



Winter Green Community Farm

June 27th & 28th

2006

This Week's Harvest

(Subject to last minute variations)

Fennel

Lettuce
Broccoli
Carrots
Radishes
Swiss Chard
Strawberries
(some sites only)

Fennel

- ⊖ 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.
- ⊖ Wash Fennel bulb, store in plastic bag in refrigerator, wrapping delicate leaves in moist paper towel, for up to 2 weeks. Fennel can be eaten raw, baked, steamed or sautéed. Tops can be used as a garnish or added to soups at the end. Use the tops as a substitute for dill.
- ⊖ 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.

Fennel and Orange Salad

1 LG fennel bulb
1 T capers, drained
1 T parsley, chopped

Dressing

1/2 LG orange 2 tsp sugar
2 tsp cider vinegar 1/2 tsp salt
1 T Dijon mustard 4 T olive oil

Trim stalks from fennel, cut the bulb in half lengthwise: cut crosswise into very thin slices. Place in LG bowl with capers & parsley. Make the dressing. Cut the orange in small pieces & place in work bowl of food processor with vinegar, mustard, sugar & salt. Process til smooth. With processor running slowly pour in olive oil. Pour over fennel, toss well and serve.



Fennel and Potato Stew

1/2 C vegetable oil
4 SM new potatoes, peeled & cut into 1/2" cubes
1 LG fennel bulb, cut into 1/4" slices & then into 1/4" sticks, including some leaves

1 C stock or broth
1 T orange zest, finely chppd
1 C fresh or frozen peas, cooked til tender (or thawed if frozen)
salt and pepper to taste

Heat oil in a saucepan. Add cubed potatoes & cook til they begin to soften, about 5 min. Add fennel & cook 5 min more. Add stock or broth, orange zest, salt & pepper. Bring to a boil, lower heat & cook 30 min, til fennel is tender but not overdone. Add peas & cook for several min. longer. Serve hot.

Serves 4

from Vegetables...Artichokes to Zucchini

Feta Garlic Dressing

1 C olive oil
2-3 T vinegar
2-3 garlic cloves, pressed
1 tsp dried dill weed

1 1/2 C grated feta cheese
1 C milk or buttermilk
salt & pepper to taste

In blender of food processor, whirl all ingred. except milk, for one min. With blender running, slowly pour in milk. Soon as it thickens, turn off blender or it will separate & become runny. Chill 30 min. so flavors meld. Refrigerate tightly covered & it will keep for 3-4 days.

Lime Vinaigrette

6 T vegetable oil
2 T chopped fresh cilantro
salt to taste

3 T fresh lime juice
1 garlic clove,
minced or pressed

Combine all ingredients in a bowl. Toss salad or veggies with dressing and chill.

News from the Field

Hello Winter Green Farm family!

After a glorious, albeit HOT weekend, we found ourselves in the fields by 6:30 AM today. When the temps reach the one hundred degree level, we like to get out to the fields as early as we can to harvest. It was a lovely morning, still a bit misty, but already warm, as we headed out the fields. By the time we were finished harvesting and heading to the washing station, the sun was high and we were all sweating! We sure asked for the rain to ease up and the sun to shine, and we got our wishes and then some!

There is so much going on around the farm. With our CSA and all of the markets we are doing, it seems there is always a harvest crew heading out to the fields. We are in the midst of "haying season" and there are a few extra strong, young men in the early morning circle. We are busy rolling up crop cover, transplanting the next round of starts, and our irrigation manager, Jeff, is never short of work to do.

We aren't the only ones enjoying the weather. All of the veggies are basking in the sunshine and we can almost see the daily growth. Your boxes will be beautiful this week and of course, they will only get better! The strawberries are coming on strong and the blueberries are filling out and becoming more colorful by the minute. It won't be long before they appear in your weekly fare.

Our feature veggie this week is **Fennel**. I grew up in a big Italian family, and Fennel was always on the Antipasto plate at our weekly Sunday dinners. It is a very versatile vegetable, as it can be eaten cold or used in cooked dishes. You will find more about the history of Fennel in our archived box notes on our website (2005, July 5/6) and if you can't access them, I would be happy to send you a copy.

Today we will begin our "Farmer Profile" with farmer **Tyson Davies**! This is Tyson's second year on the farm. He is 23 years old and a recent graduate of the University of Oregon, graduating with a degree in Environmental Sciences. Last year, his Senior Research Project was done on the farm, researching remedies for mold on onions.

Tyson has lived in Oregon for 10 years, but he was born and raised in the Caribbean, on the island of St. John in the US Virgin Islands, before moving here. He and his family lived aboard their 35 ft. sailboat there, and before returning to the states, cruised as far as South America. He loves swimming and sailing, and upon his arrival in Oregon, discovered his love

for snowboarding. He lived in Bend for two seasons, teaching snowboarding at Mt Bachelor. Last winter, he worked with the WWOOF program (Willing Workers on Organic Farms) on a farm on Maui, before starting here at Winter Green Farm:

Linda: What is your job on the farm, Tyson?

Tyson: I mainly harvest for the CSA and for the Farmers' Markets. I harvest 3 days a week, and then drive to Bend on Wednesday to sell our produce at the Farmers' Market there.

Linda: Do you like what you do on the farm?

Tyson: Yes, I do. I miss being on the farm when I go to the Bend Market, but I enjoy the Bend community and also the CSA members there, so that makes it worthwhile.

Linda: Have you found that working on the farm has changed you in any way, and if so, how?

Tyson: I have come to realize the true reality of our isolation from the methods of our food production and creation. I realize now that it's essential to know how such an integral part of our lives is accomplished. Everyone should have a complete understanding of where their food comes from and how it's grown....even as far as learning about pulling weeds!

Linda: Are you a vegetarian, and do you get tired of vegetables?

Tyson: No, I'm not a vegetarian... I just LOVE vegetables...picking them, cooking them, and especially eating them!

Linda: What are your favorite and least favorite jobs on the farm?

Tyson: My least favorite depends on the day and time ...my favorite job is picking tomatoes! I just love seeing that full flat of tomatoes sitting there.

Linda: One of the members would like to know what your favorite quote is?

Tyson: It's a quote by Lao Tzu....when one of his disciples asked him "What of the next life?" Lao Tzu replied..."Why worry about the next life when you have not mastered the present?"

Linda: Of course, we need to know...what is your favorite veggie or fruit...and why?

Tyson: Melons!....picked just at the right time...soooo sweet!

We hope you enjoy your veggies this week!

Linda and all of the Winter Green Farmers!

**Winter Green Farm 89762 Poodle Creek Rd Noti, OR 97461 Phone: (541)935-1920
Fax: (541) 935-3615 folks@wintergreenfarm.com www.wintergreenfarm.com**