



Winter Green Community Farm

September 19th & 20th

2006

Beets

This Week's Harvest

(Subject to variations)

Beets

Spinach

Fennel

Onions

Peppers

Leeks

Some sites only

Tomatoes

Broccoli

Cauliflower

Cherry Tomatoes



Store the unwashed roots in an unsealed plastic bag in your veggie drawer.



Beets will last up to two weeks. They do not need to be peeled, just scrub them clean before using (there are many trace minerals just beneath the skins.) The skins can be slipped off after cooking.



Beets can be boiled, steamed, grated, roasted or put into soups and stews.



Place unwashed & dry Leeks in plastic bag and store in refrigerator drawer. Leeks will store well for up to 2 weeks. To clean for cooking, trim roots, remove green tops, peel outer leaf layer, removing any hidden dirt.



Leeks can be used in any recipe calling for onions. They develop best flavor when cooked or sautéed slowly.

Russian Salad

2 C potatoes, cooked, diced, & peeled

2 C carrots, cooked, diced, & peeled

1 C tart apple, peeled & diced

1 C minced dill pickles

1/3 C minced onion (or to taste)

2 C beets, cooked, diced, & peeled

Mix the diced potatoes, carrots, apple, pickles, and onion in LG serving bowl. Chill. Combine all dressing ingredients & chill. Add beets to other veggies just before serving so salad will be the proper light pink color. Serve dressing in small serving bowl, or fold it into salad just before serving. Decorate with slices of hard boiled egg, if desired.

Serves 6-8

from Sunday at Moosewood Restaurant

Dressing

2/3 C heavy cream, whipped (or 1 C sour cream)



Rosy Home Fries

4-5 Med potatoes, cooked til tender but firm, cubed
3 Med beets, cooked until tender, peeled, & cubed
1 T oil

1 Med onion, finely chopped
1 LG red pepper, chopped
1/2 C fresh parsley, minced
3/4 tsp salt (or to taste)
black pepper to taste

Heat oil in LG skillet over Med heat. Add onions and sauté for 5 min., stirring often. Add potatoes & beets & sauté for about 10 min., stirring occasionally, until potatoes begin to brown slightly. Remove from heat. Toss in red pepper, parsley, salt & pepper. Serve immediately.

Serves 6

from Rolling Prairie Cookbook

Beet Chocolate Cake

2 C sugar

2 C flour

1/2 tsp salt

2 tsp baking powder

21 tsp baking soda

1/4 C oil

3-4 OZ unsweetened chocolate

4 eggs

3 C shredded Beets

Combine all dry ingredients and stir well. Melt chocolate slowly over low heat or in a double boiler. Allow chocolate to cool, then blend thoroughly with eggs & oil. Combine flour mix with chocolate mix, alternating with the beets. Pour into 2 greased 9" cake pans, and bake @ 325 degrees for 40-50 min.

Glazed Beets

Chicken stock or water
Salt, to taste
Beets, sliced
2 T butter or olive oil

In a deep skillet add about 1 1/2 inch of chicken stock or water and salt to taste. Add sliced beets. Add 2 T butter or olive oil to skillet. Simmer at Med-High until all liquid is gone. Serve immediately.

**The liquid absorbs the flavor, the beets absorb the liquid & the butter/oil, which will float to top and glaze the beets. Add any of these ingred. to further the flavor of the beets: fresh ginger, soy sauce, garlic, onions, or fresh herbs

from One United Harvest cookbook

News from the Field

Hello Winter Green Farm members,

Today's harvest was the first truly wet one of the season, and I'm sure it won't be the last. Even though I imagine many of us are not quite ready for the rains to come, it sure was nice to feel the freshness left behind after the initial downpour. All of the trees and greenery appear more vibrant and seem to be breathing the moisture in deeply.

With the change in the weather come many changes here on the farm. A few more of our crew are heading off for their winter endeavors, and we are all shuffling around a bit. We are finished with our basil harvesting for the season, and thinking about bringing in the winter crops. It won't be long before we are having squash for dinner!

I want to remind you all to mark your calendars for our Harvest Celebration at the end of season. We will host the event on Saturday, October 21st. Our last delivery will be October 20th and the farm event will be your opportunity to pick up your jack-o-lanterns. We would love to see you all there!

Beets will be the vegetable of the week. I have looked through all of the recipe books to find some new and exciting ones for you. If any of you have a favorite recipe, be sure to send it to me. Check the website for the history of the **Beet** and for more recipe ideas.

Our Farmer Profile this week will feature Melanie Timpano. This is her first year working on Winter Green Farm. Melanie grew up in the San Francisco Bay area and began college at CalPoly Tech, studying Business, as well as Art and Sociology.

While attending school, she began working in a Natural Food Store, and developed an interest in food, where it comes from and how its grown. She decided to switch her course of study to Environmental Studies. She traveled to New Zealand, in a study abroad program, and worked with a dairy farmer there, getting her first real exposure to gardening, farm animals, and composting.

Back in the states, she felt inspired by her experience and decided to head in the direction of agriculture. She had always wanted to do something that dealt with larger issues and goals, and felt that that would be where her energy would be best spent, since everyone eats! She began attending the University of California at Santa Cruz, majoring in Environmental Studies with a focus on AgroEcology. She worked on the Farm there while attending school.

Melanie also did an internship at the UCSC Farm, which has a CSA program. She harvested for the members as well as managed an herb garden and wrote a book for the members, describing the different herbs grown there, and how to use them. She also piloted a program to bring the Farm produce to the University to be used in the dorm cafeterias, and in the restaurants on campus.

After graduating, Melanie decided to get out of California for a while. She traveled the states, ending up in South Carolina to plant trees for the winter, hoping to save up some fast cash to pay off student loans. She had met her partner, Aaron, at UCSC, and they decided to meet in Wisconsin, and found farms close to each other to work on for the summer season. Missing the west coast, they decided to move back to the NW and chose to be part of Winter Green Farm.

Melanie spent the spring here on the farm working in the greenhouse, seeding and transplanting. She helped in the construction of our new field houses and pruned many of the blueberry bushes. She began managing the Basil in July. We have two major wholesale Basil accounts, and Melanie managed the harvesting crew, the packaging and delivery of the Basil, as well as learning management skills.

Melanie and her partner Aaron are also expecting a little one this winter. She discovered she was pregnant soon after the season began and will be finding time to include being a mother into her schedule.



Linda: Do you feel like working on an organic farm has changed you in any way?

Mel: I feel a lot more rooted in the practical than I ever have been before. I love being in tune with the seasons and daily rhythms, and I love looking forward to the various prime season of veggies.

Linda: How do you feel about being pregnant?

Mel: At first I was feeling ill and exhausted, but now I'm very excited. I'm getting used to the changes. Mainly, there are huge lessons in surrender, letting go of how I identify myself in the world. The biggest challenge is to not be too hard on myself when I can't do what I'm normally used to doing.

Linda: What's your favorite veggie?

Mel: Winter Squash!

Linda: What's your favorite cliché?

Mel: Don't throw the baby out with the bath water! Hope you all enjoy your veggies this week.

Linda and the Winter Green farmers

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