

North Creek Community Farm

Newsletter

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Week Two

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Community Supported Community

I see one of the important functions of the farm as being a conduit for money from the urban economy of the Twin Cities to the economy around my town. A few examples of what I mean: the Schoenwetter share fixed the pump in the basement and gave my neighbor Jason a quick plumbing job. The Hamilton family's share paid the wages in April for my neighbor Sherrine. She used that to help send her daughter to college. A share purchase by Barbara Weiner went to the local feed mill to buy food for Mingo the cow and all the other animals. Additionally, the Young-Walser share paid my neighbor for mulch bales that are keeping the weeds down between the rows of plastic. Kyle Hillman was glad for this extra income since the price of milk still hasn't risen to what he needs to support his family. Craigs, your share paid for rent at the neighbors' greenhouse for the month of April. They used this money to pay their high school farm helpers. Shares don't actually go to specific community members, but it gives you just the smallest peek at where some of the money goes that you send to the farm. CSAs in the Prairie Farm community have been an important part of a regeneration of the small farm economy.

Visit the Farm Blog:

<http://www.nccfnews.blogspot.com/>

It's a great place to catch up on news and see pictures of the farm.

In the bag:

Spinach

Beets with greens

Lettuce

Green onions

Radishes

Flowers

Remember, these vegetables were rinsed at the farm but need to be washed at your house.

I know, I know, you don't like beets. But these really are different. At the risk of sounding like your mother, "Try them". These little beets were raised in the hoop houses next to the tomatoes. Its time for them to be harvested to make room for the tomatoes so everything had to go, some are big, and some are smaller. These beets are good steamed. Saute the greens and top with a sprinkle of balsamic vinegar. Sara likes to grate beets raw into salads.

The farm is starting to feel like it is the opening scene in Dr. Suess's, I had trouble in getting to Sala Salu. We are slogging around in our slickers and Sou' Westers. The rain is good for the plants, but I haven't been able to get in the field to plant more succession crops. My neighbors are champing at the bit to make hay but there aren't any blocks of sunny days. Still, for this farmer, I'd rather have more rain than less, up to a certain point.

"Hi" From Sara

My name is Sara Curlee, and I'm NCCF's intern for the 2010 season! I moved to the farm in mid-April, and since then I've been getting comfortable driving the tractors and learning about the different equipment we use on the farm. Working with produce is a new experience for me, and Kate's openness has made the farm a great place for me to figure out where I belong agriculture.

Recipes

Farfalle with Golden Beets, Beet Greens and Pine Nuts Bon Appétit | February 2009

by Jeanne Thiel Kelley. Note from Kate: I have added some changes I would make in parenthesis.

You can use red beets if golden beets are unavailable, but your pasta will turn pink.

Yield: Makes 4 to 6 servings

Ingredients

1/3 cup pine nuts (or walnuts)
4 tablespoons extra-virgin olive oil, divided
2 large onions, (or shallots) quartered lengthwise through root end, sliced crosswise (about 4 cups)
3 garlic cloves, minced
2 bunches 2-inch-diameter golden beets with fresh healthy greens; beets peeled, each cut into 8 wedges, greens cut into 1-inch-wide strips
12 ounces farfalle (bow-tie pasta)
1/3 cup grated Parmesan cheese plus additional for serving

Preparation Heat heavy large skillet over medium heat. Add pine nuts and stir until lightly toasted, about 3 minutes. Transfer to small bowl. Add 2 tablespoons oil and onions to same skillet and sauté until beginning to soften and turn golden, about 10 minutes. Reduce heat to medium-low and continue to sauté until onions are tender and browned, about 30 minutes longer. Add garlic and stir 2 minutes. Scatter beet greens over onions. Drizzle remaining 2 tablespoons oil over; cover and cook until beet greens are tender, about 5 minutes.

Meanwhile, cook beets in large pot of boiling salted water until tender, about 10 minutes. Using slotted spoon, transfer beets to medium bowl. Return water to boil. Add pasta to beet cooking liquid and cook until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid. Return pasta to pot.

Stir onion-greens mixture and beets into pasta. Add pasta cooking liquid by 1/4 cupfuls to moisten. Season with salt and coarsely ground black pepper. Stir in 1/3 cup Parmesan cheese. Divide pasta among shallow bowls. Sprinkle with pine nuts. Serve, passing additional cheese.

Roasted Beet Salad with Beet Greens and Feta

Ingredients

- 6 tablespoons extra-virgin olive oil
- 2 1/2 tablespoons red wine vinegar
- 1 tablespoon minced garlic
- 7 medium-large beets (about 3 inches in diameter) with greens
- 1 cup water
- 2 tablespoons chopped drained capers
- 3/4 cup crumbled feta cheese (about 3 ounces)
- Preparation

Preheat oven to 375°F. Whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper.

Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper. Cut stems off beet greens; discard stems. Wash greens. Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely. Transfer greens to medium bowl. Toss with enough dressing to coat. Season to taste with salt and pepper. Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with any remaining dressing.