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Leeks

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USU Student Organic Farm

August 8, 2012
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Newsletter



Drastically different looking growing Boxes on the farm

Veggie Feature: Leeks

Article by Jillian Cartwright

I have only recently been introduced to the leek. To me, it was always one of those fancy culinary items exclusively found on Iron Chef America where it was used to “impart a savory flavor”. Now that I have been acquainted with this vegetable, I can surely tell you it does just that. Oh and how well it does it! Leeks are umami. They are that flavor that you’ve been hearing about but can’t quite describe to people when they ask you what the heck this newly discovered taste is supposed to be. They are similar to an onion, but also slightly like celery as well. One important item of note about leeks is that they are best cooked in liquid to soften their tough exterior. Leeks are delicious added to a soup (I’m thinking chicken noodle this winter....), minced and added to a pasta or rice dish, or braised with a little liquid and served on pizza. The recipe below does just this, as well as demonstrates a delicious way to turn ordinary pizza dough into a crispy flatbread that can be topped with whatever you have left over in your fridge.

Leek Bacon Flatbread with Fresh Corn

1 leek, outer layer removed, cut in half and chopped
1 T olive oil
1 cob of corn, kernels removed
1 pinch of crushed red pepper flakes
Pizza dough, refrigerated or homemade, enough for 1 pizza
2 T cream
¼ lb. of bacon, cooked and chopped
Freshly grated Parmesan cheese, to taste

Preheat oven to 425 °F. In a sauté pan, heat oil over medium heat. Add leeks and cook for 5 minutes until leeks start to brown. Add 1/3 cup of water and allow leeks to simmer until liquid has been absorbed. Add corn, crushed red pepper flakes, and salt and pepper to taste. Sauté for 5-7 minutes.

Roll the dough out as thin as possible and place on a rimmed cookie sheet. Brush the cream onto the dough, making sure to go all the way to the edge, and sprinkle with salt and pepper. Top the dough with the corn-leek mixture and the chopped bacon. Add desired amount of cheese. Bake for 15-20 minutes, or until crust is golden brown.

Freezer Meals

So we’ve talked about freezing your veggies for winter use, but here’s an idea that’s even more convenient. Why not skip a step and just freeze an entire meal. That way on a cold winter’s night, you can have a farm-fresh winter vegetable soup straight from your freezer. This is a great way to save both time and money by using in season vegetables in the summer, as opposed to buying flavorless ones from the store in winter. Foods that freeze well are usually casserole or soup type dishes. Dishes should be cooked, then cooled, and can then put into plastic bags and frozen. If making a casserole type of dish, try using a disposable pan to cook it in, that way you can just cool, cover, and put the whole thing in the freezer. When ready to use, thaw in the refrigerator, and reheat.

Article by Amanda Spackman

On the Farm News

Announcements

Staggered harvests are continuing, so if you don't get what you have your eye on this week, don't worry, it's coming!

The potatoes in your box this week didn't have a lot of time to cure, so use them quickly. Try the recipe below if you're short on ideas!

Article by: Amanda Hawks

Another week on the farm! It is incredible to me that the school year is approaching so quickly. It has been an eventful summer and we've all been learning a lot. This week we've been continuing to harvest everyday; the summer squash, beans, cucumbers, and now some tomatoes are ripe enough for harvest.

The watermelon are well on their way- they're huge! We've yet to learn how to really tell if a melon is ripe however and if any of you know, shoot us an email we'd love to find out!

We've been working a lot this week to prepare for the fall. The CSA should continue to be a success, with pickups at the same times, but if any of you would like to help out with harvest once school starts, we'll be meeting Tuesday and Thursday evenings to harvest the bulk of things, and early Wednesdays and Fridays.

Meet your Farmers

Name: Heidi King

Role on the Farm: Gardening Outreach Intern

Hometown: North Logan

Major: Plant Science with an emphasis in Horticulture



Why did you choose to work with the Student Organic Farm? I saw working at the farm as a learning opportunity for my major. I have never been involved with anything quite like it and I have already learned more than I expected about garden outreach that we could better prepare for it all.

What is your favorite vegetable and why? My favorite vegetable to eat would be sugar snap peas, I'm a sucker for them. But for a garden I would have to say tomato plants because they smell so good.

What form of transportation best describes your personality? That's a tough question, I would have to say... a jet. Because like a jet I am fast. I like to accomplish tasks as fast and efficiently as possible.

If you were a superhero what would your superpower be and how would you use it to better the farm? I wish I had the ability to predict the future. Just for the farm though because then I would be able to know what the weather would be and also what insect problems we would have so

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Everything Organic

One of our shareholders, Michelle Larson suggested this potato recipe at the beginning of the summer when scallions were abundant. This is the last week of new potatoes, so we thought it would be appropriate now as well. Thanks Michelle for the recipe!

Herb Potato Salad

Ingredients

- 1 1/2 pounds [new potatoes \(about 15\)](#), halved if large
- 1/2 cup chopped fresh herbs (such as flat-leaf parsley, tarragon, and chives)

- 2 tablespoons [olive oil](#)
- 1 tablespoon whole-grain mustard
- 1 tablespoon [red wine vinegar](#)

Directions

1. Fill a large saucepan with 1 inch of water and fit with steamer basket; bring the water to a boil. Place the potatoes in the basket, cover, and steam until tender 12 to 14 minutes; drain.
2. Meanwhile, in a medium bowl, mix together the her