

North Creek Community Farm NEWSLETTER

Week Five Tuesday, July 10

IN THE BAG:

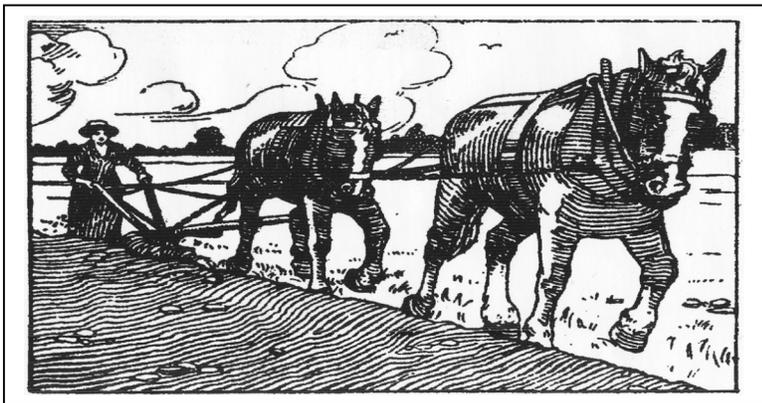
Kale
Broccoli
Thai basil
Potatoes
Summer squash
Kohlrabi
Parsley
Cilantro
Scallions

Warm Weather

We have two helpers called WWOOFers (World Wide Opportunities On Organic Farms) who are here for three weeks. Liv and Anna are from Denmark and Sweden respectively. What a delight they are, helpful and fun. They are very glad to be here and enjoying the work. They arrived with the cooler weather and I am hoping it stays this way. On Sunday they helped pick 5 ice cream pails of blueberries. The WWOOF program has been wonderful over the years and this time is no exception. They will be here for the Garlic Harvest.

Drought in the South

On Thursday afternoon, I headed down to Folklore Village in Dodgeville Wisconsin. It is 45 miles West of Madison. I went down for the Mid-summer festival. While it was great to see friends there and dance and sing, the landscape was a shock. They have had almost no rain in June and it hasn't rained yet in July. The hills are brown and I thought I was in California. On many hillsides the corn has curled and dried. It valiantly attempts to survive and is sending up tassels already. The hay crop is small and there is little sign of more and the soybeans are dying too. I had no idea the situation was so dire in the South of the state and is the same in neighboring states as well. While it is a bit dry here, I feel for the CSAs near Madison and I know that they are running ragged trying to irrigate. Our pump is going again but things look verdant and lush compared to near Madison. "There but for the grace of God go I."



About the vegetables:

As some of you know, I am a kale evangelist. There is something about kale that is better, to me than other greens. I freeze lots of it in the winter. Yet, many people don't like it. I will continue to proselytize about it however and entice you with more recipes. Some people like more kale so I will try and send it in the exchange box. Potatoes are a treat. New potatoes in the early summer have a lot of moisture so they are better steamed and don't try to make mashed potatoes because they will be like glue. I like them steamed with butter and parsley. Kohlrabi is good. I like to cut it in small matchstick sizes and add it to salad or sauté in olive oil with herbs. Thai basil might tempt you to try your hand at Thai curry or you can just put it in a vase on the table.

GARLIC HARVEST THIS WEEKEND!

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!



Massaged Kale

1 bunch kale
1 tsp sea salt
1/3 cup sunflower seeds toasted
1/4 cup diced red onion or scallions
1/3 cup currants or raisins
1/2 cup diced apples
1/4 cup olive oil
2 T unfiltered apple cider vinegar to taste
1/3 cup crumbled gorgonzola (optional)

De-stem kale by pulling leaf away from stem. Wash leaves. Spin or pat dry. Stack leaves and cut into thin ribbons (chiffonade.)

Put in large mixing bowl with salt and massage for about 2 minutes. Toast seeds in a pan until they give off a nutty aroma and change color.

Put kale in a fresh bowl and discard liquid from 1st bowl. Stir in onion, currants, apple and seeds. Dress with oil and vinegar toss, taste and adjust vinegar and salt. Add cheese if desired.

Kohlrabi and Apple Salad with Creamy Mustard Dressing

Gourmet | October 1992

Can be prepared in 45 minutes or less.

Yield: Serves 8

1/2 cup heavy cream
2 tablespoons fresh lemon juice
1 tablespoon coarse-grained mustard
3 tablespoons finely chopped fresh parsley leaves
1/2 teaspoon sugar
2 bunches kohlrabi (about 2 pounds), bulbs peeled and cut into julienne strips, stems discarded, and the leaves reserved for another use
1 Granny Smith apple

In a bowl whisk the cream until it holds soft peaks and whisk in the lemon juice, the mustard, the parsley, the sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, peeled, cored, and diced, and combine the salad well.

Creamy Kohlrabi

(I am running this recipe again because it was so popular)

This recipe came from member Sara Kietzmann who said, "I'm so excited about kohlrabi after trying this recipe out last year. Even my kids loved it. I thought you might want to try it or pass along the recipe if we get more. This is sure to turn luke-warm kohlrabi people into kohlrabi lovers! How can you not with the cream and butter?"

2 large kohlrabi
1 tsp salt
4 Tblspns butter
1 small onion (slice into half moons)
3 Tbspns heavy cream
1/8 tsp marjoram, thyme or rosemary
Pepper to taste

Strip the top and root ends from the kohlrabi and remove the skin. Grate it in a food processor fitted with a grating disk or use an old fashioned grater. You should have about 4 cups. Toss in a colander with the salt and let sit in the sink for about 30 minutes. Rinse well under cold water. A handful at a time, squeeze out the liquid. Melt butter in a medium skillet over medium heat. Add kohlrabi and the sliced onion and cover. Cook, stirring occasionally until the onion is softened, about 5 minutes. Uncover and cook, stirring occasionally, until the kohlrabi is golden brown, about 5 minutes. Stir in cream and herb and cook until cream is absorbed, about 1 minute. Season with salt and pepper being careful with the salt. Serve hot.