

North Creek Community Farm

# Newsletter

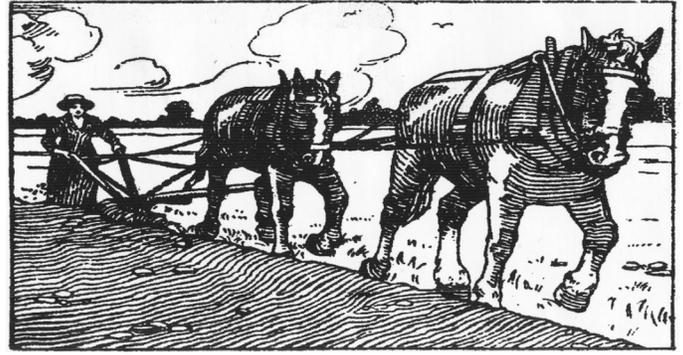
Tuesday, July 6, 2010

Week Five

N14227 290<sup>th</sup> St. Prairie Farm, WI 54762

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[www.northcreekcommunityfarm.com](http://www.northcreekcommunityfarm.com)



## Farming with Petroleum

The beets this week do not have as nice a bunch of greens as the first week's, which were raised, in the hoop house. This is the first year I have raised beets that way. What a relief to have a substantial addition to the bag early in the season. My neighbors have four smaller hoop houses while I have two larger ones. They can rotate the tomatoes between these houses and raise other vegetables like beets, beans, and carrots. The early beets this year made me want to invest in another hoop house. It is a large investment, \$3,750, and it is a move towards using more petroleum products. Sometimes it's hard to decide if shipping something early is worth this expense of both money and resources. It was great to send some early things and it might be a good idea. I will continue to balance the pros and cons. These are the kinds of decisions that are becoming more and more critical to me.

## DEADLINE EXTENDED:

**Beef and Lamb for sale.**

Details on the website. Sign up by July 10.

## In the bag:

Broccoli

Summer squash

Bok choi and mustard greens

Garlic Scapes

Beets

Lettuce Speckled Trout and Red Leaf

Red spring onions

## Vegetables in the bag:

The mustard and bok choi got all excited about the hot weather and bolted. I sent them any way because they taste great anyway. The recipe for African Peanut Stew on the back is my favorite way to eat greens. I throw all kinds of greens in there; add the beet greens and even lettuce that is past its peak for fresh eating. Beets are great baked. In the hot weather, to save some heating in the house, I microwave them to get them heated through and then bake them. It saves some time. The bottom of the lettuce gets brown from the heat. Just remove those parts.

## Storage tips:

The greens will need to be eaten right away. The lettuce too is tender. Putting a paper towel in with the lettuce helps keep it from getting goeey. PLEASE RETURN YOUR BAGS, WE ARE RUNNING SHORT. IF YOU SPLIT A SHARE AND CAN BRING YOUR OWN, IT HELPS.

## GARLIC HARVEST Saturday, July 17 & Sunday, July 18

You choose the day that works best for you!

Harvesting will start at 10:00 and supper at 4:00 (I changed the time)

Come when it works for you and stay as long as you like. Bring something to share for lunch and a contribution to the supper: wine, cheese, bread, salad dressing, etc. I will provide lemonade, lettuce greens, and garlic.

**Please RSVP which day you will be coming.**

[Directions to North Creek Community Farm:](#) Take Hwy 94 east to exit #19, Baldwin/Hwy 63.

Go north on 63 about 15 miles to Hwy 64 and go Right or East

Go 22 miles to just past Connorsville and turn left on County Road V

Go 7.5 miles to 290<sup>th</sup> St. and turn left. The farm is the second place on the left. There is a sign out front and the fire number is N14227 Phone number 715-455-1569



# Beet Salad with Goat Cheese

"This is a delicious and easy salad which takes little time and is a great meatless main course. It uses beets, goat cheese, candied walnuts and baby greens."

## INGREDIENTS:

4 medium beets - scrubbed, trimmed and cut in half	greens
1/3 cup chopped walnuts	1/2 cup frozen orange juice concentrate
3 tablespoons maple syrup	1/4 cup balsamic vinegar
1 (10 ounce) package mixed baby salad	1/2 cup extra-virgin olive oil
	2 ounces goat cheese

## DIRECTIONS:

1. Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes.
2. While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool.
3. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing.
4. Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.

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## African Peanut Stew

Yield: Makes 4 to 6 servings

1 Tbls. oil  
1 cup chopped onion, leek or green onions  
1 can pineapple in it's own juice, chunks or crushed  
1/2 - 3/4 cup chunky peanut butter, unsweetened  
1 Tbls. hot sauce or to taste  
salt to taste

Heat oil in a heavy, deep saucepan until hot but not searing. Add onions and stir until translucent. Don't let them burn. Add the pineapple and the peanut butter. Stir until the peanut butter is melted. If it is too thick, add some water, about a quarter cup. Add the hot sauce and all the greens. Cook on medium heat until the greens are soft and well cooked. Taste, and add salt until it tastes the way you like. If you are watching calories, add a little less peanut butter; if you like hot food, add more hot sauce. This can be adjusted to the tastes of you and your family.