

North Creek Community Farm NEWSLETTER

Week Four - Thursday, July 7

IN THE BAG:

Lettuce	Kohlrabi
Sugar snap peas	Summer squash
Chinese cabbage	Green onions
Mustard greens	
Fresh fennel	

Not in my backyard

Hydraulic fracturing or fracking is the new energy source that supposedly will give us almost unlimited energy, wean us from foreign oil and make everyone a bundle of money. Old gas mines are injected with a mixture of water, chemicals and sand and new gas comes out. Not just any sand will work; it has to be frack sand. Just north of my farm, about 10 miles, they have begun surface mining this sand. Small, rural townships have long fought zoning. The motocross course got us worried enough to come to a few meetings and noises were made about zoning but in the end, nothing could be agreed upon and we quieted down, glad to have dodged that bullet. Now, a monster has risen that is towering over us. It moved in quietly and laid its plans of conquest quietly. Someone called me almost a year ago. "Kate, you do things in the community; you have to help me." Marie had caught me on a bad day when my energy was spent. I thought the sand pit going in next to her house was just another sand pit after all. Then I learned that exploratory wells had been drilled in property adjoining that of my friend Rick and Sara's land. Rumors grew as the real threat began to show itself. The horrendous pit that is now next to Marie that she was so upset about is active now and trucks rumble in day and night. The sand is washed then and shipped to areas doing frack mining. Now we know that a processing plant will be put next to my friends. The chemicals used to separate the sands can degrade to a neuron toxin. The silica dust can slowly cause silicosis and they have to live in an industrial zone. Through all of this, I am mute. Me, who always has an opinion. It is because I use energy that comes from ruined environments all over the world. I never worried. Oil spills in Africa ruined hundreds of acres but I didn't worry. Now it is in my backyard. I am horrified and distressed but is it my turn to see the damage that my energy use causes? Who am I to say no to something that we benefit from? These feelings are not completely rational I know, but they have rendered me mute. In a country that prized enterprise and private property, our un-zoned townships are unprepared and almost undefendable. And where I wonder would my electricity come from if mountaintops in the Appalachian Mountains had not been removed. Those farmers must have been as horrified too when the monster raised its head in their back yard.



About the vegetables:

I love Chinese cabbage for Asian salads like the Ramon noodle salad. You could add some of the fresh fennel bulbs to it too. I use fresh fennel sautéed and add a few fennel seeds to bring out that flavor. Yesterday I made a mixture of pork sausage, fennel, zucchini and cooked potatoes. I added each one until it was tender and ended with several tablespoons of sour cream. Mustard greens? Chances are you didn't grow up eating these. I like them done the southern way, cooked a long time until they are velvety. Many of us had it pounded into us that you shouldn't eat vegetables overcooked because they lose their nutrition but this time of year, you are getting enough. The kohlrabi was a bit of a bust this year. I put it in early and the cold and then heat freaked it out. Not a good thing.

Garlic Harvest Festival

July 16 - 1:00

Join us 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

Cabbage, Fresh Fennel, and Carrot Slaw

Make the slaw and chill it up to two hours before serving. It is best cold.

Yield: Makes 10 servings

1 2 1/2-pound cabbage, quartered, cored, very thinly sliced (about 18 cups) You could use your Chinese cabbage

2 fresh fennel bulbs, trimmed, halved, very thinly sliced (about 3 cups)

1 small onion, thinly sliced or some green onions

1 very large carrot, peeled, coarsely shredded

3/4 cup mayonnaise

1/2 cup sour cream

2 tablespoons fresh lemon juice

1/2 teaspoon sugar

1/2 teaspoon hot pepper sauce

Combine cabbage, fennel, onion, and carrot in large bowl. Whisk mayonnaise, sour cream, lemon juice, sugar, and hot sauce in medium bowl to blend. Season dressing to taste with salt and pepper. Add dressing to cabbage mixture; toss to coat. Season slaw to taste with salt and pepper. Refrigerate at least 1 hour and up to 2 hours, tossing occasionally. Transfer to serving bowl.

Ramen Noodle Salad

Ingredients

Ingredients for dressing:

3 tablespoons olive oil

3 tablespoon vinegar

2 tablespoon sugar (or sugar substitute)

1/2 ramen [noodle](#) seasoning package

1/4 teaspoon pepper

1 tablespoon low sodium soy sauce

Ingredients for salad:

1 small head red or green cabbage (or 1/2 of each)

2 green onions, chopped

1 carrot, peeled and grated

1 package ramen noodles, crushed

Directions

1. Make dressing by combining ingredients in a large bowl. Stir to dissolve sugar.
2. Combine the first three salad ingredients, toss well. Add crushed ramen noodles and dressing to salad and toss again.
3. Serve right away or cover and refrigerate to allow the flavors to blend.

Makes 6 servings (each with 1 tablespoon sauce)