

North Creek Community Farm

Newsletter

Thursday, August 12, 2010

Week Ten

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In the bag:

Dragon Tongue Beans
Summer Squash
Red Cabbage
Cucumbers
Salsa Packs
Turnips
Carrots
Onions
Sweet Corn
Kale

DON'T FORGET THE
CORN FEED,
SATURDAY, AUGUST 21
WITH AN OVERNIGHT FOR THOSE WHO LIKE
TENTING ADVENTURES.

Vegetables in the bag

Salsa packs are fun. I will deliver them two weeks in a row, so if you split a share, don't divide the packs, just alternate weeks. I love the red cabbage and it will keep a long time in your refrigerator. Sweet corn, yayyyyy. Who needs a recipe for that, boil it up and slather it with butter. Thanks to modern varieties, it will keep for a little while; you don't have to run to the boiling water.

Dragon Tongue beans are fun but unfortunately the purple color disappears when you cook them. They have a good "beany" flavor. I love beans with bacon but also love them with just olive oil and salt.

The tomatoes are slow to ripen but will have to start soon. The vines are towering up in the hoop houses in their bid to take over the world.

Soil Fertility on the Farm

I may have written about this before but it is a core part of organic farming. In the backyard garden, compost serves to provide almost all of the fertility needs. You can make compost out of leaves, grass, garden scraps and even humanure if you are of that bend. A member recently asked me if I made compost for the farm's gardens. Looking around at the 5 acres of vegetables, I was reminded of the gargantuan, machine intensive job that would represent. Some farms can handle this, bringing in truck loads of materials, often from local riding stables. They are then piled and turned with machines. I don't have local sources of this kind of organic matter. All the local farms keep their resources and I don't have the heavy metal to turn them. Some manures such as turkey have too much of some nutrients and not enough of others.



Cover crops and rotations are the most important sources of fertility for North Creek Community Farm. In the picture, I am mowing down very tall sorghum-sudan grass. Once mowed down, I will till this in and the earthworms and bacteria will break it down in the soil. This particular piece of ground will be home for the garlic for next year. It is planted at the beginning of October, and this grass will just be starting to release its nutrients. Most of them, though will be held for next year and ready to use when the garlic begins to mature.

The flail mower I used to cut up the sorghum-sudan grass is a bit of heavy metal of its own. It is a new purchase this year, a bit expensive but can handle very high volumes such as this grass. Small dangling blades are whirled around very fast and basically slap the grass into many pieces. It has outperformed my expectations and allows me to grow many good cover crops.

Check my blog for the picture in color.

www.nccfnews.blogspot.com

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Red Cabbage Slaw

1/4 cup olive oil
6 cups finely shredded red cabbage
1/2 cup red onion, thinly sliced
3 tablespoons balsamic vinegar
3 tablespoons golden brown sugar
1/2 teaspoon ground allspice

Heat oil in heavy large skillet over high heat. Add cabbage and onion and cook until cabbage is wilted, stirring, about 3 minutes. Transfer cabbage mixture and all oil from skillet to medium bowl. Mix in vinegar, brown sugar, and allspice. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate, tossing occasionally.)

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Red Cabbage Salad with Green Apple, Lingonberry Preserves, and Toasted Walnuts

Bon Appétit | January 2010

Yield: Makes 8 servings

3 tablespoons lingonberry preserves, divided (Available at IKEA and specialty stores)
1 tablespoon Dijon mustard
1 tablespoon red wine vinegar
1/2 cup canola oil
1 large unpeeled Granny Smith apple, coarsely grated, divided
1/2 cup walnut halves, [toasted](#), divided
4 cups thinly sliced red cabbage

Puree 1 tablespoon preserves, mustard, and vinegar in blender. With machine running, gradually add oil. Season dressing to taste with salt and pepper.

Reserve 1/4 of grated apple and several walnut halves for garnish. Toss cabbage, remaining 2 tablespoons preserves, apple, and walnuts in large bowl. Toss with enough dressing to coat. Season to taste with salt and pepper. Garnish with reserved grated apple and walnut halves.

Carrots Glazed with Balsamic Vinegar and Butter

- 1/2 cup (1 stick) butter
- 3 1/2 pounds peeled baby carrots or regular carrots, peeled, cut into 2-inch pieces, halved lengthwise
- 6 tablespoons sugar
- 1/3 cup balsamic vinegar
- 1/4 cup chopped fresh chives

Melt butter in heavy large pot over medium heat. Add carrots and sauté 5 minutes. Cover and cook until carrots are crisp-tender, stirring occasionally, about 7 minutes. Stir in sugar and vinegar. Cook uncovered until carrots are tender and glazed, stirring frequently, about 12 minutes longer. Season to taste with salt and pepper. Add chives and toss to blend. Transfer to bowl and serve.

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