

North Creek Community Farm

# Newsletter

Tuesday, September 28, 2010

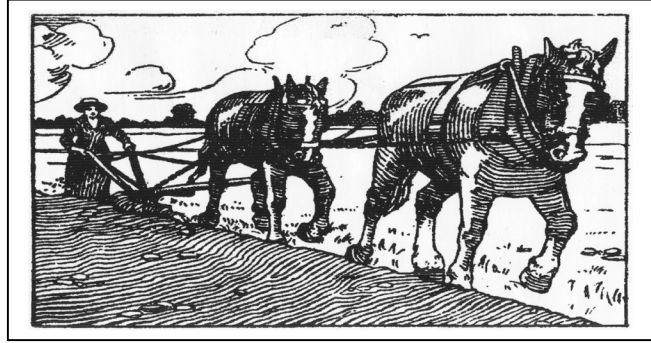
Week Seventeen

**LAST WEEK!**

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## Thank you Thank you!

This spring we entered into a special relationship. You trusted that I would do my best given the challenges of the weather to bring you the best produce that I could. I trusted that you would support me though wet soggy days. I am honored that you have supported me for another year. Some things did well and others didn't. Each year I learn something new. This year I learned that damp, humid heat is not the same as the Mediterranean climate that peppers, eggplants, and tomatoes like. They struggled with the amount of moisture. The winter squash were really happy with the extra moisture. You are all important to me and make my job rewarding. I wish you a cozy and happy winter. Hope to see many of you at the Harvest Festival.

## Dreams and Possibilities

CSAs are based on the relationship between the farmer(s) and the members. Each farm defines what this relationship and the mutual agreements look like. The only limit is what we can imagine, talk about, and agree upon. I have been thinking about expanding the role of North Creek Community Farm to include more space for members and an education component.

The land West of the farm is currently for sale, although not listed officially. In my thoughts, I imagine spaces for members to camp, perhaps a straw bale cabin to stay in for the weekend. It could be a place for new farmers to be mentored and taught good farming practices. Maybe there could be land with area for them to start their own operation that could be moved to new land. This is sometimes called "incubation." The land has been logged badly and needs some TLC. It is partly swamp, some woods and some tillable land..

Access to land is one of the limiting factors for many new farmers and how to learn the needed skills. Could we address these issues without creating lots more work? Many members have expressed interest in this project but some said they do not have financial resources to put into something like this. Please don't let that stop you. This is not, for me, just about getting investors, it is about sweat equity, energy, enthusiasm and community. We are just talking right now and all of your ideas are important. Please RSVP if you are planning on attending.

## Meeting about land acquisition

**October 7, 7:00 p.m.**

Tom and Karen Heilberg's house

2070 Marshall Ave.

St. Paul

Bring a dessert to share if you like

Please RSVP

## In the bag:

Lettuce mix

Potatoes

Carrots

Onions

Shallots – use like onions

Ancho peppers, hot wax banana peppers

Brussel sprouts

Peppers

Garlic

Pie Pumpkins

Winter Squash - Delicata

## Vegetables in the bag

This is the last bag of the season. Cut the pumpkin in half, remove the seeds and fiber and bake upside down at 350° until tender. The flesh can then be used just like canned pumpkin. There are three kinds of peppers in the bag. Anchos, are dark, glossy green and pointed and are just mildly hot. The yellow or orange-ish ones are Hot Banana Wax peppers and they are very hot. The others are sweet green bell peppers. Delicata squash, the stripped yellow ones is my favorite. These have some small spots of disease but should not be too bad. Delicatas don't last as long as others so eat them in the next 6 weeks or so. If the skin is free of blemishes, you can eat them too. Sara cooked some brussel sprouts by searing them on a hot pan and then steaming them until tender. Yum!

## Still have bags?

If you find a bag later in the fall, don't mail it to me, just drop it off at the drop site or hold on to it until next year.

# Harvest Festival

Sunday, October 3

10:30 – 7:00

Join friends and members for a fun day of harvesting and celebration. There will be limited extras to take home but there are pumpkins to choose, at least enough for the kids, some potatoes to dig, if the ground is dry. We will have a soup and lunch around 1:30. Bring something to share for the meal that could go with soup and salad such as desserts, beverages, cheese, etc.

There is also end of the season work that I would love some help with. We'll see how the day goes.

If it is raining, call and check the answering machine. I'll leave information there. There is no rain date.

No need to RSVP just come on down.

## Baby Brussels Sprouts with Buttered Pecans

Gourmet | November 2006

If you find it difficult to get excited about Brussels sprouts, then it's likely you've never sampled baby ones. The tiny sprouts—less than an inch across—lack the bitterness of their full-grown counterparts. Paired with buttered pecans, they may just become your new Thanksgiving favorite.

Yield: Makes 6 to 8 servings

1/2 cup pecan halves, cut crosswise into thirds  
3 tablespoons unsalted butter  
3/4 teaspoon salt  
2 pounds baby Brussels sprouts, trimmed  
1/2 tablespoon minced garlic  
1 teaspoon fresh lemon juice, or to taste  
1/4 teaspoon black pepper

Put oven rack in middle position and preheat oven to 350°F. Spread pecan pieces in 1 layer in a shallow baking pan and bake until fragrant and a few shades darker, about 10 minutes. Add 1/2 tablespoon butter and 1/4 teaspoon salt to nuts and toss until butter is melted and nuts are coated.

While nuts bake, cook Brussels sprouts in a 6- to 8-quart pot of boiling salted water, uncovered, until just tender, 5 to 6 minutes, then transfer to a bowl of ice and cold water to stop cooking. Drain sprouts and pat dry.

Melt remaining 2 1/2 tablespoons butter in a 12-inch heavy skillet over moderate heat, then add garlic and cook, stirring, until fragrant, about 1 minute. Increase heat to moderately high, then add sprouts and sauté, stirring occasionally, until browned in patches, about 5 minutes. Add lemon juice, pepper, and remaining 1/2 teaspoon salt, then stir in pecans and serve.

## Delicata Squash and Roasted Mushrooms with Thyme

Gourmet | November 2004

Of all the rich and succulent winter squash varieties, delicata, with its long and uniformly narrow shape, is the easiest to work with. And its thin, pale-golden skin with green striations is more than just pretty — it's edible, too.

Yield: Makes 6 servings (as part of main course)

6 tablespoons olive oil  
1 tablespoon chopped fresh thyme  
3/4 teaspoon salt  
1/2 teaspoon black pepper  
2 lb delicata squash (3 medium), halved lengthwise, seeded, and cut crosswise into 1/2-inch-wide slices  
2 lb mixed fresh mushrooms such as cremini, shiitake, and oyster, trimmed (stems discarded if using shiitakes) and halved (quartered if large)

Stir together oil, thyme, salt, and pepper. Toss squash with 2 tablespoons thyme oil in a shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Toss mushrooms with remaining 1/4 cup thyme oil in another shallow baking pan (1/2 to 1 inch deep) and arrange in 1 layer. Roast squash and mushrooms, stirring occasionally and switching position of pans halfway through roasting, until vegetables are tender and liquid mushrooms give off is evaporated, 25 to 30 minutes.

### **Cooks' note:**

Squash can be sliced 1 day ahead and chilled in a sealed plastic bag.

# In the bag:

Carrots

Onions

Shallots

Winter squash – Delicata

Poblano peppers

Hot wax peppers

Bell Peppers

Pie Pumpkins

Potatoes

Brussel Sprouts

Thank you for being  
a drop site host!

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Take two stems of  
Brussel sprouts

per share