



# Winter Green Community Farm

September 12<sup>th</sup> & 13<sup>th</sup>

2006

## This Week's Harvest

(Subject to variations)

### **Tomatoes**

Lettuce  
Red Onions  
Carrots  
Cilantro  
Cauliflower  
Broccoli  
Corn

### **Some Sites Only**

Spinach  
Cucumbers  
Peppers  
Eggplant  
Zucchini



## Tomatoes

- ⇒ DO NOT refrigerate **tomatoes**. Place them out of the sun at room temperature. Some of our **tomatoes** are a day or two from being fully ripe, but will be perfect with a little patience.
- ⇒ **Tomatoes** are delicious fresh, as well as bake, broiled, grilled or sautéed. Incorporate chunks of tomatoes into stews or soups. Use your extra tomatoes for sauce, salsa, or puree, then can or freeze to store.
- ⇒ To remove **tomato** skins, place the whole tomato in boiling water for 30 seconds. Remove with a slotted spoon, dip in cold water, and remove skins.
- ⇒ **Tomatoes** can be frozen whole. Core **tomatoes**, place on cookie sheet, & freeze. When solid, place in a freezer bag & replace in freezer. Remove as many **tomatoes** as needed at a time. Thawed **tomatoes** are good for cooking and pureed dishes. Salsas, sauces, & purees also freeze well.

## Fresh Corn and Tomato Soup

1/2 onion, chopped  
1 stalk celery, chopped  
1 whole clove garlic  
1 T oil  
dash cayenne pepper  
5 ears corn (4 C off cob)  
4 good sized tomatoes  
1/2 C water  
1/2-1 tsp salt  
fresh cilantro, lightly chppd.

Saute onion, celery, cayenne and garlic in oil in heavy pan until tender. Keep heat low & stir often. Strip corn from cob. Remove stem end of tomatoes & cut up coarsely. Add corn, tomatoes, water, & salt to veggies. Bring to boil, reduce heat to low & simmer, covered, until corn is tender, about 1/2 hr. Puree it all, and return to pot, thinning w/a bit more water if necessary, and correct seasonings. Heat, stir in cilantro leaves just before serving.

Serves 4

from New Laurels Kitchen cookbook

## Curried Lentils and Cauliflower

1 C dried lentils  
1 bay leaf  
2 C water  
2 T olive oil  
1 onion, chopped  
1 garlic clove, minced  
1 tsp salt  
1 tsp cilantro  
1 tsp grd. Cumin  
1 tsp whole cumin, opt.  
1/4 tsp cinnamon

1 head cauliflower, cut into SM flowerettes  
1/2-1 C tomatoes, pureed  
1 tsp fresh ginger, grated (1/2 tsp grd. Ginger)  
1/2 C raisins, opt.  
1/4-1/2 C dried shredded, coconut, opt.  
1/2 C roasted cashews, opt.  
1/2 C plain yogurt, as garnish

Place lentils, bay leaf & water in pot and bring to boil. Lower heat, cover & simmer 25-30 min. or until lentils are soft. Heat oil in LG pot or skillet. Add onion, garlic, & salt & sauté until onion is soft, 5-10 min. Add cauliflower, tomato puree, ginger, raisins, coconut, & water, stirring well. Cover & let simmer until cauliflower is tender, 10-15 min. When cooked, stir in lentils, discarding bay leaf if desired.

Serve/whole grains or potatoes and garnish as desired.

Submitted by member Gretchan Jackson

Adapted from Feeding the Whole Family

## Fresh Salsa

2 C diced tomatoes  
2 C stewed tomatoes  
1 C celery, diced fine  
1 C onion, diced

3 T lemon juice  
2 T scallions, slivered  
1 T cilantro, chopped

1 T soy sauce  
2 tsp honey  
4 fresh chilies, chpd fine

Thoroughly mix all ingredients and refrigerate. Makes about 5 cups of salsa. To make a milder salsa, just add fewer chili peppers.

from Kathy Cooks Vegetarian

## News from the Field

Hello Winter Green Farm members!

This morning was the type of morning that truly makes me appreciate this beautiful farm, and Oregon, in general. The air was cool and crisp, the sky clear, brilliant blue, and the fingers of misty clouds stretched throughout the valley, just hovering above the ground. All appeared surreal and mystical, as the sun glinted off of the dew covered fields and trees.

Back in the office now, all is quiet, with everyone out tending the farm, and the children back to school. One aspect of my job that I don't relish is the constant awareness of time passing, and quickly at that! With only 6 weeks of the standard season left to go, I can already see the passing of fall and feel the winter nipping at our heels.

Although the chilly evenings have slowed the growth of many of the crops, the sunny, warm days keep inspiring them to keep on trucking. This time of year we keep a close eye on the weather, hoping to be prepared for the possibility of freezing temperatures.

This week our feature vegetable is the Tomato. One of summer's favorite treats, I have tried to find some new and different recipes to include for you. If you would like to peruse more recipes, and read more about the history of the tomato, be sure to check out the online archive of box notes on our website.

Our farmer profile this week features Shannon Overbaugh. Shannon grew up in the beautiful, high mountain desert of Gunnison, in western Colorado. She attended the University of Missoula, MT, where she discovered farming through P.E.A.S. (Program in Ecological Agriculture and Sustainability). She completed the program, and knew she had found a passion that she needed to continue to pursue.

Shannon moved to Oregon and joined the apprenticeship program at Horton Road Organics. Shortly thereafter, on a field trip, she fell in love with Winter Green Farm and one of its farmers, Chris Overbaugh, and the rest is history. She had an interest in Biodynamics, and felt that Biodynamics fit her model philosophy of farming, and wanted to farm with her life partner.

Shannon has been here on the farm for 6 years now. Her roles have changed over the years. Now that she is mother to her newly walking toddler, Alden, she works in the greenhouse quite a bit, cuts flowers and makes bouquets for our Farmer's Markets, and works at the Thursday, East Bank Market in Portland.

Mainly, she loves to spend time with Chris and Alden, and to prepare feasts with the wonderful food we produce. Shannon is passionate about baking and cooking. She loves to challenge herself with complicated recipes. She also loves to go running, take long walks, and spend time in nature whenever she can.



**Linda:** How would you describe yourself?

**Shannon:** I guess I'm outgoing...friendly to others. I am definitely wacky and weird. I try to make sure that my freak flag is waving high at all times!

**Linda:** Has working on an organic farm changed you?

**Shannon:** It has changed my whole lifestyle. It is not just a job to me, it is a way of life that I deeply respect and embrace.

**Linda:** How has your life changed since the birth of Alden?

**Shannon:** I have really had to get used to the idea that my time is not my own and I'm not always in control. I have also been learning to be more patient.

**Linda:** Do you have a favorite book?

**Shannon:** My two favorite books are "Mists of Avalon" and "The Fifth Sacred Thing".

**Linda:** What is your favorite bumper sticker?

**Shannon:** "Men who change diapers change the world". Thanks, Shannon, for being you and for bringing Alden into our lives!

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers.