



Winter Green Community Farm

July 11th & 12th

2006

Swiss Chard

This Week's Harvest

(Subject to variations)

Swiss Chard

Lettuce
Beets
Radishes
Carrots
Zucchini
Green Onions
Strawberries
(some sites only)
Blueberries

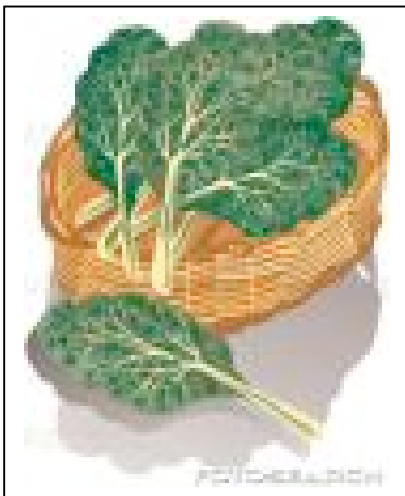
- ♣ *Swiss Chard* keeps best unwashed & wrapped in a damp towel or plastic bag. Store the drawer of your fridge. Wash before use to remove any soil or insects. Cut celery-like stems away from tender leaves (use stems in soup stocks!) or chop & use entire leaves, including stems.
- ♣ To cook chard, steam for 8-10 minutes or boil for about 3-5 minutes. Greens brighten in color when nearly cooked & should not be over cooked to preserve flavor and nutrients. Add to soups or casseroles or serve steamed, tossed with butter, garlic, & just a bit of lemon juice.
- ♣ Wash green onions under cool running water just prior to use. Remove root ends & any excess soil, and peel off the outer skin. Store in plastic bag in fridge for up to five days.

Swiss Chard and Onion Omelet

3 T olive oil
1 LG onion, quartered & sliced thinly crosswise
1 bunch chard leaves, chopped
1 garlic clove, minced

6-8 eggs, beaten
2 T each, chopped
parsley, basil, thyme
1 C gruyere (swiss), grated
2 T parmesan, grated

Heat 2 T oil in 10" skillet. Add onion, cook over low heat, stirring occasionally, til soft but not colored, about 15 min. Add chard & cook, stir occasionally, til moisture is cooked off & chard is tender, about 15 min. Season well with salt and pepper. Combine garlic, herbs, & gruyere w/beaten eggs. Stir into chard mix. Heat remaining oil in skillet & when hot, add egg mixture. Cook til eggs are set but moist on top. Sprinkle Parmesan on top. Broil 4-6 min. or til browned but watch carefully. Serve in pan or on plate.
Serves 4-6 *from Vegetarian Cooking for Everyone*



Delicious Greens!

4 slices bacon, snipped w/scissors into a fry pan on medium heat
3-5 C swiss chard, chopped
1/2 C green onions, sliced
1-2 garlic cloves, minced

Saute & stir til bacon is browned & most of fat is liquid. Drain fat & return to pan. Add chard. Cover w/tight fitting lid & turn off heat. Let sit for 5 min., open & stir well. Add 1-2 tsp of your favorite vinegar. Serve at once. There won't be any leftovers!

Submitted by member and site host Marsha Johnson

Blueberry Yogurt Pie

Crust
1/3 C butter
1/4 C sugar
1 egg
1 C unbleached white flour
1/2 tsp baking powder

Filling
2 eggs
3 T sugar
1 C plain yogurt
3 T fresh lemon juice
1 tsp vanilla extract
2 C blueberries

Butter & flour 9" pie pan. Preheat oven to 350. Cream butter & sugar. Add egg and blend well. Combine flour & baking powder & mix into wet ingredients to form a soft dough. With flour-dusted fingers, pat sticky dough into bottom of buttered pan. Push dough up to cover sides of pan. Refrigerate for at least as long as it takes to make filling. Mix all filling ingredients, except blueberries, til smooth. Put berries into pie shell & gently pour in filling so berries are coated & evenly distributed. Bake for 50-60 min. until crust is browned & custard has set. Chill well.
Serves 6-8 *from Sundays at Moosewood Restaurant*

News from the Field

Hello Winter Green Farm Members!

