



Winter Green Community Farm

August 15th & 16th

2006

This Week's Harvest

(Subject to variations)

Garlic

(Some sites only)

Lettuce
Red Onions
Broccoli
Tomatoes
Zucchini
Beets

New Potatoes

Some Sites Only

Cherry Tomatoes
Peppers
Eggplant
Cucumbers
Strawberries



1 1/2 lbs. extra firm tofu,
pressed for 1 hr., & cut into
1/2" cubes
3 T rice wine vinegar
2 M cloves garlic, minced
1 tsp Dijon mustard
fresh parsley or cilantro,
minced
1/4 tsp dried tarragon
1/4 tsp dried marjoram

- * 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.
- * 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.

Garlic

Garlic & Onion Soup

2 T butter
1 LG onion, sliced in rings
4 C shredded cabbage
3 garlic cloves, crushed
2 T tamarai
4 1/2 C water
1 C grated cheese
Fresh parsley, chopped

Melt butter in Med saucepan. Add onion rings, shredded cabbage, garlic, tamari, & water. Simmer gently for 20 min. or until veggies are cooked. Pour into individual bowls & serve hot w/a little grated cheese & chopped parsley sprinkled on top.

Garlic-Marinated Tofu w/Olives & Tomato Fans

1/3 C virgin olive oil
Lettuce leaves
20 black olives, for garnish
6 M tomatoes, slice vertically
from bottom to stem, &
fanned out, for garnish
salt & pepper, to taste
6 sprigs fresh parsley or
cilantro, for garnish

Place tofu in med. mixing bowl. In a second bowl, combine the vinegar, garlic, mustard, herbs, salt, and pepper. Whisk in olive oil. Pour this mixture over cubed tofu & toss gently. Just before serving, line 6 salads plates w/lettuce leaves & divide the marinated tofu among them. Garnish each w/ 4 black olives, a tomato fan, & a sprig of fresh parsley or cilantro.

Serves 6

from *Vegetarian Times* cookbook

Steamed Broccoli with Garlic

2 C broccoli florets
1-2 tsp oil
1 clove garlic,
minced

1/2 pepper, diced
salt & pepper,
to taste

In a saucepan, in a steamer, steam broccoli for 2 min. Set aside. Heat oil in Med skillet over Med heat. Add garlic & pepper: cook, stirring, for 2 min. Add broccoli & cook, stirring, 2 min. more. Season w/salt & pepper. Serves one from *Vegetarian Times* cookbook

News from the Field

Hello Winter Green Farm Members!

This week's delivery brings us to the middle of your CSA season! The bright, warm sunny days let us know that there is still time left to enjoy the summer, while the cool nights remind us that fall is inching ever closer.

Here on the farm, the crops also foretell our place in the season. The crops grow, are harvested, and tilled under, as yet another group of seedlings mature and are ready for harvest. The parade of vegetables is our seasonal calendar and the waxing and waning moons our timepiece.

We have also reached the time of the year when the students among our crew are heading back to school. We will not only miss their smiling faces, but will miss the many hands helping with the weekly harvests.

This week we are hosting Garlic as our feature vegetable. Many of you have received your share of garlic, and we are making time whenever possible to prepare the rest for delivery. If you would like recipes other than the ones I have provided this week, be sure to check out our online box notes, which include recipes from the past two seasons.

We do still have about 10 late season shares available, so if you think you might be interested in receiving the additional 5 weeks of delivery, contact me at the office .

Our Farmer Profile this week features Katie Spaid. Katie was born and raised in the Veneta/Elmira area. She has known the Via family (and Winter Green Farm) for over 10 years. She has a number of friends who work on the farm in the summer, and this year when she was offered a job, she thought it would be fun, so she took it!

Katie is a senior at the University of Oregon in Eugene this year, working on her Sociology degree. She has spent time in Europe, traveling through England, Denmark and Spain. She spent a year in Connecticut, as a Nanny for a family, taking full time care of four children. She will be leaving the farm next week, preparing for a semester studying abroad in Morelia, Mexico.

Linda: Going to Mexico sounds great. What do you hope to get out of the experience?

Katie: Ultimately, I want to improve my Spanish speaking skills. I love new experiences

though, and I look forward to exploring Mexico when I'm not studying. Morelia is an old, colonial city, and I am excited to learn of the culture there.

**Linda: What did your job as a Nanny teach you?
Katie: I definitely learned to ask more questions before taking something like that on again. I did learn a lot about being by myself, as it was my first time living on my own. I enjoyed taking the train into NYC on my days off, being spontaneous, exploring Central Park and the museums. I also enjoyed the different climate, having snow on the ground for 4 months!**



Linda: What do you do on the farm?

Katie: I started out mainly harvesting strawberries...lots of strawberries! I also worked in the blueberry room for awhile. Now, I work all over, wherever they need me, or harvesting for the CSA and for Farmer's markets.

Linda: What's your favorite veggie to harvest?

Katie: I really liked harvesting the potatoes. It was like hunting for buried treasure!

Linda: What's your favorite veggie to eat?

Katie: That would have to be Sungold cherry tomatoes...eating them is like eating nature's candy. Strawberries dipped in chocolate, too.

Linda: What "crazy" thing would you like to try?

Katie: I would like to try skydiving or to try and climb one of the highest mountains in Nepal or maybe even ride a yak!

Thanks, Katie!

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green farmers

Winter Green Farm 89762 Poodle Creek Rd Noti, OR 97461 Phone: (541)935-1920

Fax: (541) 935-3615 folks@wintergreenfarm.com www.wintergreenfarm.com