



# Big Leaf Farm Newsletter Week #15 September 6 – 12

## Farm News

We took a long weekend vacation, so the newsletter this week is a little brief. Returning Monday afternoon to a farm that was wet down from the recent rains, we noticed lots of growth in many of our plantings like cabbages, carrots and cauliflower. Other things like squash and tomatoes are deteriorating in the cool fall weather. It sure does feel like fall.

## Cast of characters

- **Summer squash**
- **Lettuce:** This week we have mixed heads – red, speckled and green romain and leaf lettuces.
- **Carrots**
- **Green beans:**
- **Tomatoes:**
- **Eggplant:** Globe eggplant this week.
- **Sweet Peppers:** A mix of red and yellow bells and sweet Italian peppers.
- **Cherry Tomatoes**
- **Corn:** The last of our corn is rather small, but we thought that small corn is better than no corn at all. This week we have two varieties: a white and a bicolor corn.
- **Kale:** This harbinger of fall, kale is best when touched by frost. We cooked some into our dinner Monday night and found it surprisingly flavorful and tender. This variety is called 'Rainbow Lacinato'. It's also known as 'Dinosaur Kale'. Can you tell why?



- **Plums:** We have one more week of plums from our Asian plum tree. These should mostly be ripe and ready to eat.
- **Melons (rotation):** Melons are on tap for our Oregon City Crew. SE Portland folks will get some more in a week or two.

## Recipes

### Lentils with kale and ginger

- 1 ½ cups brown lentils, picked over, washed and drained
- 4 cups water
- 2 T vegetable oil or butter
- 1-2 fresh hot peppers, finely diced or 1 tsp crushed red pepper (optional).
- 1 inch piece of ginger, peeled and finely diced
- 1 bunch of kale
- ½ t salt
- Freshly ground black pepper
- 1-2 T lemon juice, according to taste

Put lentils and water into a heavy pot and bring to a boil. Cover, turn heat to low and simmer gently for one hour. Meanwhile, trim stems from kale, chop the leaves coarsely, and place in a large pot with about ½ inch of water. Cook, covered, over medium-high heat, stirring occasionally until the leaves are wilted and tender (about 5 minutes). Remove from heat, drain well, and set aside.

Over a medium flame, heat oil in a large pot or skillet. Add the ginger (and pepper if using), and stir and fry for 30 seconds. Add the cooked greens, cooked lentils and salt, stir to mix, and cover. Allow to cook for 15 minutes, then add the lemon juice to taste and the black pepper, and cook for a final 5 minutes. We usually serve this over brown rice with a vegetable side dish.

