

North Creek Community Farm NEWSLETTER

Week Five - Tuesday, July 12

IN THE BAG:

Lettuce Mix	Carrots
Sugar snap peas	Summer squash
Beets	Parsley
Hakurei Turnips	New Potatoes

A Day in the Life

Farm Beginnings is a wonderful program run by the Land Stewardship Project that is working on preparing new farmers for their job. It is a big task partly because each farm and farmer is different. Many people are interested in farming as a calling but without growing up on a farm, they have not been steered in a particular direction. Raise animals? Milk cows? Grow vegetables? Have an orchard? All of these are good questions.

I proposed a series of daylong classes with farmers in the different disciplines to see what their life is like, the challenges and skills needed. We thought we would call it, "A day in the life."

I will be running one of these days at the end of August as a prototype and trial class. Now I think about each day and wonder if it is a typical day. How do I describe the number of decisions I have to make and the variety of challenges involved? If wearing hats is the metaphor for the number of skills I need, then sometimes I feel like the man in the children's' book who sells hats that he keeps piled on his head. This is what makes a CSA so rewarding and so frustrating. How do I communicate a typical day when each one is so different? The deliveries do provide a rhythm and pace for the summer but many other things are stuck in the schedule.



About the vegetables:

The root crops and tubers have begun to develop so we have potatoes, beets and carrots. If you think you don't like beets, try roasting them in the oven. I just clean them, trim the tops to one inch and put them in at 375° for up to 1 ½ hours until tender. You don't need to wrap them in foil. Cool slightly and scrape off the skins.

I love the first potatoes steamed, with butter and parsley. These potatoes are very high in moisture so they don't make good mashed potatoes. Hakurei turnips are like a mild radish. I love them sliced in salads. The lettuce mix is very clean but I recommend washing it again at your house. This ensures a lack of grit, something I find essential in a salad.

Store carrots without the tops. They cause the carrots to dry out faster.

You only are getting a small number of sugar snap peas because they caught a disease of some sort. This is very disappointing because there were not that many last year. We worked very hard on the trellising but to no avail. The peas may have Ascochyta Blight that came from the cover crop of peas and oats. I am so sorry and will try and get them in clean soil for next year.



Garlic Harvest Festival

July 16 – 1:00

Please RSVP by email:
kstout@chibardun.net

Chicken, Grated Beets, and Beet Greens with Orange Butter Bon Appétit | November 2009

by The Bon Appétit Test Kitchen

Your whole meal—both meat and side—is cooked in just one pan. Use the food processor grating disk to make quick work of shredding the beets.

1 1/2 tablespoons butter, room temperature, divided
1/4 teaspoon finely grated orange peel
1 tablespoon extra-virgin olive oil, divided
2 skinless boneless chicken breast halves
2 tablespoons chopped shallots
2 medium red beets with greens, greens stemmed and coarsely chopped, beets peeled and coarsely grated
2 teaspoons Sherry wine vinegar, divided
1/3 cup water

Mix 1 tablespoon butter and 1/4 teaspoon orange peel in small bowl. Season to taste with salt and freshly ground black pepper. Heat 1/2 tablespoon oil in medium skillet over medium-high heat. Sprinkle chicken breasts with salt and pepper. Add to skillet and sauté until cooked through and golden brown, 4 to 5 minutes per side. Place 1 chicken breast in center of each plate; tent with foil to keep warm. Melt remaining 1/2 tablespoon butter with 1/2 tablespoon oil in same skillet over medium-high heat. Add shallots; stir until tender and beginning to brown, about 1 minute. Add beet greens; toss until leaves are tender but still bright green, about 2 minutes. Add 1 teaspoon Sherry wine vinegar; stir 30 seconds. Season to taste with salt and freshly ground black pepper. Spoon greens alongside chicken; cover to keep warm. Add grated beets and 1/3 cup water to same skillet; cover and cook 2 minutes, stirring occasionally. Uncover and continue cooking until beets are tender and water is almost evaporated, stirring often, about 1 minute. Add remaining 1 teaspoon vinegar; stir 30 seconds. Season to taste with salt and pepper.

Spoon beets onto plates. Spoon orange butter atop chicken and serve.

Japanese Turnips with Miso Gourmet | September 2009

by Maggie Ruggiero

The small, round, mild white turnips known colloquially as Japanese turnips are at their most delicious when simply cooked with their greens. A last-minute swirl in miso butter (which is fantastic on pretty much any vegetable) gives them an almost meaty underpinning.

3 tablespoons white miso
3 tablespoons unsalted butter, softened, divided
3 pounds small (1 1/2-to 2-inch) Japanese turnips with greens
1 1/3 cups water
2 tablespoons mirin (Japanese sweet rice wine)
Stir together miso and 2 tablespoon butter.

Discard turnip stems and coarsely chop leaves. Halve turnips (leave whole if tiny) and put in a 12-inch heavy skillet along with water, mirin, remaining tablespoon butter, and 1/8 teaspoon salt. Bring to a boil over medium-high heat, then boil, covered, 10 minutes.

Add greens by handfuls, turning and stirring with tongs and adding more as volume in skillet reduces. Cover and cook 1 minute. Uncover and continue boiling, stirring occasionally, until turnips are tender and liquid is reduced to a glaze, about 5 minutes. Stir in miso butter and cook 1 minute.