

North Creek Community Farm

# Newsletter

Tuesday, July 13, 2010

Week Six (already?!)

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

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## Stone Soup!

I grew up with the story of Stone Soup: the soldiers come to town and no one will share with them until they cook a "stone soup." The towns' people are encouraged to share their abundance by realizing that they each can share a little, and it adds up to a bounty. I have used this theory to start a farmer's market and free community meal out where I live. Along with other members of our Transition Initiative, we will gather on alternate Wednesday nights. A local group from the churches or civic group will be paired with a farm to prepare a soup from whatever the farm has in abundance. Additionally, anyone with extra produce in their gardens will bring this produce to share with others. If you can pay a little for this food, the money goes to the food shelf. In addition, farmers with products to sell, berries, jams, garlic etc. are welcome to do so. The first Stone Soup is Wednesday and I am hoping it will bring people from different social groups together and give us practice at sharing our abundance. More information about these project and Transition Initiative can be found at [www.hayriverti.org](http://www.hayriverti.org).

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

You choose the day that works best for you!

Harvesting will start at 10:00 and suppers 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



## In the bag:

Green beans  
Summer squash  
Hakurei turnips  
Onions  
Cucumbers  
Lettuce  
Fresh fennel  
New potatoes  
Carrots

## Vegetables in the bag:

Fennel is one of those things that I wouldn't buy but enjoy when they are in season. There are some recipes on the back that can help you have ideas as to what to do with these treats. The green beans are wonderful. I sautéed a bunch and then covered them and steamed them until tender. I ate a big bowl. New potatoes are a treat. They have less starch and are best steamed and served with butter and salt.

Turnips?! YES! These tasty treats are a far cry from the ones our grandparents ate to get through the winter. Here is what one reporter said about these turnips:

"If you tend to run screaming from turnips, then pretty little hakurei turnips just may turn you around.

The first thing you notice when you stumble upon them at outdoor farmers markets -- that's about the only place you'll find them -- is that they are snow white and perfectly round.

Bite into one and you may be pleasantly surprised. Go ahead; you can eat them raw. They're milder than a radish, crisper than an apple. Or you can eat them sliced on salads, roasted with other root vegetables and cooked in stir-fries.

I prefer to cook them very lightly. If you want the turnips to soften, leave them in the pot while you cook the greens."

# Fennel Recipes and Uses

**Salad:** I've made two variations on fresh salads with fennel so far, and both were big hits. Basically, when you combine slivers of fresh fennel with citrus segments (grapefruits, oranges, and/or clementines) and fresh herbs (including the fennel fronds), [you're on to something great](#). I also love fresh roasted beets, so I added these in quarters (both red and golden), along with some baby spinach (arugula's good, too). I tossed this combination with a light dressing made by combining a few tablespoons of the following ingredients to taste: fig-infused vinegar, olive oil, maple syrup, and spicy maple mustard. If you prefer actual recipes, look to [Sassy Radish's fennel tangerine salad](#) or this [roasted beet and fennel salad](#).

**Gratin:** Depending on what ingredients you have, riff off recipes like [Ina Gartin's potato-fennel gratin](#) and [Smitten Kitchen's swiss chard and sweet potato gratin](#). I had a small yam and a white potato to use up, so I peeled and sliced both, then layered them in a casserole dish with some cooked Swiss chard (chopped and sautéed with garlic, then squeeze-dried a bit) grated Gruyere and fontinella, and a [basic béchamel sauce](#). I topped it all with a few slices of fresh mozzarella, and baked it (covered in foil) for 45 minutes. It was so good that just writing about it makes me want to run home and make more!

**Roasted:** Couldn't be simpler! Cut a fresh fennel bulb into quarters or eighths, depending on size, [toss with olive oil and vinegar](#), and roast on a baking sheet until tender (try 20 minutes at 400 for starters). Top with grated fresh Parmesan and enjoy as a snack or a side dish.

## Speedy Sautéed Hakurei Turnips and Greens

### Ingredients:

2 bunches hakurei turnips with greens  
1/2 tablespoon olive oil  
1/2 tablespoon butter  
Salt and pepper to taste  
1/4 cup white wine

### Instructions:

Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size. In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender, about 5 minutes. Remove the turnips from the pan. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.

### SALAD with JAPANESE TURNIP

Hands-on time: 10 minutes

Time to table: 10 minutes

Serves 1

Salad greens dressed homemade vinaigrette  
Japanese turnip, skins on, ends trimmed, cut into batons or diced  
Apple, quartered, cored and diced (today, an heirloom called a gold rush which is excellent!)  
Candied nuts