



# Winter Green Community Farm

July 25<sup>th</sup> & 26<sup>th</sup>

2006

## This Week's Harvest

(Subject to variations)

### **BASIL**

Lettuce  
Carrots  
Zucchini  
Cucumbers  
Green Onions  
Broccoli  
Blueberries  
**\*\*Some Sites Only\*\***  
Cherry Tomatoes  
Tomatoes  
Green Beans  
Cauliflower  
Eggplant  
Peppers  
Strawberries

- ♣ Remove **Basil** leaves from stem. Wrap in damp towel and store in fridge. Wash gently before using. Fresh basil deteriorates quickly, so use promptly.
- ♣ For longer storage, make small bundles and hang to dry. Make and freeze pesto, or freeze fresh leaves in a zip-lock (remove air, seal, and freeze). Toss whole leaves into salad or pasta, layer leaves on sandwiches and pizza, chop and sprinkle into salad dressings, soups, potatoes, eggs, and pasta dishes.
- ♣ Clean summer squash by rinsing or wiping with a damp cloth (peeling is not necessary). Store in fridge in a closed plastic bag to prevent dehydration. Use within a few days of harvest.
- ♣ Fresh green beans taste best when eaten soon after harvest. They will stay fresh for up to one week refrigerated in a plastic bag. Remove stem end and cook whole: beans will retain more nutrients if uncut. Cook beans in boiling water for 5-10 min. Watch as beans brighten in color and become tender, but not soft. Cook less for chilled bean salads.

## *BASIL*

### *Pesto Genovese*

2 1/2 C Basil, firmly packed, chopped  
2 LG garlic cloves, pressed  
1/2 C pine nuts, walnuts, or almonds, chopped  
1/2 C Parmesan cheese, freshly grated  
1/2 C olive oil  
salt and pepper to taste

Whirl basil, garlic, nuts and Parmesan in blender or food processor until well mixed. Then add olive oil in a slow, steady stream until a smooth paste is formed. Drop a dollop of pesto on each serving of hot pasta & top with chopped tomatoes & extra grated Parmesan. Spread on a slice of Italian bread or in a pita with lettuce and tomatoes.

Serves 6

*from New Recipes from Moosewood Restaurant*

### *Tofu Pesto*

2 Med tomatoes, chopped  
6 garlic cloves, pressed  
4 C Basil, firmly packed, chopped  
1 C olive oil  
1 1/2 C almonds, chopped

1 1/2 cakes of tofu, pressed, cubed,  
& blanched  
1 tsp salt  
1 T miso  
1 T fresh lemon juice

Puree the tomatoes and garlic until smooth in a blender or food processor. Add the basil and olive oil and blend. Add all of the remaining ingredients and puree until sauce is smooth and creamy. Serve over pasta or slices of Italian bread.

Serves 8

*from New Recipes from Moosewood Restaurant*

### *Basil Zucchini Pasta Salad*

3/4 lb. Orzo or alphabet pasta  
4 Med zucchini  
1 tsp salt  
2 1/2 C fresh Basil  
1 garlic clove

1/2 tsp oregano  
1 C olive oil  
1/4 C lemon juice  
1/4 C Parmesan cheese

Cook orzo or alphabet pasta in water or seasoned stock. Drain and cool. Grate zucchini into a colander and sprinkle with salt. Let sit for 10 min. and squeeze dry. In a food processor or blender, blend fresh basil, garlic, oregano, olive oil, and lemon juice. Mix everything together with Parmesan cheese. Chill.

*from One United Harvest cookbook*

## News from the Field

Hello Winter Green Farm family!

Do we really still live in Oregon?!! The temperatures this weekend had us all running for some sort of shade or running water source. Special thanks to our Hydration Manager and all else who helped to keep the water cooling and sustaining our crops! This week, as the Garlic Braiding Potluck draws near, I am turning over the newsletter to Jeanne Marie Spilker, who has helped to spearhead this year's crop:

This weekend is our annual garlic braiding potluck. Those who do not attend the potluck will receive their garlic within the next few weeks. This year's crop was a delight to bring in from the field. As many of you may remember, the past years crops have been plagued with rot and mold. Some of us here at the farm were beginning to feel discouraged about growing garlic, as the wet, cool climate has made it a challenge to keep the garlic dry during curing. Jabrila and I had discussed taking a year off from garlic production in order to trial new varieties and experiment with new techniques in order to stave off the constant problems with the mold and rot.

