



# Winter Green Community Farm

July 4<sup>th</sup> & 5<sup>th</sup>

2006

## This Week's Harvest

(Subject to variations)

**Broccoli**  
 Radishes  
 Lettuce  
 Carrots  
 Spinach  
 Parsley  
 Cauliflower  
 (some sites only)  
 Zucchini  
 Strawberries  
 (some sites only)  
 Blueberries!!



## *Broccoli*

- ♣ Remove any tough or woody parts of the **broccoli** stalk. Soak heads upside down in salt water to remove any hidden field pests. Peel the stalk to reveal the very tasty and tender inside; chop and use along with florets. Store broccoli in a plastic bag in hydrator drawer of your refrigerator. Use within a few days.
- ♣ Fresh parsley can add flavor to many dishes, cooked into sauces, and stir-fries. It makes a wonderful accent chopped raw into tabouleh, dips, and dressings.
- ♣ Cauliflower tastes best eaten soon after harvest, but will keep for 1-2 weeks in the refrigerator if wrapped loosely in plastic. Remove the outer leaves, rinse, & trim off any blemishes or brown spots. Cook florets or entire head, steam for 15-20 minutes.
- ♣ Do **NOT** rinse blueberries before you are ready to eat them (they have a natural coating that protects them from decay!) They will keep well in the fridge for up to 10 days. Freeze on cookie sheet and store in zip loc bags.

## *Indonesian Broccoli Tempeh Curry*

1 pkg tempeh, cubed  
 1 T peanut or olive oil  
 1 tsp sesame oil  
 3 cloves garlic, minced  
 1 tsp fresh ginger, minced  
 1/2 tsp cumin  
 1 bunch broccoli, stems & florets cut into bite size pcs.  
 1/2 C water or broth

*Sauce*  
 2 T lime juice  
 15 oz. can coconut milk  
 1/2 C sesame tahini  
 1 T soy sauce  
 dash Tabasco  
 1 tsp brown sugar  
 1/2 tsp cornstarch

Steam tempeh in broth or water with herbs for 5-10 minutes, set aside. In wide, deep pan, heat oils over med. heat, w/ garlic, ginger, & cumin, for 1 min. Add broccoli & water, cover & steam for 5 min. or til broccoli turns bright green. Add tempeh. While broccoli is steaming, mix sauce ingredients. Pour over broccoli & tempeh & heat just til simmering. Serve over brown rice or noodles. Serves 4.  
*recipe sent in by member Leslie Woodruff...Thanks!*

## *Banana Blueberry Crisp*

2 C cooked rice or bulgur  
 2/3 C milk  
 1/4 C brown sugar  
 1 T butter, melted

1 tsp ground cinnamon  
 2 bananas, peeled & sliced  
 2 C fresh (or frozen) blueberries

Preheat oven to 350. In a bowl, combine the rice or bulgur, milk, brown sugar, butter & cinnamon. Add the fruit & mix gently. Transfer the mix to an 8" square baking pan, & cover with foil. Bake 30 min. Let cool slightly before serving. Serve w/ yogurt or ice cream.  
 Serves 4 *from Vegetarian Times cookbook*

## *Zucchini Cups Filled with Radish Slivers*

2 Sm Zucchini (about 1x6)  
 6 radishes  
 3 T vegetable oil  
 1 T fresh lemon juice  
 salt & fresh ground pepper  
 pinch of cayenne pepper

Wash zucchini & trim ends with straight cut, so each can stand on end. Cook in boiling, salted water til tender. Drain & refresh in cold water; dry well. Cut in 1/2 crosswise so each can stand on end. Cut again in 1/2 w/ diagonal cut; this will give you 4 pcs. Scoop out seeds from diagonal end to form a cup w/ straight bottom as base. Salt & pepper each cup. Shred radishes. Combine oil & lemon juice, salt & pepper & mix into radish. Fill each cup to overflowing. Serves 4  
*from Vegetables...Artichokes to Zucchini*

## *Radishes ala member Reva Basch*

"..I melted some Mango-Ginger Stilton from Trader Joe's onto slices of dark bread, then thinly sliced radishes on top, and salted lightly. Really, really good, and just about any cheese would work!"

## News from the Field

Hello Winter Green Community Farm members!

