



Winter Green Community Farm

October 9th & 10th

2006

This Week's

Harvest

(Subject to variations)

Winter Squash

Parsnips
Swiss Chard
Radishes
Potatoes
Onions
Pac Choi
or
Komatsuna

Winter Squash

- ❖ *Parsnips* will store well for several weeks unwashed in a plastic bag in your refrigerator. When ready to use, scrub under running water (no need to peel). Parsnips have a naturally sweet flavor that is brought out by roasting.
- ❖ Parsnips taste wonderful in curries with ginger or try them in soups and stew with squash. Try adding sage, leeks, onions, or greens to your dish to accent the sugars. Grate raw into salads or mix with potatoes for pancakes or hash browns.
- ❖ For a delicious snack, try parsnips cut into sticks and then fried like French fries in olive oil until golden. Add a pinch of salt or soy sauce for flavor on size. Or you can bake the sticks at 350 degrees on a cookie sheet until tender-firm.
- ❖ Parsnips are delicious cut into chunks and baked with other root vegetables, or basted around a roast. Boil or steam, then top with butter or mash like potatoes

Parsnip Cake with Lemon Cream Cheese Icing

1 2/3 C flour
1 C sugar
1 1/2 tsp cinnamon
1 tsp baking powder
1 tsp baking soda
1/2 tsp salt
3 eggs, beaten
1/2 C canola oil
2 C grated parsnips (or use
1/2 parsnips & 1/2

1 C peeled, grated apple
1/2 walnuts, chopped
1 pkg (8oz) cream cheese, soft
1 pkg (3oz) cream cheese, soft
11 T unsalted butter, soft
5 C powdered sugar, sifted
1 1/2 tsp lemon ext.
(or substitute vanilla ext.)
finely chopped walnuts or dried
cherries (opt.)

Heat oven to 350 degrees. Grease & flour 2 8" round cake pans. Whisk flour, sugar, cinnamon, baking powder, baking soda, & salt in LG bowl. Combine eggs, oil, parsnips, & apples in second bowl, stir well. Stir wet mix into dry until just combined. Stir in nuts. Divide batter evenly into pans. Bake til cake springs back when lightly touched in center (25-30 min.) Cool 10 min. then turn cakes out of pans to cool thoroughly. **ICING:** cream the cream cheese & butter. Beat in powdered sugar & lemon extract til smooth. Cut cooled cakes in half horizontally w/long, thin, sharp knife. Frost layers to make a four-layer cake (or make a two-layer cake if desired) Decorate w/finely chopped nuts or dried cherries.
Makes 12-16 servings
From Asparagus to Zucchini cookbook

Mushroom-Tofu Pecan Stuffed Squash

3 or 4 SM winter squash,
halved & seeded
1 cake Tofu, pressed & cut
into small cubes
3 T tamari soy sauce
3 T dry sherry
4 C small bread cubes
2 T vegetable oil
3 C chopped onions

3 celery stalks, chopped
4 C sliced mushrooms (1 lb)
1/2 tsp dried marjoram
1/4 tsp dried thyme
1/2 C vegetable stock,
or water
1 C pecans, toasted & chpd
1 T fresh lemon juice

Place squash halves, cut side down, in oiled baking pan. Add 1/2 water to pan & bake at 350 for about 40 min. til tender. Meanwhile, marinate Tofu in soy sauce & sherry. Toast bread cubes on baking sheet for 5 min. Saute onions & celery in 2 T oil, using pot large enough for remaining ingred. When onions are translucent, add mushrooms, marjoram, thyme, & stock or water. Cook covered for 10 min., add tofu with marinade & bread cubes. Saute for another 5 min. Adjust seasoning. Remove from heat. Stir in pecans & lemon juice. Mound the filling in baked squash halves & bake covered at 350 for 20 min.
Serves 6-8
from New Recipes from Moosewood Restaurant

Delicata Squash w/Wild Rice

2 delicata squash
1 T plus 1/2 tsp salt
1/2 tsp black pepper
1 T olive oil
1 SM red onion, diced
1/2 C dry sherry
2 C cooked wild rice

1/2 bunch parsley, chpd.
1/2 C sour cream
1/2 C walnuts, toasted
1/3 C cream cheese
1/2 C milk
1 T lemon juice
1 T cinnamon

