



Winter Green Community Farm

July 18th & 19th

2006

Napa Cabbage

This Week's Harvest

(Subject to variations)

Napa Cabbage

Lettuce
Beets
Carrots
Zucchini
Cucumbers
Walla Walla Onions
Blueberries
* *Some Sites Only* *
Cherry Tomatoes
Broccoli
Cauliflower
Green Onions
Strawberries

- ♣ **Napa Cabbage** will store well in plastic in the drawer of your fridge for up to 2 weeks. Before eating, remove outer leaves, cut off the stem end, and halve the head for easier handling.
- ♣ You can use Napa cabbage raw or cooked, just like regular cabbage (although it cooks faster!) Chop or grate it raw and add to salad or slaws. To steam, chop coarsely and steam until the leaves turn bright green. It is an excellent addition to stir-fries or serve simply steamed with garlic, lemon and butter. Try it thinly sliced in homemade egg rolls or sushi rolls.
- ♣ Bulb onions will store for several months in a cool, dry ventilated place. Warmth & moisture will cause sprouting. Store cut onions in the fridge in an airtight container to avoid transference of flavors to other foods. Use as soon as possible.
- ♣ **As the warm weather crops slowly come on, please understand that if you don't receive a certain veggie this week, you will certainly receive your promised amount as the season progresses! Thanks for your patience!**

Sukiyaki

4 T oil or butter
2 lbs. Tofu, sliced or cubed
10-12 shiitake mushrooms
Assortment of fresh veggies:
Sliced and arranged on platter
Bamboo shoots or burdock root
Carrots, snow peas, string beans,
Spinach, Beet tops, radish, onions,
Napa cabbage, bean sprouts etc.....

Sauce
1/2 C shiitake mushroom soaking water
1/2 C soy sauce
1/4 C honey

Slice veggies and tofu. Arrange in separate piles on platter. Preheat skillet to 350 degrees. Saute tofu in oil til browned. Push tofu into a pile in skillet. Now put a pile of each kind of veggie in skillet & pour enough of sauce in to cover the bottom of skillet. Cook over med. heat for about 5 min., occasionally turning ingred. with chopsticks gently - taking care not to mix piles together. Serve directly from skillet onto plates by using chopsticks (or fork!) to take a little of each veggie. Sukiyaki is usually served with plain rice.

**The veggies used can always vary according to what is in season.

from Kathy Cooks (Kathy Hoshijo)

Napa Cabbage Soup with Cucumbers

4 dried Chinese mushrooms
1 T vegetable oil
1 T sesame oil
1 chicken breast, boned, skinned & thinly sliced
1/2 C green onions, sliced thin
1/2 C celery, finely chopped w/leaves
1/4 C bamboo shoots, sliced thin
2 C Napa Cabbage, finely shredded

from Artichokes to Zucchini cookbook

1 garlic clove, chopped fine
1 tsp fresh ginger, grated
1 T soy sauce
2 T dry Sherry
6 C chicken stock
1 C water
1 tsp Chinese sesame oil
1 SM cucumber, peeled, sliced thin

Wash mushrooms and soak in warm water to cover for 1 hour. Drain & slice: set aside. Heat 1 T each of veg. Oil & sesame oil in LG saucepan & sauté chicken for 2 min. Remove chicken & set aside. In same saucepan, sauté green onions, celery, bamboo shoots, cabbage, & garlic for 2 min. Add ginger, soy sauce, Sherry, chicken broth, & water. Transfer chicken to soup pot. Bring soup to fast boil, lower heat & simmer 5 min. Add soaked mushrooms & simmer for 2 min. Stir in 1 tsp sesame oil. Serve in individual bowls & garnish w/cucumber slices.

Beer Batter Onion Rings

1 1/2 C flour
1 1/2 C beer
4-5 LG onions
4 C vegetable or corn oil
popcorn salt

Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature for 3 hours. Slice onions into 1/4 inch rounds and separate into rings. Heat oil to 375 degrees. Dip onion rings in batter, a few at a time, then immerse in hot oil and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. Serve hot. Makes 4-6 servings

from Asparagus to Zucchini cookbook

News from the Field

Hello Winter Green Farm family,

Sometimes I think I have to be one of the most fortunate beings on this great earth! I have the privilege of rising with the sun, wearing whatever I like, driving a short distance, and picking some of the most beautiful vegetables I have ever seen! I munch on the ones that just aren't good enough for you, and bundle the ones that are with tender, loving care. I surrender under the vast, blue sky, watching the birds hover above and feel as such a tiny, although significant, part of this existence.

