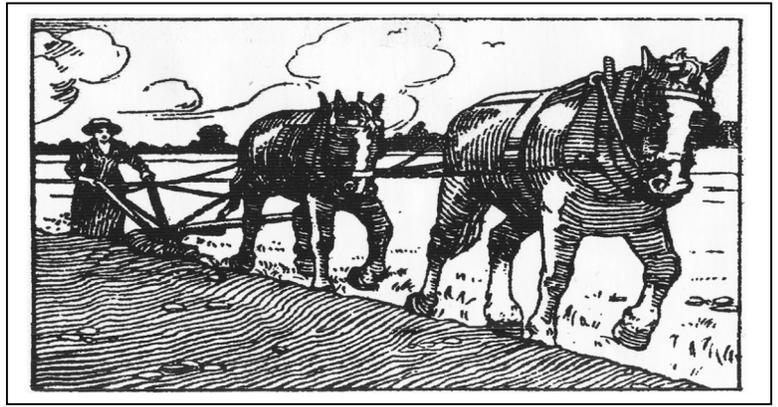


North Creek Community Farm NEWSLETTER

Week Seven Tuesday July 24

IN THE BAG:

Basil
Summer squash
Cucumbers
Beets
Green beans
Potatoes
Garlic
Tomatoes
Lemon basil
Fennel



About the vegetables:

Keep an eye on the exchange boxes because we will be putting a more wide variety of things as time goes along. There will be a break in the summer squash this next week. It is one of those reliable producers! If fennel is not your thing, put it in the extras box. I like lemon basil in pasta salads with chicken.

The Food of Gods

In heaven they must eat this favorite dish of mine. I learned it from Dan and Margaret of Common Harvest Farm. Sometimes there are dishes that are more than the sum of the total and this is one.

Ingredients: [Makes about 4 generous servings]
4-5 large, vine-ripened tomatoes (no winter store bought imposters!)
A fairly obscene amount of good olive oil. About 1/3 of a cup
One large chopped garlic glove
Handful of basil leaves roughly chopped
A good amount of flaked Parmesan cheese (About 2/3 cup)
Salt to taste
Favorite pasta prepared al dente, about 4 cups.
Optional:
Pitted kalamata olives
Thinly sliced red onion

Core and chop tomatoes in large chunks.
Add garlic and basil and salt.
Cover with the olive oil and stir gently. Let marinate at least 30 minutes at room temperature.
Cook the pasta just before you are going to eat. When it is done, drain and toss immediately with the tomatoes.
After serving, top each serving with generous Parmesan cheese and optional olives and onions.
Great served with a fresh baguette and a good glass of red wine.

Chicago

Last week I was able to get away from the farm for 3 ½ days. It was challenging to leave, but I left the farm in the hands of my competent crew. Farming is an ongoing list of handling unexpected events and this week was no exception. The crew handled them with aplomb and grace and a few choice words. I attended an advanced training for the Transition Initiative (TI) group that I am a part of in Prairie Farm. The trainers were from Totnes England and it was fun to get new inspiration and rub elbows with people from all over the country. TI is a movement of people looking at ways to re-localize and prepare together for challenges we see coming with a contracting economy, climate change and lower availability of cheap oil. It is a balancing act to look at these issues while continuing to participate in our current energy-dependant lives. It was fun to spend time with like-minded people in a big city.

Roasted Beet Salad with Oranges and Beet Greens

Bon Appétit | January 2004

The delicate beet greens — which are an excellent source of potassium, folic acid, and magnesium — make this dish even more healthful.

Yield: Makes 6 servings

6 medium beets with beet greens attached

2 large oranges

1 small sweet onion, cut through root end into thin wedges

1/3 cup red wine vinegar

1/4 cup extra-virgin olive oil

2 garlic cloves, minced

1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets. Cut off and discard stems. Coarsely chop leaves and reserve. Wrap each beet in foil. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour 30 minutes. Cool. Peel beets, then cut each into 8 wedges. Place beets in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil, garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

Per serving: calories, 144; total fat, 8 g; saturated fat, 1 g; cholesterol, 0; fiber, 4 g

Nutritional analysis provided by Bon Appétit

Chicken and Fennel Salad Sandwiches

Fennel, standing in for the usual celery, along with fennel seed and fresh basil, adds an unexpected note of sophistication.

8 cups chicken or turkey meat chopped

1 1/4 cups mayonnaise

1/2 cup plain yogurt

1 teaspoon finely grated fresh lemon zest

1/4 cup fresh lemon juice

1 1/2 teaspoons fennel seeds, toasted and cooled, then lightly crushed

1 1/2 teaspoons salt

1 teaspoon black pepper

1 cup chopped fresh basil

3 cups chopped fennel bulb (sometimes called anise; from 2 to 3 medium bulbs, stalks discarded)

12 rolls or buns

Make dressing and assemble sandwiches:

Stir together mayonnaise, yogurt, zest, lemon juice, fennel seeds, salt, pepper, and basil, then pour over chicken in bowl. Add chopped fennel and stir to combine. Season with salt and pepper.

Serve chicken salad in rolls.