



Winter Green Community Farm

October 3rd & 4th

2006

This Week's Harvest (Subject to variations)

Green Tomatoes

Leeks
Acorn Squash
Onions
Peppers
Eggplant

Some Sites Only

Spinach
Komatsuna
Cherry Tomatoes

Green Tomatoes

- ❖ Store Komatsuna loosely inside a plastic bag in a drawer of your refrigerator. To prepare, slice stalks away from the base and wash, then separate the leaves (the green part) from the stalk (the white part), as they cook better separately. Enjoy raw or add them first to stir-fries and soups.
- ❖ Winter Squash will store at room temperature for at least a month. Store for several months in a dry and cool (50-55 degrees) but not cold location.
- ❖ Winter Squash is easy to bake. Slice most squashes in half lengthwise, scoop out the seeds, and place facedown on a cookie sheet. Water may be added around squashes to avoid drying out and hasten cooking. Squash flesh may also be basted with oil or butter. Squash need about 40 min. to 1 1/2 hours, depending on size. Cook until very tender, but not charred.
- ❖ Puree cooked squash for a creamy soup, or add uncooked chunks to hearty soups and stews. One pound of trimmed squash equals 2 cups cooked squash.

Green Tomato Pie

4 C green tomatoes, peeled & sliced
1 T lemon juice or cider vinegar
1 1/4 C sugar, white or brown
4-6 T flour

1/4 tsp salt
nutmeg or ginger to taste
2 T butter
Pastry crust for double 9" pie

Scald tomatoes w/boiling water, then peel and remove core. Slice 1/4" thick into mixing bowl. Sprinkle w/lemon juice or vinegar. Combine the sugar, flour, salt, and spices and fold into the tomato slices. Line a pie pan w/pastry, and trim edge. Turn the tomatoes into the pastry and dot the top w/butter. Moisten the edge of the bottom crust, and top w/pastry. Trim edge and crimp. Cut steam vents in top, and bake @ 450 degrees for 15 min. Reduce the heat to 350 degrees and bake 25-30 min. longer. Cool on rack.

from James Beard's American Cookery



Fried Green Tomatoes

4 Green Tomatoes
2 C buttermilk
1 T Tabasco Sauce
1 C yellow cornmeal
1 C flour

1/2 tsp baking soda
1 tsp salt
1 tsp pepper
1/2 C peanut oil
4 T unsalted butter

Core the top of each tomato. Slice into 1/2" slices. Mix buttermilk & Tabasco. Place tomato slices in mix & marinate 1 hour, turning occasionally. In a shallow bowl, combine cornmeal, flour, baking soda, salt & pepper. Drain tomato slices & dredge carefully in breading mix. Place slices on baking sheet & refrigerate 30 min. to allow breading to dry. Heat oil in heavy 12" skillet over MH heat. Add butter & oil. When hot, carefully place as many slices in the skillet as will loosely fit in a single layer. Don't crowd or the fat temp will drop & the tomatoes will be greasy. Panfry 45 sec. to 1 min. on each side until a nice, golden brown. Remove to plate w/paper towels. Hold in oven @200 degrees until all tomatoes are cooked.



Maple Squash

1 Winter Squash
2 T maple syrup
1 T butter
salt & pepper to taste

Wash squash & cut in half. Clean out seeds & pulp. Steam until soft & skin easily peels off. Run under cold water until cool enough to handle. Add 2 T maple syrup & 1 T butter for each Med squash, as well as salt & pepper to taste. Mash or puree & enjoy. Alternately, when squash is in half and cleaned, add 2 T maple syrup & 1 T butter to each half. Bake at 375 degrees for 45 min. or until soft.

Serves 2-3

from One United Harvest cookbook

News from the Field

Hello Winter Green Farm members!

We couldn't have asked for a more beautiful morning for harvesting. Although it was a bit cool starting out to the fields, as soon as the sun rose above the hills, the warmth flooded the valley and brought smiles to all of our faces. We truly feel blessed to have such glorious weather this time of year and such a gorgeous environment in which to spend our days.

We are certainly into the fall crops now. You will find winter squash in your boxes this week and many more to follow. You will also find Green Tomatoes and some classic recipes for preparing them in your box notes. You can find more recipes on our website, in the archived box notes. Feel free to send in your favorites.

We were fortunate to have a wonderful potato harvest this season. If any of you would like to order bulk potatoes, just give me a call at the office.

This season's berry spread is now available! Although we have both the Blueberry and the Strawberry spread, the Blueberry is in short supply. If you would like to order spread, we would be happy to deliver it to your drop site along with your Community Farm share.

I will be including the end of the year survey with your box notes soon. We would appreciate if you would take the time to fill it out, as your input helps us to know if we are accomplishing our goals and if you were happy with your Community Farm experience. You can either return the completed survey to your drop site (put it in the box note box), mail it to the farm, email it to us, or bring it to the Harvest Celebration. Thanks so much!

I would also like to remind you to come to our Harvest Celebration, Saturday, October 21st from 1-4pm. Come choose your jack-o-lantern, have a hayride, and enjoy fresh, apple cider. We will have a snack table, so feel free to contribute your favorite snack.

Our Farmer Profile this week will feature three of our farmers. Stephen Park, Krista Delaney, and their dog, Dakota, have been on the farm for the past three years. Hailing from a little town called Russellville, in south central Kentucky, they come from a long line of farming families.

Both Stephen and Krista attended some college after high school. Stephen studied music (he plays the bassoon) and Krista studied agriculture and art. They shared a summer, working on a tiny organic farm in Ohio, where they rescued Dakota from the Humane Society.

Stephen and his brother Daniel, also one of our veteran farmers, searched the Internet to find a farm in the Pacific Northwest to work on. They decided on Winter Green Farm, drove out, and Krista soon followed.

Stephen and Krista hope to have their own organic farm one day. Stephen has spent much of his time here helping to run the Community Farm and has also done a fair amount of tractor work. Krista does the Hollywood Market in Portland on Saturdays and harvests for both the Community Farm and Farmers Markets. She is the "Green's Queen", harvesting much of the lettuce, spinach, and salad greens. Dakota helps with clean up and homeland security. All three of them spend much of their

time on the farm, always the first to volunteer when extra help is needed, even if it means working weekends and into the evening. Their smiles and cheery attitudes brighten the day for all of the crew.



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

Stephen: Growing up in Kentucky, I was used to Tobacco and Conventional farms. Now I have a new perspective on what agriculture is all about.

Krista: I've been a vegetarian since I was 11 years old. I definitely eat better and am in better shape since working on organic farms. I'm more Earth aware and conscious about food and health.

Linda: What do you like to do when you're not working on the farm?

Krista: What do you mean, not working on the farm! When I'm not working, I like to make jewelry and cook.

Stephen: I like to cook, bake, brew beer and play music. I also like to read and am reading two books right now...one by John Muir and a Franz Kafka collection of short stories.

Linda: Do you have a favorite quote or cliché?

Krista: I like one that Stephen's Uncle Chester told us. He asked us one time if we were going to get married and when we said not yet, he replied, "Why buy the cow, when the milk and butter are free!"

Linda: Dakota, what do you do on the farm?

Dakota: I walk around the morning circle, giving all the crew a little love or wake up lick. I also love to hang around while the harvesting is going on and help take care of those veggies that aren't good enough to put in the boxes or send to market.

Linda: What is your favorite veggie?

Dakota: I sure love the carrots and green beans, but my favorite thing to eat are the yellow jackets. More buzz for your buck! Plus, everyone is really good about bringing me bones!

Hope you all enjoy your veggies this week.

Linda and all of the Winter Green farmers.