

North Creek Community Farm

NEWSLETTER

Week Seven Tuesday, July 21, 2015

NO DELIVERY NEXT WEEK, JULY 30

IN THE BAG:

Broccoli

New potatoes

Green beans (French fillet beans)

Cucumbers

Chard

Cilantro

Basil

Lettuce mix



Photo by Addie Cheney

Garlic Harvest a Delight

The turn out for the Garlic Harvest was small but mighty. I enjoy the smaller festivals because I can get to know people on a more intimate basis. It is fun to watch new members explore the farm for the first time, catching baby chicks, petting the horses and exclaiming over the freshly dug garlic. The bulbs looked so bountiful all drying in the greenhouse to dry. On Sunday, I asked the group to tackle the garlic that was being lost in the tallest weeds in the North end of the field. I was impressed with not only the willingness but also zest to take on the challenge. The garlic is rescued and I can now mow down those weeds before they go to seed. The meal in the evening both nights was a wonder of flavor and freshness.

Coming out to the farm is not a duty or requirement, but I know your relationship with the farm sifts when you have seen the gardens and met me. Here is what some of the members said about their experience:

Erik Haaland said, "It is always so good to visit the farm! It's such a wonderful place. It's always a gift to see Farmer Kate again--and what a meaningful thing it is to see the beautiful place where all our vegetables are grown. I'm grateful every time I make the trip. I mean all of that very earnestly. Thank you so much! Today was a gift. "

Raki, Abbey and Leona said, "Great to meet you! We had such a great day. We were so excited for Leona, who is 4 1/2, to get to see how garlic is grown, to dig it up and touch it, and to get her fingers and toes dirty. We all still smell like garlic. We also really loved riding behind the tractor, seeing the whole farm and the many stages of the plants. Like you said, its nice to put a face to the name - your face as well as the farm, how it actually looks, smells, and feels. Thanks again for such a fun day. We can't wait for our next visit!"

Thank you to everyone who chipped in to make the day a pleasure. The next festival is the Corn Feed on the weekend of August 15 and 16.

Notes on the vegetables

The **basil** is big and beautiful except that it has some copper coloring on the leaves. This is from fusarium, a condition that has gotten into the seed supply. It does not hurt the taste at all, it is a cosmetic thing.

The **green beans** are still going crazy. Enjoy them now, or blanch some of them and put them in the freezer for winter.

I have gotten a lot of positive feed back on the African Peanut Stew. If you haven't tried it yet, this **chard** would be good in that or sautéed and eaten with some curried red lentils. Lentils are my go-to food for summer eating.

Soak your **broccoli** submerged in some lightly salted water for 15 to 20 minutes to get our any worms. They at not welcome at the dinner table, at least not in my house.

Member Kim Ferencik sent a link for a wonderful sounding recipe that used many of the vegetables in last week's bag. You can use many this week if you substitute chard for the kale in the recipe. Here is a link:
<http://www.foodandwine.com/recipes/green-lentil-curry>

Rustic Chard, Potato, and Goat Cheese Tart

Ingredients

- 7.25 ounces all-purpose flour (about 1 2/3 cups)
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon baking powder
- 1/3 cup plus 1 tablespoon extra-virgin olive oil, divided
- 1/4 cup water
- 1 bunch Swiss chard
- 1 cup vertically sliced red onion

- 1 cup thinly sliced Yukon gold potato
- 2 teaspoons chopped fresh thyme or basil
- 1 teaspoon water
- 1 large egg white
- 1/2 teaspoon freshly ground black pepper
- 2 ounces goat cheese, crumbled (about 1/2 cup)

Preparation

1. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, 1/2 teaspoon salt, and baking powder in a food processor; pulse 2 times to combine. Combine 1/3 cup oil and 1/4 cup water in a small bowl. With processor on, slowly add oil mixture through food chute; process until dough is crumbly. Turn dough out onto a lightly floured surface. Knead 1 minute; add additional flour, if necessary, to prevent dough from sticking. Gently press dough into a 5-inch disk; wrap in plastic wrap, and chill 30 minutes.

2. Remove stems from chard leaves; chop stems to equal 1 cup. Chop leaves to equal 4 cups. Heat a large skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Add chard stems and onion to pan; sauté 1 1/2 minutes. Add chard leaves to pan; sauté 2 1/2 minutes. Stir in remaining 1/4 teaspoon salt, potato, and thyme. Remove from heat; cool.

3. Preheat oven to 375°.

4. Unwrap dough, and roll into a 14-inch circle on a floured surface. Place dough on a baking sheet lined with parchment paper. Spread chard mixture evenly over dough, leaving a 2-inch border. Fold edges of dough toward center, pressing gently to seal (dough will only partially cover chard). Combine 1 teaspoon water and egg white in a small bowl, stirring with a whisk. Brush dough edges with egg white mixture. Sprinkle pepper and cheese over chard mixture. Bake at 375° for 40 minutes or until browned. Let stand 5 minutes; cut into 12 wedges.

Chris Kosowski's Magical Maple Mustard dressing

1/3 c cider vinegar

3 cloves garlic peeled and crushed

2 shallots peeled and diced

1 teaspoon fresh pepper

1 tablespoon smooth Dijon mustard

1 tablespoon coarse mustard

2/3 c real maple syrup

1 c vegetable oil

Put everything in the blender except the oil and blend until smooth. Then continue blending, slowly adding the oil until mixed in.

THIS IS MY CURRENT FAVORITE SALAD DRESSING!