



# Winter Green Community Farm

June 20<sup>th</sup> & 21st

2006

## **This Week's Harvest**

(Subject to last minute variations)

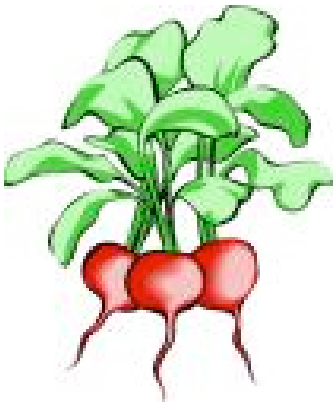
### ***Radishes***

Spinach  
Lettuce  
Beets  
Strawberries  
Blueberry Spread

## ***Radishes***

- ⊖ Radishes may need a good scrubbing (we have already washed these for you!) but do not need to be peeled. Trim off any damaged area. Store them in a damp towel or plastic bag in the refrigerator. Store green tops separately, wrapped in a damp towel. Use as soon as possible.
- ⊖ 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.
- ⊖ Spinach stores best if washed right before use. Remove any thick stems and place loosely in a plastic bag with a few slits for air flow. If kept in a drawer of your refrigerator, it will store well for up to a week.
- ⊖ 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.

## ***Snow Peas with Radish Cream***



24 Snow peas, trimmed  
6 oz. cream cheese, at room temperature  
3/4 C sliced red radishes  
1 T prepared horseradish salt & fresh ground pepper, to taste

Blanch snow peas in boiling water for 1 min. Cool immediately in ice water & pat dry. Slit open one side of each snow pea. Set aside. Puree remaining ingredients in food processor or blender. Spoon the pureed "cream" into snow peas. Arrange on serving platter. Can be prepared up to a week in advance.

Serves 12

*from Vegetarian Times cookbook*

## ***Beet Greens with Ginger & Hot Peppers***

1 bunch beet greens (about 3/4 lb)  
1/2-whole hot green pepper (2" long)  
1" piece fresh ginger root  
1 T oil, peanut or vegetable  
4 T water  
salt. to taste

Wash greens & shake, do not dry. Remove stems & keep leaves whole or cut into ribbons. Slice pepper in 1/2 & remove stem, seeds, & white pith. Mince fine, to make about 2-3 tsp. Peel ginger & slice very thin. Stack slices together & cut into small matchsticks. Heat oil in LG nonstick pan, to hot, but not smoking. Add ginger & hot pepper. Stir-fry about 1 min. Add beet greens, heat & stir til wilted. Add Tbsp or two of water if needed, cover pan. Steam for few min. til greens are tender. Remove lid & stir to evaporate liquid, careful not to burn the greens. Season w/salt, if desired.

Serves 4

*from One United harvest cookbook*

## ***Barbara's Beets and Beet Greens Salad***

1 bunch beets w/tops & stems (app. 1 lb.)  
3 T oil, olive or canola  
1 onion, chopped  
2 garlic cloves, chopped

1 can garbanzo beans  
Italian seasonings  
Salt & pepper to taste  
Italian salad dressing (opt)  
Lemon, (opt)

Wash beets & greens. Separate & save greens & stems. Boil beets til soft & cool. Heat oil in LG skillet. Chop beet stems into 1" pieces. Saute in oil for 3 min. Add onion & garlic & sauté for 5 min til onion is transparent. Add 2 tsp Italian seasonings. Chop greens into LG bit sized pieces. Add greens to pan & sauté til wilted but still bright green. Add beans. Chop cooked beets & add to mixture. Season w/salt & pepper to taste. Add juice of 1/2 lemon if desired. Serve warm or cold. If served cold, may be served with dressing.

*from One United Harvest cookbook*

## News from the Field

Hello Winter Green Farm family!

Now this is more like it! The sun has arrived and although we aren't going to assume it's here to stay, the morning meeting was sure full of smiles, and a sense of relief. The last of the incoming crew has arrived, and while the day's agenda was being discussed, baby Alden crawled around exploring whatever he could get his hands on before some interfering adult tried to distract him. It felt good to harvest with the sun warm on our backs and faces, and even though we transfer our focus from not enough sun to what needs to be watered, we are ready for the change.

The first delivery went off without too many complications and we thank all of you for helping to accomplish that feat. We hope that the trend will continue through out the season, and the boxes will only get better from here on, especially if we are blessed with more of this sunny goodness. I signed up our final member today, bringing our membership to our goal of 425! Thanks again to all of you for calling, emailing or just mentioning us to your friends and family. We couldn't have done it without your dedicated participation!

We hope you enjoy all of the goodies in your box today. We do need to talk a bit about the beets. While checking their development this week, we found that they were being bothered by cucumber beetle larvae! The damage isn't too bad, and is mostly cosmetic, so the beets are still very good to eat. We decided to harvest them now, even though they are a bit smaller than we like to offer you, rather than wait and have to abandon the crop as a failure if we let them stay in the ground any longer. The greens are beautiful and I have included recipes for cooking them.

This is one of the examples of you, as Community Farm members, sharing the trials and tribulations of the farm. While we may be hesitant to pack up these beets and send them to market, we know that you will look past a mark or dimple in your veggies here and there, because that is life on the farm, and we learn to take that into consideration. We also want to make sure you know there are lots more beets planted and you will be receiving more in the weeks to come.

Many of you have been calling about ordering flats of berries this season. We anticipate having flats of berries available by mid-July. I will announce in the box notes and at the drop sites when you may start ordering, and then we will fill the orders on a first come, first serve basis. We have sold all of our blueberry spread, and will be making more later this season. I do still have strawberry spread available, and I can deliver any spread orders to your drop site along with your share.

Last week I mentioned we would like to help you learn more about some of the farmers here at Winter Green Farm. We thought it might be fun if you sent in some questions you might like answered. If you have a burning desire to know anything in particular, just let me know and I will ask. I will start including those profiles next week!

I could not find any mention of the history of **Radishes** in past notes, so I thought I would feature them this week. The radish or **Raphanus sativus**, belongs to the mustard family. It is best known for its edible root, although the greens can be eaten when they are young and the seeds can be sprouted.

The name comes from the Latin word "radix", which mean "root"! **Raphanos** is a Latinized Greek expression, which freely translated, stands for "easily reared". They can come in all shapes (round, oval or elongated), sizes (very small to over 2 ft. long), and colors (red, black, purple, yellow, or white). They generally have a pungent, peppery flavor.

Radishes are typically divided between spring and winter crops. The spring variety is usually harvested small and used in salads or with dips. In North America we commonly see the familiar, red radish. The French have a breakfast radish, which they dip in unsalted butter and eat with crusty bread.

Winter radishes are gathered later and can be quite sizeable. The Daikon radish is that type and is quite popular in China and Japan, where they are a major staple and are usually pickled.

Radishes are believed to have descended from a plant native to China. It then spread to the Mediterranean, and to the New World by the 16<sup>th</sup> century. They were highly valued by the Greeks, who made small replicas of them out of gold. It is also believed that radishes were among one of the first European crops introduced by Columbus to the Americas. Evidence of their appearance was found in Mexico in 1500 AD and in Haiti in 1565 AD.

Nutritionally, radishes are high in Vitamin C and are thought to "incite the appetite"! They add zesty fun to salads and stir-fries.

Hope you enjoy your veggies this week!

Linda and the Winter Green farmers