

North Creek Community Farm NEWSLETTER

Week Four Thursday, July 3
HAPPY 4TH OF JULY!

IN THE BAG:

In the bag will be:

Lettuce Mix

Broccoli

Sugar snap peas

Dill

Cabbage

Lemon basil

Chard

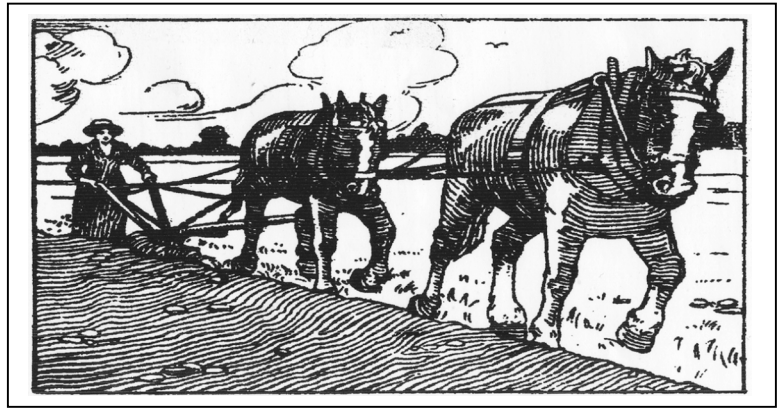
A few summer squash

Warm Weather

Warm weather is good news for some of the vegetables like the sweet corn and tomatoes. We can hardly keep up with the trellising and pruning. A few cherry tomatoes are turning color but it will be a while before there are enough to ship. They will start showing up soon. The summer squash is beginning its run. We promise not to ship too much. When it gets really warm, some of the plants loose water faster than they can take it up through the roots and they wilt. Your farmer is experiencing the same challenge. We started working earlier and ice cubes in a bandana around my neck really help.

Our day at the Farm by Susan Kirkpatrick

As my Dad and I started out in the morning, my mind was racing with all of my “to do’s” and the workweek that was behind me. We crossed the river and turned off 94 and the power lines and traffic slowly were replaced by rolling hills and wild flowers, I could feel my mind relax and my breathing slow down. This was my first time to the farm. Kate gave us a warm greeting and showed us around, I was especially excited about seeing all of those baby animals, as cute as you would imagine. What a happy place to be. The crew was planting leeks. I was given a few instructions and ‘dug’ right in. We then harvested the remaining Chinese cabbages and took the inedible ones to feed to the pigs – what a pleasure to see them eat these, the babies especially! We shared a simple lunch including cheese and sausage, which we picked up on the way at Bolen Vale Cheese on Hwy 64 (great ice-cream, too). We picked some flowers and then were on our way home. The traffic slowly increased as we reentered ‘civilization’ and as my Dad took a nap beside me, I looked down at the dirt under my nails and smiled.



About the vegetables:

The cabbages may have a small brown spot on the core. We harvested them before this could spread. Lemon basil is a treat. I made a yummy pasta salad with sugar snap peas, the basil; some left over scallions, and ribboned chard. It dressed it with lemon juice, olive oil and a little white wine vinegar. Salt and pepper to taste and it was ready. The leafy greens are coming to an end, at least the head lettuce and spinach. I love cabbage sautéed with a little sausage. Sometimes I just buy some coleslaw dressing and have a big salad. Hot weather is a challenge for the broccoli but the rain last night has plumped it up. Soak submerged in ice water for 10 minutes to kill and green worms. Enjoy.

GARLIC HARVEST

Saturday or Sunday, July 14 & 15

1:00 – 7:00

Supper at 4:30

Come join us for this popular event. Attend on either day. Harvest garlic, lay it out to dry and then enjoy a sumptuous meal of roasted garlic, French bread, cheese, salads and dessert. Bring something to share. The farm will provide salad and garlic!



Chard with Chickpeas and Fresh Dill

Rated: ★★★★★

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Ready In: 30 Minutes

Servings: 6

"Fresh chard braised with onion, olive oil, chickpeas and dill gets a goodly splash of lemon juice to bring out the bright, refreshing flavors of this snappy side dish. Soak and rinse chard thoroughly to wash away grit."

INGREDIENTS:

2 tablespoons olive oil	1/2 cup minced fresh dill weed
1 large onion, thinly sliced	2 lemons, juiced
1 1/2 cups canned chickpeas, drained	salt and pepper to taste
1 pound chard	

DIRECTIONS:

1. In a large skillet, heat olive oil over medium heat. Add onion, and saute until soft. Add chickpeas, and toss to coat in oil.
2. Clean chard and cut away thick stem and cut into bit sized pieces; add chard and dill to skillet, and cook until chard is tender.
3. Stir in lemon juice, and season with salt and pepper to taste. Serve warm.

BROCCOLI GRAPE SALAD

Midwest favorite

Ingredients

- 6 cups *fresh broccoli florets*
- 6 *green onions, sliced*
- 1 cup *diced celery*
- 1 cup *green grapes*
- 1 cup *seedless red grapes*
- 1 cup *mayonnaise*
- 1/3 cup *sugar*
- 1 tablespoon *cider vinegar*
- 1/2 pound *sliced bacon, cooked and crumbled*
- 1 cup *slivered almonds, toasted*

Directions

- In a large salad bowl, combine the broccoli, onions, celery and grapes. In another bowl, whisk the mayonnaise, sugar and vinegar; pour over broccoli mixture; toss to coat. Cover and refrigerate until serving. Stir in bacon and almonds just before serving. **Yield:** 15 servings.

Nutritional Facts 1 serving (2/3 cup) equals 221 calories, 18 g fat (3 g saturated fat), 10 mg cholesterol, 176 mg sodium, 12 g carbohydrate, 2 g fiber, 4 g protein.