



Winter Green Community Farm

August 29th & 30th

2006

Cilantro

This Week's Harvest

(Subject to variations)

Cilantro

Corn

Lettuce

Red Onions

Broccoli

Tomatoes

Zucchini

Cucumbers

Carrots

Some Sites Only

Peppers

Eggplant

Cherry Tomatoes



For short-term storage, wrap Cilantro in a damp towel or stand upright in a container with an inch of water and refrigerate. Do not wash prior to refrigeration.



Freeze fresh leaves in a plastic zip-lock bag, or put a Tbsp of the herb in each ice cube tray section, add a bit of water to cover and freeze. Do not thaw before use.



Dried Cilantro does not retain its flavor very well.



Add fresh leaves to soups, stews, stir-fries, and salads for an aromatic touch. Add cilantro toward the end of cooking time to retain fresh flavor and color. Toss fresh leaves into a green salad.

Baked Eggs with Cilantro

3/4 C cream

3/4 C cream cheese

2 T cilantro, finely chopped

8 eggs

butter or oil, for greasing

salt & pepper to taste

parsley, finely chopped for garnish

Preheat oven to 425 F. Grease 8 small dishes. Mix together cream, cream cheese, cilantro & seasonings. Carefully break 1 egg into each dish. Put 2 T of cream mixture on top of each egg. Bake 7-10 min. or until white of eggs are just set. Sprinkle w/parsley & serve immediately. Serve w/hot, crusty bread or rolls.

Serves 8

from Wholefood Cookbook

Flounder Rolls with Tomatoes, Almonds, & Cilantro

3/4 C sun-dried tomatoes

1 C boiling water

1/2 C toasted almonds, chpd

3 T cilantro, chopped

2 lbs. flounder, in 2-3 oz

fillets

2 M tomatoes, chopped

2 garlic cloves, minced

1/4 tsp cayenne (or to taste)

1/4 C butter, melted

3 T fresh lemon juice

salt & pepper to taste

In SM bowl, soak sun-dried tomatoes in boiling water for 10 min.

Drain & chop. Combine w/almonds, tomatoes, & cilantro. Add

salt. Rinse flounder. Place each fillet, skin side up, flat on a board. Spoon some filling on one end & roll up. Place rolled fish in buttered baking pan. Saute garlic & cayenne in butter on low heat just a few min. Add lemon juice & pour mixture over fish. Bake, covered, at 375 F for 20-25 min, until fish is tender & flakey.

Serves 4-6

from Sundays at Moosewood Restaurant



Cilantro Dip

1/4 C scallions, chopped

1/2 C cilantro, chopped

1/4 C parsley, chopped

2-3 garlic cloves, minced

2 T olive oil

1/4 C fresh lemon juice

2 T mayonnaise

2 T water

1 C tofu, crumbled

salt & pepper to taste

Combine the scallions, cilantro, parsley, garlic, oil, lemon juice & mayonnaise in a blender and blend for 30 seconds. Add water & half of the tofu, and blend 1 min. Add remaining tofu, salt & pepper, and blend 1 more minute. Serve w/raw veggies, crackers, or fresh crusty bread.

Makes 1 1/2 cups

from Vegetarian Times cookbook

News from the Field

Hello Winter Green Farm family,

It's difficult to believe that summer is almost "officially" over. Even as many of our crew head back to school, it feels as though summer has just begun! This morning's harvest went very smoothly, even with a rapidly dwindling crew and others on vacation. We worked hard to accomplish the same amount of work, and in good time, with far fewer hands.

This week our feature vegetable is actually an herb. Cilantro is an herb, defined by its unique taste and scent. It is also known as Coriander in many cultures. If you would like to learn more about Cilantro and view more recipes, check out the online box note archive on our website. Let me know if you have trouble accessing the site, and I will be happy to send you a copy.

For the Farmer Profile this week, I would like to introduce April Hartley. April has just finished her second year on the farm. Originally from Portland, spread like Peanut Butter throughout the metro area, April started her degree in Occupational Safety at OSU after high school. After deciding Occupational Safety wasn't her forte, April headed to Bend and began cooking for the Deschutes Brewery Restaurant. She migrated to Eugene, began cooking for the Marche restaurant, and became acquainted with the "farm families" of Laughingstock Farm and Creative Growers. She volunteered there, and eventually became a paid employee. She became so interested in food, how it's grown and harvested, that she decided to go back to school and recently obtained a BA in Horticulture.

April joined our crew last year. Her primary responsibility became berries. She was in charge of organizing the pickers, making sure they knew where to harvest and how much. She also oversaw the blueberry room, making sure that the quality standards were met for the Community Farm, Farmer's Market, and our wholesale markets. When

the berries finished up, April helped wherever needed, mostly harvesting and processing for the Community Farm. She will be leaving us for a new position in Eugene, and looking forward to her wedding in October.



Linda: Where are you headed next, April?

April: I was offered a job I couldn't refuse! I will be working with the Marche Restaurant once again, as the Chef at the new *Provisions* concession they are opening at the Fifth Street Market in October. I will oversee the catering, the commissary, and any food going out into the Deli cases, such as the charcuterie, smoked meats, and cured meats. I will also do the butchering and curing as well.

Linda: What was your favorite job on the farm?

April: I would have to say working in the blueberry room. I liked the responsibility, and working with a small team on a daily basis. I also enjoyed working with the Laotian berry picking family and will miss them. I tend to be a hermit, and have enjoyed the farm experience, being more social and coming out of my shell a bit.

Linda: What would you say is the favorite thing in your closet?

April: I would have to say my Uncle Ed.

Linda: What is the one thing your elders told you that you have found to be true?

April: "You can't have it both ways!" Although, I just seem to keep on trying!

We'll miss you April!

Hope you all enjoy your veggies this week!

Linda and the Winter Green Farm family