



Winter Green Community Farm

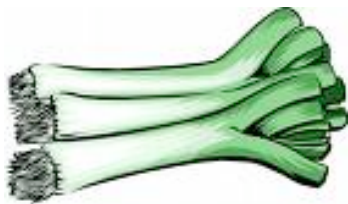
October 31st

2006

This Week's Harvest (Subject to variations)

Leeks

Potatoes
Parsnips
Beets
Komatsuna
Swiss Chard
Delicata Squash
Fennel
Baby Greens
Spinach
Some Sites Only
Cauliflower
Pac Choi



Leeks

- ❖ Place unwashed and dry leeks in plastic and store in a drawer of your refrigerator. Leeks will store well for up to 2 weeks.
- ❖ To clean leeks for cooking: trim roots, remove green tops (which can be used in soup stock), and peel off outer leaf layer removing any hidden dirt. Cut in half lengthwise and chop (most recipes only use white portion).
- ❖ Leeks can be substituted for any recipe calling for onions. They develop the best flavor when cooked or sautéed slowly.

Marinated Leeks

Leeks (about 3/4#
trimmed)
1/3 C olive oil
1/2 C white wine vinegar
1/2 C white wine
2 SM inner stalks celery
2 bay leaves
10-12 peppercorns
10-12 whole coriander
seeds
1/2 tsp salt
3 sprigs parsley

Trim and wash leeks. Cut into 3" lengths. Arrange in shallow enameled fireproof casserole. Pour olive oil, wine vinegar, & wine over them. Add enough water to cover leeks. Cut celery stalks in 3" lengths, then slice lengthwise into strips the size of green beans. Add to leeks, along w/remaining ingredients. Simmer, covered on Med. heat for about 20 min., then chill overnight. Serves 4-6 as an hors d'oeuvre.

from the Vegetarian Epicure Book Two

Greek Style Pasta with Leeks

12 oz. uncooked spinach pasta
6 cloves garlic, minced
2 LG leeks, cleaned & trimmed
2 tsp fennel, chopped (or seed)
1 T olive oil

1 can (28oz.) crushed tomatoes
1/2 Kalamata olives, chopped
1 tsp dried oregano
salt & pepper to taste
2 oz. feta cheese, crumbled

Cook pasta & set aside. Saute garlic, leeks & fennel in oil in LG skillet til soft (20min). Stir in tomatoes, olives, oregano & salt. Simmer uncovered til sauce is reduced (20 min.). Remove from heat, add black pepper & feta. Combine sauce w/pasta & serve.

Serves 4

from Asparagus to Zucchini

Whole Beet Borscht

1 sm onion
1 clove garlic
2 tsp oil
2 T flour
5 C stock or water
1 bunch beets,
trimmed & clean
1 potato
1 carrot

1 stalk celery
1/2 small cabbage
1 bay leaf
1 1/2 tsp salt
1/4 tsp pepper
1 tsp honey
2 T tomato paste, or
2 fresh tomatoes chopped

Chop onion & sauté w/garlic clove in oil. Mash garlic clove when onion is translucent & browning. Stir in flour & cook gently for 1 min. Add stock or water & bring to boil. Slice potato, carrot, & celery thin. Add these & beets & simmer 10 min. while you shred cabbage. Add cabbage & bay leaf, salt, pepper, honey, & tomato to mix. Simmer til all are tender. Remove bay leaf. Makes 10 cups.

from The New Laurels Kitchen

News from the Field



Hello Winter Green Community Farm members!

Since this past weekend was Daylight Savings Time and we turned the clocks back an hour, it was nice to “sleep in” a bit and awake to the daylight already filtering into the room. When I peaked out of the window, a beautiful sight greeted me. There was a lovely, glistening, gossamer blanket covering everything. Celtic legend has it that Samhain, or Halloween as it’s known today, marks the beginning of a whole new cycle, with the stirring of the seed below the ground, and the whispering of new beginnings.

Samhain marked the first day of winter, when the animals were all led in from their summer pastures to shelters. All the harvest should be gathered in as well, for they believed that come November, the faeries would blast every growing plant with their wintery breath. You would have believed that to be true this morning! We had a good freeze here on the farm, and had to wait until after 10am to do our harvesting.

While some veggies enjoy a good cold snap, others certainly do not. We had hoped to be able to offer you more broccoli than promised this season, but it looks like the frost has changed that plan. The radishes were not happy at all with the combination of cold temps and frost, so we won’t be including them in your boxes this late season. This time of year, we just have to be willing to roll with flow of whatever weather Mother Nature brings our way. You may notice a little frost damage on the fennel in your boxes, but if you peel off the outer layer, you should find the inner stalks to be quite good.

Our salad mix and peppers also were quite affected by the low temperatures, even in the greenhouses. We were able to harvest enough baby greens and spinach that all of you will receive a bag of each this week.

I didn’t include a recipe for Potato-Leek soup in the boxnote this week. Last year I printed two different recipes, one with dairy and one without. Check out the online boxnotes for 2005 (11/2/05) to view them. If you can’t access the web, let me know and I will send the boxnote to you via snail-mail.

If you read last week’s Eugene Weekly, you will see that we were nominated for the Best of Eugene, as Best CSA and we tied with Horton Road Organics for the First Place spot. We attended the awards event at the McDonald

Theatre, which was also a fund raiser for Food for Lane County and the Musician’s Emergency Medical Fund. It was an interesting mix of Country Fair, Eugene Celebration, politicking and people watching, and we farm folk sure enjoyed the show. Thanks to all of you who voted for our farm. We love growing your food and it makes us proud that you love us too!

I also attended the opening held on Wednesday by the Doula Supporting Teens group, who have moved into their new space. The space is located between the Morning Glory Cafe and Red Agave, at 454 Willamette St. The accommodations are airy and spacious, and the event was well attended by a variety of community members. I had the pleasure of meeting several of the young woman, and the babies who have been nourished by our veggies and your generosity this season (see the boxnote from 9/5/06).

This week the feature vegetable is the **Leek**. Leeks have been around since the early Bronze Age, and in Wales in 640AD, were worn in the helmets of Welsh soldiers during battle to distinguish them from their Saxon foes. The leek is worn as the national flower of Wales on St. David’s day.

The Leek belongs to the *Alliaceae*, or lily family, and is a close relative to onions, garlic, scallions, shallots, and chives. Leeks have a milder, more refined flavor than onions, and a pleasing aroma. They sweeten as they cook. The leek has been a cooking staple in Europe and the British Isles for centuries. They are an excellent source of vitamin C, as well as iron and fiber. They provide many of the health-giving benefits associated with garlic and onions, such as promoting the functioning of the heart and blood. Hippocrates, the father of medicine, prescribed leeks for nosebleeds.

We still have blueberry and strawberry spread available for you. Just give me a call at the farm if you would like to order (they make great gifts!) and I will arrange for the spread to be delivered with your harvest share at your drop off site.

Hope you enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers.

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