



Winter Green Community Farm

August 1st & 2nd

2006

This Week's Harvest

(Subject to variations)

New Potatoes

Lettuce
Green Beans
Beets
Walla Walla Onions
Broccoli
Cucumbers
Zucchini
Parsley
Some Sites Only
Tomatoes
Cherry Tomatoes
Eggplant
Peppers
Spinach
Salad Mix
Strawberries

New Potatoes

- ♣ Wash your *Potatoes* just before you use them. Store them in a dark, dry place (exposure to the sun causes the creation of solanine, a naturally occurring toxin). Don't refrigerate. Store them separately from onions, which give off a gas that accelerates the rate of decay. No need to peel organic potatoes! Most nutrients are close to the skin. You can boil them in water for 20-30 min., add butter, salt, & pepper. Add to soups 20-30 min. before finished.
- ♣ Eggplant is best when it's fresh. Store un-refrigerated at a cool room temperature, or in a hydrator drawer of the fridge for up to 1 week. Eggplant can be peeled, but it's not essential. To remove any acrid flavors & excess moisture, lightly salt slices and allow them to sit in a colander for 10-15 min. Gently squeeze out any liquid. Eggplant should always be cooked to eliminate solanine, a natural toxic substance.
- ♣ 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.
- ♣ Wrap parsley in a damp towel or place upright in a container with an inch of water and refrigerate for short term use. Toss in a salad with other greens or add towards the end to stir-fries, soups or stews.

Herbed New Potatoes

1/2 lb. Green onions
1 lb New Potatoes
2/3 lb sugar snap peas

1-3 T fresh cilantro,
mint, or dill, chppd.
Butter
Salt & Pepper to taste

Trim stems from onions, leave a little of root end on. Combine w/potatoes in pot w/water to cover. Bring to low boil: cook til nearly tender, 10-12 min. Add peas: boil til just tender. Drain & toss w/herbs, butter, and salt and pepper to taste.
4-6 servings

from MACSAC cookbook

Gateau de Pommes de Terre (Potato Cake)

8-10 New Potatoes, sliced thin
1 LG onion, sliced
2 bay leaves
1/4 C olive oil
1/2 lb Swiss cheese, grated

1/2 tsp ground nutmeg
salt to taste
lots of coarsely ground pepper
1/4 C fresh basil, chopped
(or 2 tsp dried)

Toss potatoes, onion, & bay leaves in olive oil in a bowl. Spread them on baking sheet, cover w/aluminum foil, & bake at 350 for 20 min. Remove foil & bake 10-15 min, until potatoes are fully cooked. Mix together cheese & seasonings. In oiled 9" round baking dish, layer potatoes w/cheese mixture, ending w/cheese sprinkled on top. Cover dish & bake 15 min. at 350 til cheese is melted & bubbling.
Serves 6

from Sundays at Moosewood Restaurant

Armenian Green Beans

2 T vegetable oil or butter
2 C onions, chopped
3 C green beans, whole or
cut in half
4 Med tomatoes, chopped

3 T fresh lemon juice
1/8 tsp dried thyme
1/4 tsp dried marjoram
1/4 tsp dried basil
salt and pepper to taste

Saute the onions in the oil or butter until translucent. Add the beans and cook about 5 min., stirring frequently, until they turn bright, shiny green. Stir in tomatoes, lemon juice, herbs, and spices. Lower the heat and simmer, covered, 10-15 min., until the beans are tender and the flavors have married. Stir occasionally to prevent sticking.
Serves 4-6

from New Recipes from Moosewood Restaurant

News from the Field

Hello Winter Green Farm members!

This morning's harvest was a bit on the chilly side, at least compared with the past two weeks of hot weather. Walking through the fields, the dew collected on our shoes and pant legs, and our fingers were mighty glad when the sun crested the hill and warmed us up. The birds sure seemed to enjoy the cooler temps, and serenaded us all with their joyful songs.

The Garlic Braiding Potluck was not as well attended as we had hoped, but those who joined us enjoyed the culinary delights set upon the table, along with hay rides and "hand to mouth" gleaning of blueberries. The garlic braids created were beautiful and I think everyone explored their artistic side fully. Those of you who did not attend will receive your share of garlic next week. We grew and harvested enough garlic to supply 15 heads per member and they look great!

We are sad to report that we will not be harvesting blueberries any longer. The heat that we experienced the past two weeks took a huge toll on our crop. It appears that we are not the only farm that has been affected. The Capitol Press, the NW's Ag Weekly, has reported that most of the farms in Oregon, Washington, and California were hit hard, and what had looked promising as a record breaking year, has ended up quite differently. We are hoping to fill all of the bulk blueberry orders we have received, but it will be a challenge. We will not be taking any more orders this season. Thank goodness we have everbearing strawberries, which still look good and, with luck, should keep producing through September.

This week we would like to introduce, for our farmer profile, Myra Klote. This is Myra's first season on the farm. She is a native Oregonian, and grew up in Eugene. She graduated from Willamette High School, and attended Lane Community College, studying with the Graphic Design Program. She is a very talented artist who loves drawing and painting wildlife and fantasy art, using airbrush, acrylic, and watercolor mediums.

Myra has three children: Tonanzin aged 14, Reahana aged 10, and Azariah, aged 7. She lives in Low Pass on 18 acres of land bordering BLM land. She enjoys hiking the properties, "stalking nature", listening and observing the wildlife to get inspiration for her artwork. She is working towards being as sustainable as she can be.

Myra also plays several instruments. She enjoys the guitar most and plays both electric and acoustic. She likes finger picking and can play Funk, Jazz, Blues, Rock and Reggae, as well as write her own songs.

Myra heard about Winter Green Farm from a friend who worked here previously. Her Grandfather was a farmer, and she felt inspired to work outside and with the earth. She spends much of her time on the farm harvesting and processing for the CSA, weeding and transplanting.



Linda: *Of all of the various jobs you do on the farm, which is your favorite?*

Myra: *Processing the blueberries...I find it very meditative and also, you can talk and laugh A LOT while you work, and the time goes really fast. We have a close crew in the blueberry room. I like the Basil Processing too. It reminds me of when I used to bake at Humble Bagel and Bagel Sphere.*

Linda: *What else would you like to be doing?*

Myra: *I would like to set up a roadside art stand on weekends. Then maybe I could sell my artwork.*

Linda: *Of all of the animals you paint, which is your favorite and why?*

Myra: *I think the Wolf is my favorite. I like the social structure of the Wolf clan. There are no orphans. They all take care of each other. I also like birds of prey. My neighbor has goats, so I have been influenced by them lately and am working on a "Goat" cartoon. Hope you all enjoy your veggies this week!*

Linda and all of the Winter Green farmers