



# Winter Green Community Farm

August 22<sup>nd</sup> & 23<sup>rd</sup>

2006

## CORN

### This Week's Harvest

(Subject to variations)

**CORN**  
**LETTUCE**  
**RED ONIONS**  
**BROCCOLI**  
**TOMATOES**  
**ZUCCHINI**  
**CUCUMBERS**  
**CARROTS**  
**BASIL**  
**PEPPERS**  
**CAULIFLOWER**  
**SOME SITES ONLY**  
**CHERRY TOMATOES**  
**EGGPLANT**

- ✿ Eat your fresh corn as soon as possible-natural sugars begin to break down soon after harvesting. Corn can keep for a few days refrigerated with the husks on.
- ✿ Corn-on-the-cob is the favorite way to enjoy fresh picked corn. To cook, steam in 2 inches of water for 6-10 min. or drop into boiling water and cook for 4-7 min.
- ✿ Older or over-mature corn is great added to corn bread, soups, stews, chili, casseroles, stir-fries, quiches, salads, & bean dishes.
- ✿ It is not uncommon to find a worm in your organically grown corn. Simply cut away the bad section and cook the rest - it's perfectly fine to eat!

### TERIYAKI GRILLED CORN

1 T brown sugar  
 1 T tomato paste or ketchup  
 1/4 tsp cornstarch  
 2 T water  
 1-2 tsp sesame seeds  
 6 ears fresh corn

Combine all ingred. except corn in a saucepan. Bring to a boil, stirring constantly. Lower heat & simmer 1 min. Remove from heat. Prepare the grill. Remove husks from corn. Grill, covered, for 5-10 min. When almost done, baste corn 2-3 times w/the glaze.  
 Serves 6

*from Vegetarian Times cookbook*



### HERB ROASTED CORN

6 ears corn (w/husks)  
 24 fresh basil leaves  
 Water for soaking

Peel back corn husks, leaving them attached to ears. Remove corn silk. Place 4 basil leaves around surface of each ear of corn. Put husks back in place, tying tops w/string. Soak corn in cold water for 10 min., drain. Grill corn for 25-30 min. over med. hot coals, turning every 5 min. to ensure even cooking. Remove husks.  
 Serve warm (serves 6)

*from Vegetarian Times cookbook*

### MEXICAN CORN STEW

1 C dry red beans  
 1 T olive oil  
 1 C onion, chopped  
 2 T garlic, minced  
 1/4 C jalapeno pepper seeded & diced  
 1/2 C carrots, sliced thin  
 1/2 C celery, sliced thin  
 2 red bell peppers, seeded & diced

3 T cilantro, minced  
 6 C water or veggie stock  
 3 C corn, fresh or frozen  
 2 tsp grd. Cumin  
 2 tsp grd. Coriander  
 1/2 tsp cayenne (opt.)  
 2 C corn tortilla chips, crushed  
 Salsa & yogurt, for garnish

Place beans in bowl w/water to cover. Let soak overnight, drain. Rinse & set aside. In LG saucepan, heat oil & cook onion & garlic, stirring, until soft, about 3-5 min. Add jalapenos, carrots, celery & bell peppers, & cook for 3 min. stir frequently. Add cilantro, water or stock, corn, cumin, coriander & beans. Cover & cook on low heat until beans are tender & stew is thick, about 1 1/2 to 2 hrs. Add cayenne. Serve in pre-warmed bowls, topped with crushed tortilla chips, salsa, & yogurt.

Serves 6

*from Vegetarian Times cookbook*

## News from the Field

**HELLO WINTER GREEN FARM MEMBERS!**

**ALTHOUGH THE MORNING DAWNED COOL AND OVERCAST, THE SUN BURST THROUGH TO WARM US UP ALMOST EXACTLY AT LUNCH BREAK. THE HARVEST WENT SMOOTHLY, AND YOUR BOXES ARE GOING TO BE FULL OF WONDERFUL SURPRISES THIS WEEK.**

**THE CORN IS RIPE AND WILL BE MAKING ITS FIRST APPEARANCE IN YOUR BOXES TODAY. I HAVE INCLUDED SEVERAL RECIPES FOR YOU, BUT IF YOU WOULD LIKE TO SEE MORE, AND ALSO LEARN ABOUT THE HISTORY OF CORN, JUST CHECK OUT OUR WEBSITE AND ONLINE BOX NOTE ARCHIVE. IF YOU HAVE TROUBLE ACCESSING THE WEB, JUST LET ME KNOW AND I CAN SEND YOU A COPY.**

