

North Creek Community Farm NEWSLETTER

Week Two Tuesday, June 19

IN THE BAG:

In the bag will be:

Spinach-*This needs a thorough wash. It's been through some really heavy rains*

Fresh Fennel- *see notes on the right for information.*

Scallions

Garlic scapes

Lettuce

Sugar snap peas

Busting out with babies

Skittle had her baby pigs. Bonnie, a new Percheron work horse had a filly colt on June 12 and Sunday, late afternoon, Babe, another one of the work horses had her baby. Babe's colt was a surprise as of May because I didn't know that her previous owner had bred her back to his stud before she came to the farm. I just thought she had a big "hay belly". Well, she does have a big tummy but now there isn't a colt in it. All these colts and piglets make the farm a pretty cute place. In just a short while, Gumdrop is going to have her piglets too. Oh my.

Pictures can be seen on our Facebook page. Search for North Creek Community Farm and "like" it.

Surprises

It is part of human nature or at least Western culture to be looking for the next thing. I found this at the farmer's market when I sold produce there so many years ago. I would have beautiful lettuce and broccoli and people wanted cucumbers. Later, when I had tomatoes they wanted lettuce. I am the same way, I want to send early green beans and use the hoop houses to try and trump nature. Experiments are tried each spring. This year we interplanted tomatoes with beets in one house and fillet beans (fancy green beans) in the other. The hoop houses are relatively small so we can produce only enough for one or two drop sites each delivery day. This means that things will show up in your bag when they are not on the list. We keep a spread sheet in the barn that tracks who go what. Although complicated, this gets around the challenge of producing enough for everyone right away. Enjoy these surprises as they pop up.



Fun with scapes. Maddy Shaw on the left and Farmer Kate on the right

About the vegetables:

The season is beginning in fits and starts. The weather is so uneven that I'm confused and so are the vegetables. Things may show up in your bag that are not on the list because we ship them to different drop sites as they are ready.

Fresh fennel may be new to many of you. Here are some ways that I like to fix it:

1. Remove the fronds and slice the bulb avoiding the core very thinly. Sprinkle with seasoned rice wine vinegar and toss with mandarin oranges.
2. Remove most of the fronds and cut in half. Sprinkle with olive oil and chopped scapes and bake at 350° until just barely tender then turn on the broiler and set it close to sear. Watch closely, you don't want to burn it.
3. Sauté some pork sausage, add some fennel seeds and the chopped fennel bulbs. Cook until they are just tender. Serve over pasta with parmesan cheese.

Sugar snap peas are good raw but I love them in a stir fry. **DON'T OVERCOOK.** Add them just before serving and toss in the stir fry. Just going to the table or being portioned will cook them enough.

The spinach is sweet and makes a great salad. This is a perk of really fresh greens. I love it with

Garlic Scape Pesto

- From member Tony Ernst (Thanks Tony!)

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into 1/4 inch slices.
1/3 cup walnuts
3/4 cup olive oil
1/4 - 1/2 cup grated parmigiano
1/2 teaspoon salt
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator.

Strawberry Spinach Salad I

Rated: ★★★★★

Submitted By: TOZENUF

Photo By: somethingdifferentagain?!

Prep Time: 10 Minutes

Ready In: 1 Hour 10 Minutes

Servings: 4

"The dressing in this spinach and strawberry salad is fabulous. It begins with vinegar and olive oil and goes on from there with sugar, bits of onion, Worcestershire, sesame seeds, paprika, and poppy seeds. It 's chilled before serving so all of the flavors mingle nicely."

INGREDIENTS:

2 tablespoons sesame seeds	1/4 teaspoon Worcestershire sauce
1 tablespoon poppy seeds	1 tablespoon minced onion
1/2 cup white sugar	10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
1/2 cup olive oil	1 quart strawberries - cleaned, hulled and sliced
1/4 cup distilled white vinegar	1/4 cup almonds, blanched and slivered
1/4 teaspoon paprika	

DIRECTIONS:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

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