It was overcast and cool as we headed out to the fields this morning. A change of pace from all of the glorious sunshine and warmth this past week-end. We all seem to be getting into the rhythm of the harvest at this point. Everyone has a good idea of where to go and what they will be harvesting, and the jobs are accomplished with confidence and speed. The crews have been established and since we all go our separate ways throughout the day, we look forward to lunch, when we can reconnect and share our weekend tales and work day anecdotes. We take turns bringing the "snack wagon"...treats for all to indulge in at lunch break. It's always fun wondering what goodies will be unveiled each day!

I am happy to let you know that the time has come to start placing your orders for flats of berries! We will most likely be able to start filling orders in the next week or two, and orders will be filled on a first come, first serve basis. The costs will be \$28/flat for Strawberries and \$30/flat for Blueberries. Just email or call me at the farm and I will put you on the list.

This week, I would like to make a special request of the members who are sharing boxes. If you are sharing your box, please mark your box with your sharing partners name, if you pick up only half the share. There seems to have been some confusion with full share members picking up half a share. Marking the box with the sharers name should eliminate that from happening. Thanks!

This week's feature veggie is **Swiss Chard!** Alas, you will see more of the cucumber beetle damage on the delicate leaves. We have picked the best ones for you and they should be delicious, even with the little holes here and there. If you would like to learn more about this versatile vegetable, as well as discover additional recipes, check out the archived box notes on our website (June 21, 2005) or let me know and I will send you a copy.

Our Farmer Profile this week will feature

Rob Nicholson. Rob is working for his second year on the farm, but will not be with us too much longer. He departs the farm at the end of this week to get married! (Sorry ladies!) Originally from Skowhegan, Maine, Rob graduated from Tufts University with a degree in Geology. After working for a few years with the US Geological Survey in the San Francisco Bay area, he then hiked the Appalachian Trail from south to north. He moved to Eugene, after completing his Master's Degree in Geology at the University of Alaska, in Fairbanks.

Rob got the inspiration to work here on the farm after being a member in 2004. He wanted to work outdoors and had always had an interest in gardening, so he called the farm and asked for a job. His most regular job on the farm is delivering our CSA boxes to Portland every Friday. Otherwise, you can find him harvesting and processing for the CSA, picking strawberries, hand cultivating, performing various projects around the farm, or napping in the hay loft (I've never seen him up there!). He knew he would enjoy working on the farm, but had no idea about the scale of operations here, the labor or management involved. He is going away with a new perspective and appreciation for all that is involved in growing our food.

Right now he spends much of his leisure time preparing for his wedding, but when he's not checking something off of that list, he likes to cycle and play ultimate Frisbee. He enjoys cooking (he makes yummy desserts!), brewing beer and making interesting wines.

Most people plan a honeymoon trip after the wedding and Rob and Heather have something special arranged. Heather has taken a research position (she also has her degree in Geology, specializing in Volcanology) at the Monash University in Melbourne, Australia! They will be moving there in August to spend the next 3 years. Rob isn't sure what he will do once he gets there, but he thinks he would like to possibly find a job in a winery. He is also considering a teaching position, hoping to work with elementary school age children.



Linda: What's your favorite job on the farm?

Rob: I actually have several...I like transplanting. I like to sit on the transplanter, and get in the rhythm and zone of it. I also like to do the Basil processing. Being able to do deliveries gives me a break for the day.

Linda: What's your least favorite job?

Rob: Picking strawberries! Kneeling on the hard ground and black plastic, is really hard on the knees, and if it's hot, down right hellish!

Linda: Do you feel that working on an organic farm has changed you in any way?

Rob: Well, I'm more tan than I used to be!

Linda: What don't we know about you that you think we should?

Rob: I used to be an exotic dancer in Portugal....No, actually, that isn't true...there are NO secrets on the farm!!

Linda: What is your favorite bumper sticker?

Rob: One of my favorites is "In case of rapture, this car will be driverless!"

Linda: What is your favorite guilty pleasure?

Rob: Chocolate...lots of chocolate.

I think I can speak for everyone when I say that we will all miss Rob here on the farm. ! He was wonderful to work with, always happy, with a very subtle sense of humor, and would surprise us all with his thoughts at one time or another. We wish him a safe journey and look forward to tales of his adventures...down under!

Enjoy your veggies this week! Linda and all the farmers!

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