**SINCE WE ARE AN ORGANIC FARM, AND DON'T USE PESTICIDES, DON'T BE SURPRISED IF YOU FIND A LITTLE STOW-A-WAY IN SOME OF YOUR EARS OF CORN. OCCASIONALLY, AN EARWORM WILL MAKE IT PAST OUR PROCESSING DETECTIVES. IF YOU FIND ONE, JUST PICK HIM OFF, ADD HIM TO YOUR COMPOST BIN, AND ENJOY YOUR CORN!**

**WALI HAS ASKED ME TO SEND OUT A MESSAGE TO YOU ALL. WE ARE IN NEED OF TWO WORKERS ON THE FARM ASAP! WE WILL NEED THEM TO WORK UNTIL ABOUT THE END OF SEPTEMBER. WORK DUTIES WOULD INCLUDE HARVESTING & PROCESSING FOR THE COMMUNITY FARM, FARMER'S MARKETS, AND WHOLESALE CROPS, AS WELL AS SOME HOEING AND MISC. FARM TASKS. THE PAY IS \$7.50/HR, 40 HRS/WEEK, MONDAY-FRIDAY. PROSPECTIVE WORKERS SHOULD GIVE WALI A CALL AT 935-7676 OR 935-1920, OR EMAIL HIM AT [WALIVIA@WINTERGREENFARM.COM](mailto:WALIVIA@WINTERGREENFARM.COM).**

**THIS WEEK OUR FEATURE FARMERS WILL BE A COUPLE OF OUR OWN FARM KIDS, DAMON AND ARIEL GRAY. DAMON IS 13 AND STARTING 8<sup>TH</sup> GRADE THIS YEAR. ARIEL IS 10 AND WILL BE IN 5<sup>TH</sup> GRADE. THEY BOTH ATTEND THE VILLAGE SCHOOL IN EUGENE.**

**DAMON AND ARIEL BOTH ENJOY LIVING ON THE FARM AND HELPING OUT WITH VARIOUS FARM TASKS. ARIEL LIKES TO HELP HARVEST HERBS AND FEED THE ANIMALS. DAMON LIKES TO DRIVE THE FARM VEHICLES AROUND, DO FENCING, HARVESTING, AND**

**MOVE IRRIGATION PIPE AND COWS WITH HIS DAD, JACK.**

**THEY HAVE LOTS OF PETS! THEIR DOG, MAYA, IS 4 YRS. OLD, IS A HEELER/LAB MIX, LIKES TO FETCH, AND HAS A TAIL THAT LOOKS AS IF IT HAS BEEN DIPPED IN WHITE PAINT AT THE TIP. DAISY AND SNOWBALL ARE THE PET RATS, AND HERMIE, THE HERMIT CRAB, ROUNDS OUT THE TROUPE. SHY, ANOTHER HERMIT CRAB AND HERMIE'S BEST FRIEND, IS NO LONGER WITH US.**



**ARIEL ALSO ENJOYS ARTS AND CRAFTS, IS THE HOUSE LIBRARIAN, OCCASIONALLY HAS LITTLE "GARAGE SALES", AND LIKES TO PUT ON BIRTHDAY PARTIES FOR HER PETS. DAMON LIKES TO PLAY OUTSIDE, CLIMBING TREES, AND SWIMMING. HE PLAYS BASKETBALL, AS WELL AS FOOTBALL AT RECESS. THEY BOTH PLAY THE PIANO AND, FROM WHAT I CAN TELL, IMPROVE DAILY.**

**ARIEL'S FAVORITE COLOR IS BLUE, HER FAVORITE ANIMALS ARE PIGS, AND HER FAVORITE VEGGIE IS BEETS, BECAUSE THEY ARE SOFT AND MESSY. DAMON SAYS HE REALLY DOESN'T LIKE VEGGIES TOO MUCH, BUT HIS FAVORITES ARE CORN AND CARROTS.**

**DAMON LIKES GOING TO THE VILLAGE SCHOOL. HE LIKES THE FOOD, RECESS, AND STUDYING SPANISH. HIS FAVORITE MOVIE IS RUSH HOUR.**

**BOTH DAMON AND ARIEL HAVE HAD A GOOD SUMMER, WHICH INCLUDED VISITS WITH COUSINS FROM ALL SIDES OF THE FAMILY.**

**HOPE YOU ENJOY YOUR VEGGIES THIS WEEK!  
LINDA AND THE WINTER GREEN FARMERS**