

North Creek Community Farm NEWSLETTER Week Nine Thursday August 9

IN THE BAG:

Tomatoes
Peppers
Chard
Garlic
Sweet corn
Melons
Onions

About the vegetables:

We are taking a little break from some of the vegetables after a terrific run of ripening. These are my favorite vegetables anyway. I don't eat many fresh tomatoes in the winter. They just pale compared to summer, vine ripened tomatoes. This bag of goodies makes me think of gazpacho.

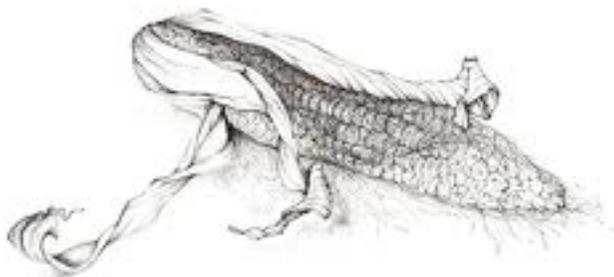


Corn Feed and Overnight Camping at the Farm

Saturday, August 25, 2012

Starting at 2:00

Come just for the day or spend the night. Enjoy sweet corn, local brats, and salads. Bring a dessert, side dish or beverage to share. Then spend the night if you like and enjoy pancakes and sausage cooked on the wood stove. Please RSVP



Food for the Winter

Putting food by. Also known as canning, freezing, drying or otherwise preserving food. I have managed, between other duties to add some items to my larder. Each time I can something, I imagine all the people, mostly women, who have done this before me. I admire women who, with a wood stove going, young ones at her feet and watching the pressure on the canner, put up the food for a whole winter. I was talking to an older gentleman about the things that his mom used to can. His voice swelled with pride as he told me about the rows upon rows of jars. I have some tomato sauce (a little) and a few jars of cherries in the basement. Not too much pressure for me because I can always go to the store if I don't have time to can. But what if I couldn't? While many of us vacation during the summer, earlier for rural women, summers were a race with time before the frosts to get it all "put by." I applaud all of the hard, hot, satisfying work done by families to feed themselves.

Gazpacho

Original Recipe Yield 4 servings

- 1 bell pepper, seeded, chopped in big chunks
 - 1 cucumber, peeled and sliced
 - 1-2 cloves garlic, chopped
 - 1/4 cup olive oil
 - 1 cup lightly toasted crusty French bread, cut into thick slices
 - 6 tomatoes, quartered
 - 1/2 tablespoon kosher salt
 - 1 pinch cayenne pepper
 - 1 teaspoon balsamic vinegar
 - 1/4 teaspoon olive oil
1. Blend about 2/3 of the green bell pepper, 2/3 of the cucumber, garlic, and 1/2 cup olive oil together in a blender until smooth. Add the bread slices to the blender one at a time and blend each into the mixture until smooth. Blend half the tomatoes into the mixture one at a time until smooth. Add the rest of the reserved vegetables and pulse the blender or processor until chunky. Transfer the mixture to a bowl; season with salt and cayenne pepper. Cover with plastic wrap and refrigerate at least 1 hour. Drizzle with balsamic vinegar and 1/4 teaspoon olive oil to serve.

Guadalajaran Swiss Chard Quesadillas

Ingredients

- 1 tablespoons canola oil
- 1 small onions, chopped (3/4 C)
- 2 garlic cloves, minced (2 tsp)
- 1 jalapenos or 1 Serrano chilies, minced
- 1/4 teaspoon cumin seeds or ground cumin
- 1/8 teaspoon oregano
- 1/4 cup tequila
- 12 ounces Swiss chard, trimmed
- 8 (6 inch) corn tortillas
- 1 cup light Monterey jack cheese, grated

Directions

1. Heat oil in pot over medium heat; add onion and sauté 5 minutes, until golden.
2. Stir in garlic, chile, cumin and oregano, and sauté 2 minutes.
3. Add tequila and simmer 1 minute, or until liquid has evaporated.
4. Stir in chard; cover; reduce heat to medium low, and steam 5 minutes, or until chard wilts.
5. Uncover, and cook 3 minutes or until liquid has evaporated.
6. Place 1 tortilla in skillet over medium heat. Sprinkle with 1/4 C cheese; top with chard mixture and second tortilla.
7. Cook 2 minutes per side, or until browned. Repeat with remaining ingredients.
8. Slice into wedges and serve.