



Winter Green Community Farm

August 8th & 9th

2006

This Week's Harvest

(Subject to variations)

Eggplant

(Some sites only)

Lettuce

Red Onions

Carrots

Broccoli

Tomatoes

Green Beans

Zucchini

Cucumbers

Basil

Strawberries

Some Sites Only

Cherry Tomatoes

Peppers

Eggplant

- * *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 naturally occurring toxic substance.
- * Red Onions taste best when eaten fresh. You can extend their storage by refrigerating them, but they should be eaten in about a month. Warmth & moisture will cause sprouting. Raw onions provide the most health benefits. To enjoy raw flavor with a little less bite, boil onion slices for less than a minute, then remove from water and enjoy. Chill onions in fridge or wash under cool running water to reduce eye irritations during cutting.
- * Store Garlic in a cool, dry, well ventilated place for up to several months. Do not refrigerate unless storing unpeeled cloves. For easy peeling, press garlic cloves firmly against a cutting board with the flats side of the knife, then mince, slice or press. Eat garlic raw or minimally cooked for pungent flavor and greater medicinal benefits. Long cooking mellows garlic's strong flavor.

Deluxe Veggie Casserole

1 LG eggplant	4 LG tomatoes,
2 T salt	cored, blanched,
2 Med Zucchini	peeled, seeded &
8 T butter (1 stick)	cubed
2 Med onions,	1/4 C fresh basil,
coarsely chopped	chopped
3 stalks celery,	2 T fresh thyme, or
chopped coarsely	1 tsp dried
2 green peppers, cored,	fresh ground pepper
seeded, & chopped	1 1/2 C breadcrumbs
6-8 eggs	2 T oil

Wash & dry eggplant. Cut off & discard ends. Cut into 3/4" cubes. Place in colander & sprinkle w/salt. Wash & dry zucchini. Cut in 1/4 lengthwise & into 3/4" cubes. Add to the eggplant in colander, toss together, & allow to drain for 1 hour. Melt 4 T butter in LG saucepan & cook onions for 5 min. or until soft. Add garlic & cook 2 min more. Add celery, peppers, eggplant, zucchini, tomatoes, basil, thyme, and pepper. Stir & cook over high heat for 5 min. Use 2 T butter to grease 8X12X2" baking dish. Sprinkle bottom w/1/2 C breadcrumbs. Fill dish w/veggie mixture. Top w/remaining 1 C breadcrumbs & dot w/remaining 2 T butter & the oil. Bake, covered, in preheated 400 F oven for 30 min or until veggies are cooked & bubbling. 10 min. before end of baking time, remove from oven & break eggs into dish, spacing as evenly as you can. Return to oven & cook til eggs are set & veggies tender. *from Vegetables...Artichokes to Zucchini*



Fennel and Red Onion Salad

1 bulb fennel	1-2 T olive oil
1 Med red onion	Juice from 1 lemon
1 head of lettuce	Salt & white pepper to
1 T fresh cilantro, chopped	taste

Separate fennel bulb from stem. Thinly slice lengthwise, making slivers. Slice red onion lengthwise in slivers as well. Arrange lettuce on 4 individual plates. Top w/fennel, red onion, & cilantro. Sprinkle w/salt & pepper. Drizzle w/oil & lemon juice. Serve at once.

News from the Field

Hello Winter Green Farm members!

What is it they say about Oregon weather? "If you don't like the weather in Oregon, just wait a minute!" After a week of cool mornings and breezy afternoons, we appear to be back to summer weather, and I'm sure our warm weather crops are appreciative. Nothing like the sun to help ripen those peppers and eggplants!

The corn seems to have grown a foot over the weekend and hopefully, it won't be too long before those tasty ears will be added to your summer menu's.

We will start sending your shares of garlic out this week. We will be doing it gradually, since we have to find the time during the bustling day, to count and bunch each share. We will send a box with a bunch of garlic for each member to your site in the next few weeks. If you attended the Garlic Braiding event, you will have already brought your garlic home, so there will not be a share there for you at the site.

We had a wonderful garlic harvest and are able to supply the 15 heads promised. Your garlic will still need time to cure, so try to hang it in a cool, dry place for a few more weeks, to assure that all of the moisture has evaporated. The drier the garlic, the longer into the season it will last.

Thanks to all of you who were so patient and flexible about receiving your flats of blueberries. We were able to fill all the orders we had, for which we were grateful, but will not be able to supply any more this season. I will let you know when the field is open for gleaning!

This week we would like to feature Lindsey Aull for our farmer profile. Lindsey grew up in Bismarck, ND. She attended the University of Montana in Missoula, studying Agriculture and Sustainable Farming, working closely with Lifeline, an organic/biodynamic farm there. The farm is also a partner in a dairy, and sells their wares retail, wholesale, and at Farmer's Markets.

After hearing about Winter Green Farm from a fellow student, Lindsey checked us out on the web. Her sister has been living in Eugene, so she thought it would be fun to come work here for the summer.

Linda: *What is it you do on the farm, Lindsey?*

Lindsey: *Early on I mostly did harvesting for the CSA and farmer's markets, and picked a lot of strawberries. Lately, I have been on the Basil harvesting crew. I like it because we get kinda loopy out there and have a lot of fun. I also like weeding!*

Linda: *What's your plan after you leave the farm?*

Lindsey: *I go back to school in Minnesota. I will be working on an independent study program out of Burlington College in Vermont. I want to learn more about sustainable agriculture, more about communication, essentially public speaking and writing grants for non-profits. Ideally, I would like to return to ND and teach people there about sustainable agriculture, and organic farming. So many young people leave and never go back. I love it there and would like to go back and embrace it. I would like to help educate people there about the alternatives available.*



Linda: *What do you like to do for fun?*

Lindsey: *I like to travel. Last year I spent a month in Costa Rica at a Sustainable Living Center.*

Linda: *Do you have a favorite quote?*

Lindsey: *It's actually from Nelson Mandela's 1994 inaugural speech: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you NOT to be? You are a child of God. Our playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It is not just in some of us. It is in everyone. And, as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."*

On that note...enjoy your veggies...Linda and all!