cup buttermilk  
1/2 teaspoon white pepper  
1 tablespoon snipped chives (optional)

## Directions

Chop the leeks into small pieces.

In a 6-quart saucepan over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and sweat for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 25 minutes, stirring occasionally.

Add the potatoes and the vegetable broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 45 minutes.

Turn off the heat and puree the mixture with an immersion blender until smooth. Stir in the heavy cream, buttermilk, and white pepper. Taste and adjust seasoning if desired. Sprinkle with chives and serve immediately, or chill and serve cold.