Halve squash & scrape out seeds. Lightly salt & pepper the squash. Arrange squash, cut side down, in baking dish w/1" water. Bake about 40 min. until tender. Heat oil in LG skillet over Med heat. Add onion & sauté til soft, about 10 min. Stir in sherry & pepper and simmer 3 min. Stir in cooked wild rice & heat through. Add parsley & mix well. Keep warm. In a blender, puree sour cream, toasted walnuts, cream cheese, milk, lemon juice, cinnamon & 1/2 tsp salt. Add a little extra milk if needed to make a smooth sauce. Reserve. Spoon wild rice mix into squash cavities, pour walnut sauce over squash & serve immediately.
from One United Harvest cookbook

News from the Field

Hello Winter Green Farm members!

Each week I can't imagine that I could appreciate the beauty of this farm much more than I already do. Today my appreciation was inspired anew. The rising sun cresting the hill brilliantly highlighted the golden leaves, while the waning moon was gently setting in the west. The low-lying clouds wafting through the valley completed the scene and to top off those natural wonders, we had sunny skies and temperatures in the high 40's! Who could ask for more?

As we head into the final weeks of the regular season, we feel amazed that the time has gone by so quickly. Weren't we just planting the winter squash? Although we all feel a bit sad that the season is coming to an end, those feelings are soothed by thoughts of the work load lightening somewhat and plans for winter down time.

Your boxes will be full of storage veggies the next two weeks. We had such a wonderful potato crop this season, we are able to give you each an extra ten pounds! Let us know if you would be interested in ordering any bulk potatoes, so we can be sure to deliver them to your drop site before the last delivery. Now is also the time to look around your garage and storage areas for any harvest boxes that might have been brought home. If you find any, please bring them to the drop site before the final delivery.

I have also included our end of year survey with this week's box note. Please take the time to read and fill out the survey, and either return it to your drop site (just put it in the box note box), bring it to the Harvest Celebration, or mail it back to the farm. We truly enjoy your comments and suggestions. Thanks in advance for your participation.

This week's feature vegetable is the Winter Squash. There are so many wonderful varieties of winter squash and I have tried to find some unusual recipes for you to try. As always, check our website and online box note archive for more recipes.

Instead of interviewing one of the farmers on Winter Green Farm this week, I thought I would introduce you to the **Fern Ridge Gleaners**. Gleaning is defined as "the act of gathering after the reapers". Gleaning is a practice that dates back to biblical times, when the farmers were asked to leave food in the fields for the poor and the sojourners. Today, many non-profit organizations are expanding the definition of gleaning to include not only crops from the fields,

but leftovers from restaurants, stores, Farmers Markets, businesses, and individuals.

The Fern Ridge Gleaners is a non-profit organization that has been operating for over 10 years in this area. It works with the Mid-Lane Community Chest and is staffed completely by volunteers, who harvest food and deliver it to families and individuals who are living on low incomes or are disabled. Right now they have 21 "adoptee" families they supply food to and could easily take on 10 more.

The Gleaners harvest from commercial farms, but will also come to your home if you have an abundance of fruit or vegetables and want to share what you have with others. They call this a "backyard glean". They harvest all year but most of their gleaning is done during the summer months.

The Gleaners are called to Winter Green Farm when we are finished harvesting a crop for either the CSA or our Farmer's Markets. Once the crop is weighed and cleaned up, they share 1/2 of what they harvest with their "adoptees" and take the other 1/2 home to their own families. Anyone can volunteer to help with the gleaning, but only those on a low income budget are allowed to take the food home.

Keely Rossberg has been the Field Coordinator for the past three years, but this year she is turning over her duties to Jim and Jeanne Ley. If you have any interest in volunteering, or if you have a gleaning opportunity, please give them a call at 935-2001. We're fortunate to have such an awesome group of people working together to bring food to those in need. Thank you Fern Ridge Gleaners!

**Remember
to come to the
Fall Harvest Celebration
Saturday, October 21st
1-4pm**

**Come pick out your jack-o-lantern,
take a hayride, & enjoy some fun with
your fellow Community Farm Members
We will have fresh apple cider
Bring a snack to share
Hope to see you there!**

Hope you all enjoy your veggies this week!
Linda and the Winter Green Farmers