Life on the farm is quite busy these days. We are at the height of blueberry season. With the four farmers markets and our CSA, we can hardly pick them fast enough! The blueberry pickers are in the field first thing and the sorting/packing room is awash with activity. We have been sprucing up the processing room for the first basil harvest and will soon be processing the basil for our pesto clients. We have also begun harvesting the garlic and we all look forward to the braiding potluck.

The feature vegetable this week is the **Napa Cabbage**. Also known as Chinese Cabbage, this versatile veggie shows up in many Asian dishes, as well as cold salads. Look in our archived box notes on our website for more information and recipes (July 16, 2004), or let me know if you aren't able to access the site and I'll send you the box note.

This week **Jeff Fitzwater** will be our featured farmer. This is Jeff's first season on Winter Green Farm. He's a lonesome traveler and ruck-sack warrior from the great, misty Pacific NW Olympic Peninsula town of Port Angeles, Washington.

Jeff found his way to the farm by way of Bend, where he spent time teaching snowboarding at Mt. Bachelor, and heard about the farm from a co-worker. He likes to try new things and thought it would be interesting to learn about organic farming. He has spent some time working on a fire crew in the Olympic National Park, as well as a summer on the trail crew there.

Jeff decided to study Chinese at Peninsula Community College, and after 2 years of study, became interested enough to travel to China to study for four months at the Guilin University of Electronic Technology.

Linda: What do you do on the farm, Jeff?

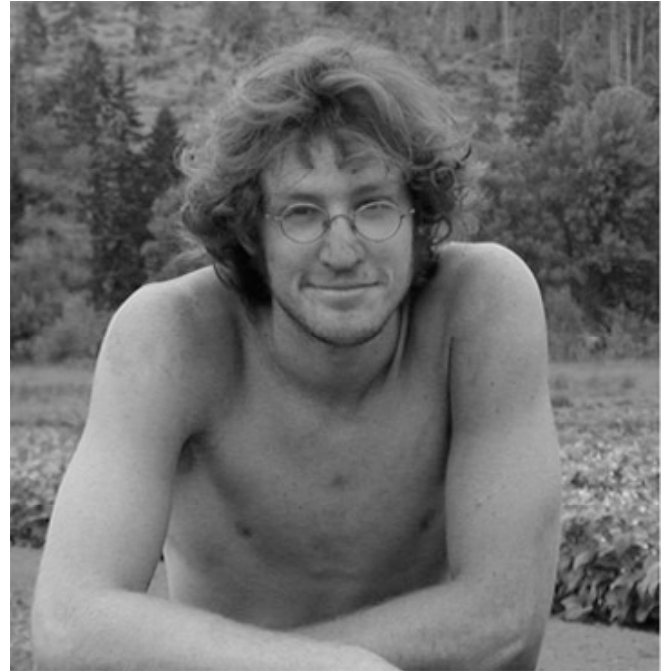
Jeff: I do the Aqua-boogie...I make rain and rainbows. I have millions of children here. I'm the irrigation guy and I make sure all is happily watered.

Linda: Do you like what you do?

Jeff: I do. I didn't realize the level of responsibility I was undertaking and I find it a bit daunting at times. Things don't go right all the time...more like, nothing goes right, all the time! It's been great, though, because I'm not a very mechanical guy, and this is a very mechanical job, so I have had a chance to

improve on those skills. It's been a huge growth period for me!

Linda: What was it like, going to and living in China?
Jeff: Whew...that's not easy to describe. I had very mixed feelings. I arrived in the middle of the night, it was hot and humid, the taxi driver had a problem with his voice, so not only was he speaking another language, it was very hard to understand what he was saying. We drove through the city, on the edge of SW rural China, and even at that hour, there were people playing cards on the sidewalk, charcoal grills going, pigs running around, hookers...I forgot everything I had learned and the first two months were really hard. There was nothing comfortable about it...no comfort food, no comfort TV, or clothes...totally out of my element. It was a good thing though, and has really affected my life. Taught me to step out of my comfort zone...expand my limits.



Linda: What are some of your hobbies?

Jeff: I like drinking tea and slipping into the cracks of cave walls.

Linda: If you could travel anywhere, where would you go?

Jeff: I would probably like to get dropped out of a helicopter somewhere in the Andes...seems like a good place to start.

Linda: What's your plan for the future?

Jeff: I am going to travel to the east coast in October, to live in New York for the winter. Thought maybe I could be a bike courier or work in a restaurant or a shipyard, and maybe catch a boat back to China.

Linda: What was the one thing your elders always told you that you have found to be true?

Jeff: Keep it simple stupid!

Hope you all enjoy your veggies this week!
Linda and all of the Winter Green farmers