Originally, we planned to tell members they would not receive any garlic this year, while we conducted experiments and tried to solve the problem. However, the trials have been such a success we can now not only collect seed for future years, but offer you some garlic bulbs as well.

Late last summer, when the time came to begin planning for next years garlic crop, I was feeling discouraged because of the consistent problems we have had here at the farm with *Botrytis* (commonly known as gray mold.) My first step was to collect some of the diseased bulbs and send them off to our agricultural extension agent. Here I received a diagnosis of the disease and the dismal news that once gray mold is present in the soil, it is very difficult to get rid of.

Although discouraged, I began talking to other garlic growers about their experiences and discovered that most people were successful, despite the cool, wet springs that I was blaming for our problems. In fact, two neighboring farmers were able to grow great garlic consistently with similar weather conditions. It seemed that the problem was in our soil. This problem was solved by our crop rotations system. It was just my luck that most of our fields at the home farm would be in pasture during 2006 and the Community Farm crops would be in a field on Sheffler Road, about two miles away. I talked to a neighbor, Al Dong, who also has a farm on Sheffler Road, very near our field and discovered that gray mold was not a problem for him. I began to gain optimism about the situation and set to ordering seed.

It was very important that we find seed with no trace of the disease we were battling. Consequently, we ordered from Filaree Farm in northern Washington. The folks there were very knowledgeable and have been in the garlic seed business for many years. They were able to suggest varieties that were known to tolerate a moist climate and have few problems with rot. I chose four varieties from them to trial. I then ordered a variety from a neighboring farm, Creative Growers, because of their success with it in the Noti area.

Next the field preparations began. We decided to try raised beds with some of the garlic to see if it would improve drainage. We amended the soil with kelp meal and lime. Kelp meal contains trace minerals which increase the plant's overall health and therefore disease resistance. Lime corrects soil ph to create ideal growing conditions. Soon the field was beautifully tilled and the fluffy raised beds were ready with their amendments in place. It was now time for our crew to poke the tiny slivers of garlic into the ground.

After planting day, the garlic was mulched with oat straw to help control weeds. Then, all we could do was wait. Winter came and the field flooded. Rivulets washed some of the seed away and disturbed the mulch layer, but most of the small plants were hardy enough to withstand the flooding. By spring, we were back in business, though the raised beds had lost their shape completely. As the weather started to warm, Chris Overbaugh began supplementing with foliar sprays. He began with fish and kelp sprays. Fish emulsion is very high in nitrogen, thus giving the young plants a burst of foliar growth. By April, he was spraying compost tea and kelp meal to encourage the tiny bulbs to form.

As spring turned to summer, we were very careful to keep the garlic as dry as possible. Summer rains can be detrimental to the curing garlic and we concentrated on keeping neighboring irrigation lines from hitting the drying bulbs. I became more and more anxious as harvest time drew near. Would the rot be there again? Would the crop fail or thrive?

Finally, the day came for harvest. As we made our way down each row, I became filled with relief. The garlic was beautiful, healthy, and free of mold! Each variety was carefully separated and laid to dry in the barn for observation and analysis. We now must select our favorite, based on size, vigor and harvest date. We will continue to select a few "softneck" varieties for garlic braiding. Although less hardy than the "hardneck" varieties, we want to continue to offer our members the garlic braiding experience in years to come. We hope to see you all on Saturday, and hope you enjoy your garlic!



*Jeanne Marie Spilker is spending her 3<sup>rd</sup> season here on the farm. After growing up in eastern Oregon, she completed her degree in Anthropology at the U of O. Her numerous talents on the farm include Safety Committee Chairman, management of our Basil Processing, Transplant Coordinator, Pack-Out Room Manager for Community Farm, Friday Eugene delivery woman, as well as over-seeing several other farm crops.*

### ★ REMEMBER ★

#### Garlic Braiding Potluck

This Saturday, July 29<sup>th</sup>, from Noon – 4pm

Potluck from noon-1pm, braiding, hay rides, and farm tours to follow

**Please come enjoy the day with us!**

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