



Winter Green Community Farm

September 5th & 6th

2006

Kale

This Week's Harvest

(Subject to variations)

Kale

Lettuce
Red Onions
Carrots
Parsley
Tomatoes
Peppers
Zucchini

Some Sites Only

Cauliflower
Cucumbers
Cherry Tomatoes
Eggplant
Corn



- ☛ Wash kale leaves well, by dipping in a sink of cool water several times, to flush out soil and garden stowaways.
- ☛ Remove stems from Kale leaves by folding leaf in half lengthwise, and stripping or slicing away thick stems. Baby or tender young leaves may be cooked stem and all.
- ☛ Steam mature Kale leaves approx. 4-5 minutes, depending on age, size, and amount in steamer. It's ready when limp, but still retains texture.
- ☛ Wrap Kale in a damp towel or in a plastic bag and refrigerate, preferably in a hydrator drawer, for up to 1 week.
- ☛ For long term storage, kale can be frozen. Wash, de-stem, and blanch leaves for 2 minutes. Rinse in cold water, drain, and pack into airtight containers (ziplock bags) and freeze.

Tomato Kale

1 bunch Kale
1 small onion
1 clove garlic
1 T olive oil
1 tsp cumin seeds or ground cumin
1/2 C tomato paste
1 C tomatoes, chopped
1/2 C peas
salt to taste

Wash kale, strip off stems, & chop. Steam until tender & drain. Saute onion & garlic in oil, adding cumin when onion is soft. Cook a min. more til cumin is fragrant. Add tomato paste & tomatoes & stir to heat through. Add peas, cooking til tender, then add kale. Taste and add salt to taste.

Serves 3 from Laurel's Kitchen cookbook

Asian Kale

1 T olive oil or butter
1 bunch kale, washed and chopped
3 garlic cloves, chopped
2 T minced onion
2 tsp honey

2 tsp apple cider vinegar
1 T soy sauce
1/4 C water
2-4 servings Basmati rice fully cooked

Preheat skillet coated w/olive oil over Med High heat. Place kale, garlic, & onions in skillet & sauté for about 4 min. Add all remaining ingredients & cover, cook gently for 10 min. Serve w/Basmati rice.

Serves 2-4 from *One United Harvest* cookbook

Cumin Rice w/Eggplant and Peppers

1 1/2 C brown rice
2 T olive oil
1 T butter
1 Med eggplant, cut into 1/2 cubes
1 Med onion, diced
1 SM green pepper, chopped
1 SM red pepper, chpd salt & pepper

2 Med tomatoes, seeded & chpd
4 tsp grd. Cumin
1/2 tsp turmeric
1/4 tsp grd. Ginger
1/4 tsp grd. cinnamon
1/4 C parsley, chpd
3 C water
1 C grated cheese (provolone, jack, or muenster, opt.)

Rinse rice, cover w/water & set aside to soak. Preheat oven to 375F. Heat oil & butter in LG skillet over Med heat. Add eggplant & onion, salt lightly & stir well to coat w/oil. Saute until eggplant is soft, but not mushy, 5 min. Add pepper, tomatoes, spices, parsley, & salt & pepper to taste. Stir to combine well. Drain rice & add to pan along w/3 C water. Raise heat & bring to boil, then transfer to baking dish. Cover w/foil and bake til rice is done, about 45 min. Toss in grated cheese, and serve.

Serves 6-8

from *The Savory Way* cookbook

News from the Field

Hello Winter Green Farm members!

It's almost the full moon, and this one brings along a lunar eclipse as well. Although we won't be able to see it (it happens at 11:43am PST on Thursday), I'm sure we'll all be feeling the energy that accompanies that astrological wonder.

Harvest went very smoothly this morning. We are all finding our new rhythms, with our smaller crew, and we are hardly missing a beat. I do want to apologize to those members who received tomatoes last week that were a bit overripe. In the transition of departing crew, we had some new people harvesting tomatoes who didn't quite understand what level of ripeness we were going for. We have gone over harvesting techniques, and hopefully, that won't be an issue again this season. Thanks for your patience!

We did include some melons in the boxes recently. Those were melons that didn't sell at the Farmer's Market and since we don't grow melons for the Community Farm, we thought you might enjoy trying them.

This week our feature vegetable is **Kale**. The appearance of Kale is a sure sign that the weather is changing and fall is almost upon us. If you would like to view more recipes and learn more about this versatile veggie, you can go to our website and check out the archived box notes.

The fall also means that our organic, grass-fed beef will be available. We have finalized the details and those of you who have requested the information, will be receiving it in the mail soon. If you have not requested the information, but would like to receive it, just give me a call or email, and I will send it out to you.

As you know, Winter Green Farm tries hard to serve the community with our Financial Assistance Program. This year, one of the organizations we were able to supply a share to is the **Doulas Supporting Teens** group. It is a non-profit group that assists pregnant teens with prenatal, labor, and postpartum care, as well as parenting classes. Iris Bixsler, Co-Founder and Program Director asked to write an article for our newsletter:

"Organic Food Grows Healthy Babies"

I love it when we sit around, babies on the floor or in laps nursing, and talk about contractions, boyfriends, and car seats. We laugh, listen, and learn...while munching on fresh, organic carrots, strawberries, and cucumbers donated from Winter Green Farm. It's Tuesday, when the Doulas Supporting Teens childbirth education and parenting class meets.

Doulas Supporting Teens (DST) is a nonprofit organization that was started as a grassroots project in 2003. We pair volunteer doulas (a labor support person) with pregnant teens in the Eugene/Springfield area. To date, DST has dedicated nearly 3,500 volunteer hours over the last three

years: about 60 hours for each mother. A doula's goal is to help the woman have a safe and satisfying birth experience – as the woman defines it. DST accomplishes this by working with the mother before the birth to create a birth plan, as well as using various techniques during the birth, such as massage, acupressure, position changes, visualization and more.



We have seen fantastic results from this type of support. Teens that use a DST doula are 16.1% less likely to have a c-section, 64% less likely to have an epidural, and 100% of our moms leave the hospital breastfeeding their babies!

The teen moms connect with DST through existing parenting programs at their schools. They can choose to take advantage of one of one prenatal and postpartum doula services, enroll in a free 9-week course on childbirth where they learn the stages of labor, possible medical interventions, natural ways to cope with pain, breastfeeding, and how to care for a newborn, and are invited to come to an ongoing parenting support group. With babies in arms, this class focuses on sharing, creating friendships, having a safe place to ask questions without judgment, and learning about how to take care of their babies and themselves.

When I got a call from Linda at Winter Green Farm about a CSA scholarship, I was thrilled. Many of the young women and their families that DST serves are not exposed to fresh, organic produce. We hope that by showing them how easy and tasty these fruits and veggies can be, they can begin to make healthy food choices for themselves and their babies. Thank you Winter Green Farm and all those that help us bring earth's bounty to these young women who deserve the very best!

Iris can be reached at 579-0670 or by email at ibicksler@hotmail.com. The group has recently moved into their own space, in the Growers Market building. I'm sure they will have a wish list! Hope you all enjoy your veggies this week! Linda and the Winter Green farm

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