It seems as though we have finally turned the corner, full swing into summer! Many of the crops that were suffering a bit due to either the late spring rains, or the extremely hot early season temps, have recovered and are looking more vibrant. The squash plants are full and lush, and the tomatoes are climbing their vines, with lovely, yellow blossoms aplenty. The corn seems to have grown inches over the weekend! The icing on the harvest cake today will be the pint of blueberries in every box!

We do have a few issues out in the fields. We are a bit disappointed with the strawberry harvest right now. The late spring rains caused many of our June flush of berries to rot and mold in the field. We spent many hours going through each row, to pick out the offending berries. Now the patch is clean and we await the next round, which seems to be coming on nicely. The berries will be given out as they ripen, albeit slowly, but you will all receive your promised amount. With the blueberries beginning to burst on the scene, you should all have some of one or the other each week.

We know last week's bunch of carrots was quite large, but from now on, you will receive smaller bunches, as requested in the end of season survey last year. The carrots will last even longer in the fridge if you cut the green tops off before storing. Several members requested more recipes that include radishes, so I found a few more to give you this week.

I would like to remind you about the procedure, as far as picking up your boxes. Make sure that you call the farm, at least 24 hours in advance, if you would like to either donate or receive a credit for your share. If you are going to be late, or not able to pick up your box before 7pm, you will need to call your site host, as soon as you can. Each of you should have received a fridge magnet, with your site host information on it. If you did not receive one, and need your site host contact info, please let me know.

Many of you receive your box notes via email. If you would like to receive a hard copy at your site, please let me know. I send only enough box notes to accommodate members who want a hard copy, and if you take one, even though you have requested an email version, then someone at your site will not receive their copy. You can receive it both ways if you like, just let me know!

Our feature veggie this week is *Broccoli!* I have included a recipe and storage tips, and if you would like to read about the history of Broccoli, check out the box note (July 26, 2005) archived on our website or let me know and I will send you a copy of it.

This week, our Farmer Profile is about **Sara Bruce**. Sara is spending her 6<sup>th</sup> season on the farm this summer. She was born and raised in Veneta and has been involved in Winter Green Farm since her elementary school days, when her father taught at the Noti Elementary School and took field trips to the farm. Noora Via, raised here on the farm, has been Sara's best friend since middle school.

Sara is a recent graduate of the University of Oregon, graduating with a degree in Sociology, as well as a minor in Spanish. She was able to spend one term studying abroad in Spain, living with a host family, and taking all of her classes

in Spanish. She was then able to travel for a month, with her brother, through out Europe. She found that the trip, and her total immersion in the culture, helped her to gain a new perspective of a broader worldview. She also spent a term last winter working on a farm on Maui, through the WWOOF (World Wide Opportunities on Organic Farms) Program. She helped to establish the gardens there, while helping to harvest pineapples, coconuts, and other fruit to stock the Hana Highway smoothie stand the farm operates.



Sara began working on the farm when she was 16 yrs. old. She found her first summer to be peaceful and grounding, and has been back every summer since. She feels it's such wholesome work to do and even after a long, hard day, when she is hot and tired, it's still feels worthwhile. Her early years found her picking blueberries and strawberries, hoeing and weeding. She then began harvesting for the CSA and markets, and now does that exclusively, as well as helping to run the Bend Farmers' Market stand each Wednesday.

**Linda:** What is your favorite job on the farm?

**Sara:** I love harvesting. I enjoy the process of watching the plants grow, seeing the bounty of the farm, and then harvesting, washing all the veggies, and seeing the full CSA boxes, and the members and customers at market being so happy with our food.

**Linda:** What are your plans, now that you're finished with school?

**Sara:** I will work this season on the farm and then I hope to travel this winter...go someplace warm, where hopefully I can use my Spanish speaking skills.

**Linda:** What is your least favorite job on the farm?

**Sara:** Working in the rain, when it's really cold and my feet are wet, my boots are slimy, and I shiver all day long! Yuck!

**Linda:** If you could be any piece of farm equipment, what would you be?

**Sara:** I think I would be a forklift...then I could spin around in circles really fast!

**Linda:** What is your favorite book so far?

**Sara:** So far it's *The Mists of Avalon* and *The Fifth Sacred Thing*.

Hope you all enjoy your veggies this week!

Linda and the Winter Green Farm family

**Winter Green Farm 89762 Poodle Creek Rd Noti, OR 97461 Phone: (541)935-1920**

**Fax: (541) 935-3615 [folks@wintergreenfarm.com](mailto:folks@wintergreenfarm.com) [www.wintergreenfarm.com](http://www.wintergreenfarm.com)**