

North Creek Community Farm NEWSLETTER

Week Three - Tuesday, June 28

IN THE BAG:

Lettuce
Radishes
Green onions
Chard
Arugula
Scapes
Small basil bunch
A few summer squash
Flowers on the side

Diversity and Climate Change

I often get asked whether climate change is affecting the farm. Ever since I began farming, there have been wide swings in the weather. While I am a firm believer in human-caused climate change, I'm not sure if the extreme-feeling weather is just normal or if I am just more sensitive because I am looking for evidence of change. Maybe it seems extreme because I am scared about climate change. It's like when you are young and you forget something, you think, "Duh, that was stupid." When you get older though, there is a degree of fear that strikes when you forget something and you think, "Ahhhh, I am getting old, I'm one step from the home!" Are the swings in temperature and moisture the same? I am reassured when the record cold or warm temperatures are from the thirties. Either way, there are swings in the weather and severe storms. Diversity of crops is essential to be flexible. There is always a plant that likes the weather no matter what it is. Some plants like it hot and dry and some like it cool and moist. Farmers like it temperate and mild. Looking out at the vast acres of corn I wonder at our faith in a single crop. This mono crop has come to dominate our area and most other cropland in the Midwest. One farm near my house that has not been tilled in 20 years now is covered with corn. Looks like an awful lot of eggs in one basket to me.



About the vegetables:

Scapes are the seed head of stiff neck garlic and are yummy. Use the whole thing like fresh garlic. You can grind it up in the food processor with a little olive oil and freeze it in blobs on wax paper for a winter treat.

Chard is a great green that is good with eggs or just sautéed with the typical garlic in a little olive oil. I have included another soup recipe that is equally good. There is more arugula. Don't like it too much? Throw it in the curry soup or try the arugula mayonnaise recipe.

Garlic Harvest Festival

Date Change - Now July 16

Join us on July 16 for a fun afternoon of harvesting garlic and relaxing with a delicious supper of roasted garlic, salad, French bread, cheese and other goodies. I'll provide the garlic and a big salad and you bring one of the other ingredients. Desserts appreciated too. This is one of my favorite festivals. Please RSVP by email: kstout@chibardun.net

LAMB FOR SALE

Check the website for details. Deadline of July 1 fast approaching.

Curried Lentil Soup with Swiss Chard

Ingredients

2 tbsp olive oil

2 cups green onions, chopped

1 cup carrots, chopped

1 cup summer squash, chopped

1 bunch Swiss chard, ribs removed and chopped and leaves torn into bite-size pieces and saved to add later

2 large garlic cloves, minced or two garlic scapes minced

2 tbsp curry powder or 1 tsp Thai red curry paste

1 tsp ground cumin

1 tbsp minced fresh ginger root

1 pound red lentils (about 2 1/4 cups), rinsed and picked over to remove any debris

8 cups water, vegetable stock or chicken stock

1 15-oz can coconut milk (stir well before using)

juice from one lime

2 tsp salt

1/2 cup chopped fresh cilantro (optional)

Directions

Heat the olive oil over medium-high heat. Add the onions, carrots, summer squash, chard stems, garlic, ginger and spices and sauté until the onion softens, about 5 minutes. Add the water or stock along with the salt, lentils and coconut milk, and bring to a boil.

Reduce the heat and simmer until the lentils are cooked through, about 10 minutes.

While the soup is simmering, wash and prep the chard and chop the cilantro. After the lentils have finished cooking, stir the chard leaves and cilantro into the soup — it will look like a lot of chard for the soup at first, but have no fear. The chard will wilt down as it heats up. Keep stirring until the chard is bright green and wilted, about another 2 minutes. Taste and season as needed with more salt or pepper, and serve.

Serves 8-10.

Arugula Mayonnaise

- 1/2 cup mayonnaise
- 1/3 cup (packed) coarsely chopped arugula leaves plus 30 whole arugula leaves (about 4 large bunches total)
- 1 tablespoon minced green onion
- 1 tablespoon minced garlic scapes
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon grated lemon peel

Mix all the ingredients together in a bowl and spread on your favorite sandwich or burger. Keep 3-4 days in the refrigerator.