



Winter Green Community Farm

September 26th & 27th

2006

Carrots

This Week's

Harvest

(Subject to variations)

Carrots

Lettuce

Potatoes

Yellow Onions

Mustard Mix

Some sites only

Cherry Tomatoes

Eggplant

Peppers

Zucchini

- ☛ Cut or twist **carrot** tops off before storing in plastic bags in the refrigerator. They will keep for several weeks. Clean **carrots** well before eating by scrubbing with a veggie brush under cool running water.
- ☛ Do not peel **Carrots** unless damaged, as much of the nutrients are close to the skin. Eat carrots raw as sticks, rounds, julienned, or grated.
- ☛ Add **carrots** in slices or chunks to soups, stews, or casseroles. They are also delicious lightly steamed or sautéed, and garnished with butter or olive oil and fresh herbs. If you have a juicer, **carrot** juice is refreshing and nutritious!
- ☛ Your Mustard Mix today contains arugula, red mustard, mizuna, baby kale, and tatsoi. You can enjoy these greens as a salad or use in stir-fry recipes.

Carrot-Potato Pancakes

1 carrot, coarsely grated
 1 LG potato, peeled and
 grated coarsely
 1 T flour
 1 LG egg, lightly beaten

1 tsp dried thyme
 1/4 tsp salt
 1/4 tsp freshly
 ground black pepper

In a LG bowl, combine carrot, potatoes, flour, egg, thyme, salt & pepper. Lightly oil a nonstick skillet. Drop 1/4 C amounts of the potato mixture onto skillet, flattening the pancakes w/a spoon if necessary. Fry until lightly browned on one side, about 3 min; then fry 3 min. on other side. Drain on towels. Serve warm.

Makes 15 cakes

from Vegetarian Times cookbook

Chilled Crème De Crecy

2 T butter
 1/3 C scallion bulbs, white
 part only, chopped
 1 tsp fresh ginger root,
 grated (1/2 tsp. ground)
 1/2 tsp cinnamon
 4 carrots, peeled & sliced

3 T orange peel, grated
 3 C water
 salt & pepper to taste
 1 1/2 C orange juice
 1/2 C heavy cream
 2 tsp fresh lemon juice

Gently sauté the scallions, ginger, & cinnamon in butter for several min. Stir in the carrots & orange peel & sauté 3-4 min. more. Add water, salt, & pepper. Bring to a boil, then reduce heat & simmer covered until carrots are just tender. Puree the carrot mixture w/orange juice, cream, & lemon juice. Adjust salt & pepper to taste. Chill several hours before serving.

Serves 4

from New Recipes from Moosewood Restaurant

Tasty Stir-Fry

2 C Stir-fry greens
 1 SM onion, sliced thin
 3 C thin-sliced hard
 veggies (broccoli,
 carrots, green beans,
 celery, etc.)
 2 T miso

1 T honey
 1 tsp fresh ginger, grated
 3/4 C water
 dash cayenne
 2 T sesame oil (or corn)
 1/2 C tofu cubes
 1 T toasted sesame seeds

Chop the veggies. Mix together in a cup: miso, honey, ginger, water, and cayenne. Stir-fry the sliced vegetables in oil for about 4 min., then add mustard mix and stir-fry another min. Add the miso mixture, and the tofu. Stir briefly & cover. Steam over reduced heat for 5 min., or until veggies are cooked to your taste.

Sprinkle w/sesame seeds and serve w/brown rice.

Serves 4

News from the Field

Hello Winter Green Farm Family Members,

This past weekend marked the Fall Equinox, as well as a Solar Eclipse and the New Moon! We were also blessed with a break in the overcast, rainy weather, and I'm sure everyone is delighting in the feel of the sun's warmth on our faces.

Despite the recent sunshine, the signs of fall are all over the farm. Our warm weather crops took the last few weeks as a sure sign that their time had come, and we are fairly sure that you have seen the last of the ripe tomatoes and cucumbers for this season. We will continue to peruse the crops, looking for any fruit that might be of good enough quality to put in your boxes, so there might be a surprise here and there for you.

Even though we are seeing the last of some of our favorite summer fare, the pumpkins and winter squashes are showing their bright colors through the fading greenery. We have begun harvesting the potatoes, and the onions are out of the field and drying in the barn.

In the next week or so we will be harvesting the winter squashes, as well as planting the garlic for next season. Today was also the first day of the burdock harvest!

In your box this week, we have included a Mustard Mix. This mix includes red mustard, arugula, Mizuna, baby kale, and tatsoi. You can either use the greens to make a salad, or use them in a stir-fry. As usual, we always wash the greens before we send them off to you.

In light of the recent news about E. coli in spinach in California, we'd like to share with you our thinking about this issue and our farm. First of all, there is always a chance that we can become infected by a pathogen. Our world is full of them and it is wise to take precautions to reduce the risks.

When it comes to food, the best avenue is to get your food from sources that you trust and wash your food prior to eating it. On our website, we have gone into some depth describing specific ways that we try to ensure the safety of the food that comes from Winter Green Farm. Please go to our website (www.wintergreenfarm.com) if you would like to know more, or call me at the office.

We still have shares of our organic, grass-fed beef available. If you are interested in ordering, or would like to receive information about our beef, just give me a call at the farm (935-1920) or email us at folks@wintergreenfarm.com.

Our farmer profile this week will feature Tessa Biboux. Tessa is one our long-term employees who will be moving on to other endeavors after this season. In fact, she has already gone! She and her boyfriend, Marshall, are in Ecuador, exploring the country, working on farms, and doing research on various insect life there.

Tessa began working on the farm the summer of 1999. She was at loose ends after high school and applied for a job. She has come back each summer since, except while she was "WWOOF-ing" (Willing Workers on Organic Farms) in New Zealand for 6 months and spending a year in Australia, working at a native plants nursery. She has been attending the Oregon State University, studying Biology, and will be graduating soon.

Her work here on the farm has included working with various wholesale crops, while also harvesting, processing, transplanting, and hoeing for the CSA and Farmer's markets. Her ability to generate lively discussions on just about any topic helped many of us through long, hot weeding and hoeing sessions.



Linda: What are some of your interests and hobbies?

Tessa: I like eating good food, traveling, and spending time in nature –bird watching, hunting for fungi, plants, insects, etc. I also like spending time with my family and our Australian Shepherd, May.

Linda: Has working on an organic farm changed you?

Tessa: I feel like the people I have worked with thru the years, who come from all walks of life, have influenced me so much, as they've told me their stories. A real appreciation of manual laborers and quality food has been gained while doing farm work. We're all going to miss your smiling face, Tessa! Hope you all enjoy your veggies this week!
Linda and all of the Winter Green Farmers