



Winter Green Community Farm

June 13th

First Summer Harvest!

2006

This Week's Harvest

(Subject to last minute variations)

Lettuce

(red leaf or green butter)

Garlic Whistles

Carrots

Pac Choi or Komatsuna

Strawberries

(some sites only)

Blueberry Spread

(some sites only)



- 1 pear, cored and diced
- 1 avocado, peeled, pitted and diced
- 1/2 cucumber, peeled & sliced
- 4 C lettuce, chopped

Lettuce

- ⊖ Wash lettuce and greens gently in cool water and place in plastic bags. They store well for about a week in your refrigerator vegetable drawer.
- ⊖ Store Pac Choi or Komatsuna stalks loosely inside a plastic bag in the veggie drawer of your refrigerator. To prepare, slice stalks from the base, wash and separate the leaves (the green part) from the stalk (the white part), as they cook better separately. Slice and cook stalks as you would celery. Enjoy raw or add to stir fries and soups.
- ⊖ Wash, then chop, dice or mince garlic whistles and use as you would regular garlic cloves.
- ⊖ Wash strawberries gently in cool water, just prior to eating, to remove any grit. Enjoy fresh and whole, or add to smoothies, yogurt, or as a pancake topping.
- ⊖ Cut or twist off carrot tops before storing in plastic bag in refrigerator. Clean by scrubbing with veggie brush under cool water. No need to peel!

Greens with Avocado and Pear

Combine the pear, avocado & cucumber in a salad bowl. Add lettuce and toss gently. You may substitute diced apple or jicama for the pear, or add chopped fresh cilantro to the greens.

Serves 6

from Vegetarian Times cookbook

Chow Mein Salad

- 1 lb. Chinese rice noodles
- 1/3 C toasted sesame oil
- 1/2 C tamari soy sauce
- 3-4 garlic whistles, minced
- 12 dried shiitake mushrooms, soaked in hot water & thinly sliced
- 3 C mung bean sprouts
- 3 C diced Pac Choi
- 2 carrots, cut into thin sticks
- 1 zucchini, 1/4 and sliced
- 2 tsp dried ginger
- 1 tsp black pepper
- 2 Tbsp dulse flakes
- dash cayenne, salt & more sesame oil to taste

In LG pot of boiling water, cook rice noodles. Drain & mix with sesame oil & tamari in LG salad bowl. Add remaining ingredients & mix well with hands, making sure noodles are well coated & veggies interspersed. Season to taste with pepper (dash of cayenne is fun!), salt and more sesame oil if desired. Add tofu, shrimp or roasted nuts or seeds for a main course.

Serves 8-10

from Debra's Natural Gourmet

Potato Carrot Kugel

- 1 onion, chopped
- 2 Tbsp oil
- 2 garlic whistles, minced
- 3/4 C vegetable stock or water
- 1 C grated carrots
- 3 C grated potatoes
- 2 beaten eggs
- 1/4 C whole wheat flour
- 1/4 C wheat germ
- 1 tsp baking powder
- 1 1/2 tsp salt
- pinch pepper

Preheat oven to 300. Saute onion in oil til well done, and add garlic whistles. Add stock, carrots, & potatoes and cook for 3 min. Remove from heat and stir in eggs. Mix together flour, wheat germ, baking powder & seasonings. Add to veggies. Pour into a greased baking dish & bake 1 hour.

Serves 4-6

from New Laurels Kitchen

News from the Field

Hello Winter Green Farm family!

The day of the first delivery has finally arrived. We are all very excited and even the clouds and rain could not dampen our spirits as we began the first of many harvests for you. We welcome back past members and look forward to getting to know the new ones. It seems as though we have been preparing for the beginning of season for such a long time, and now that it is finally here, we all look forward to the bounty set to unfold.

I especially want to thank you all for your response to our request for help in the last few days. We had such an overwhelming response, that I have been busy signing up members all day. The power of community at work! I also want to thank you for your generous donations this year. We have been able to assist 16 families in receiving a share and are supplying Womenspace with 6 shares this season!

We have had a good start to the season. The weather has cooperated for the most part, although we all wish we could have a bit more sun on a regular basis. The plants have sure enjoyed all of the moisture, but the occasional bursts of hot weather has confused our early crops into thinking its time to bolt! We have given you either Pac Choi or Komatsuna in your box this week, and we encourage you to use it in cooked dishes, rather than eat it raw.

As requested by many of you in our end of year survey, we will be supplying smaller bunches of carrots, more often. We were able to harvest enough strawberries for half of you this week, so the other half will receive their jar of Blueberry Spread. Next week we will reverse the order. Don't worry...we keep good track of who gets what.

For those of you who have never eaten a garlic whistle, you are in for a treat. The garlic whistle can be chopped or minced and added to any dish that garlic cloves are used in.

This year, I would like to try some new ideas with the box notes. I think it would be fun to have more member participation. Feel free to send in your favorite recipes. I will try to include as many as I can for the

appropriate vegetables included in your boxes. I would also welcome poetry, drawings, or community announcements.

Since we have covered many of the veggies in detail, I thought this year it might be fun to learn more about the people who are growing your food. We have a diverse group of interesting people here, from many places and backgrounds, and I thought I would share some of their goals and dreams with you all.

This year we are growing some of our crops in a field we lease, not too far from the farm. The time has come to let some of our fields rejuvenate. We have planted nutritious cover crops and the cows will graze and add their gifts for the next few years. We will still have many crops growing on the farm, so there will be plenty for you to see on farm event days.

Lettuce is our feature veggie this week. We tend to take it for granted, and use it for garnish, but it is such a wonderful and nutritious crop. Most lettuce originated from wild lettuce, most likely *Lactuca serriola*. Evidence of its existence was found in Egyptian tomb paintings. The seeds were used to extract cooking oil, as is still done today. The first written accounts are attributed to Herodotus, who wrote of its appearance on the royal tables of Persia in 550 B.C. Later, Hippocrates, in 430 B.C. wrote of its medicinal properties. It most likely originated in or around the Mediterranean basin. It's a wonderful way to get vitamin A and C, and to keep your digestive tract in good health.

Enjoy your first box of veggies!

Linda and the Winter Green Farmers