



Winter Green Community Farm

November 7th

2006

This Week's Harvest

(Subject to variations)

Acorn Squash

Celeriac

Kale

Napa Cabbage

Carrots

Parsley

Some sites only

Salad Mix

Acorn Squash

Winter squash will keep for a few months stored in a dry, cool place. Cooked squash is delicious combined with simple ingredients like butter, salt and pepper, or try it with brown sugar and orange juice. Pureed squash can be added to soups, stews, muffins, breads, or pancake batter. To bake winter squash, slice lengthwise in half, scoop seeds, and bake at about 350 degrees face down on a oiled or buttered baking sheet. Bake until tender but not charred (about 25 – 75 minutes depending on size).

Squash and Cottage Cheese Pie

Crust

1 C flour

1/3 C chilled butter

2 T ice water

1/2 tsp. salt (opt)

Filling

2 C pureed winter squash

1 C cottage cheese

3/4 tsp powdered ginger

1 tsp cinnamon

1 tsp salt (or to taste)

1/4 C sour cream

2 eggs

1/2 C milk

1 T dry sherry

1/2-2/3 C honey

Crust: sift flour into mixing bowl. Cut in butter until mix resembles coarse meal. Sprinkle ice water over flour, a little at a time, as you turn dough w/ wooden spoon until a dough ball forms. Add a little more ice water if needed. Chill dough til firm (45 min.) or roll out immediately on lightly floured board. Place dough in 9" pie pan & crimp edges. Cut squash in half, scoop out seeds & bake, cut side down, in pan at 375 degrees til tender. Scoop out squash, let cool, and then puree all remaining ingredients in food processor or blender til smooth. Pour filling into pie shell & bake at 450 for 10 min. Lower heat to 350 & bake 30-4- min, til pie is set.

Serves 6 from *Sundays at Moosewood Restaurant* cookbook

Carrot Bread

1 C sugar

3/4 C vegetable oil

2 eggs

1 1/2 C flour

3 tsp baking powder

1 tsp salt

2 tsp cinnamon

1 tsp nutmeg

1 C grated carrots

1/2 C chopped nuts

1 tsp vanilla

Preheat oven to 350 degrees. Grease one bread baking pan or 304 small, gift pans. In mixing bowl, blend sugar and vegetable oil. Add eggs, one at a time, beating well after each addition. Mix dry ingredients and stir in. Stir in carrots, nuts and vanilla. Turn batter in pan(s). Bake for about 50 min. Test w/ toothpick. Bake until it comes out dry.

Submitted by Community Farm member Pat Frishkoff

Sweet-Spicy Leeks, Cabbage and Onion

3 C water or vegetable stock

1 head napa cabbage,

cut into 8 wedges

1 LG onion, chopped

3 leeks, washed & chopped coarsely

3/4 tsp cinnamon

1/2 tsp grd cloves

salt to taste

In a large pan, bring liquid to boil. Add cabbage wedges & remaining ingred. Cover. Simmer about 30 min., turning cabbage once. Serve warm.

Serves 8

from *Vegetarian Times* cookbook

Celery Root Mash

1 celeriac, peeled & diced

5 Med red potatoes, washed & peeled

2 LG sweet potatoes, washed & peeled

1 C sour cream

4-6 oz cream cheese

1 tsp fresh ground pepper

1 tsp garlic powder

Boil potatoes & celeriac until tender. Drain & return to pan. Mash mixture. Add cream cheese, sour cream, pepper & garlic powder. Mash & stir until completely combined. Serve immediately or keep warm until served.

from *One United Harvest* cookbook

News from the Field

Hello Winter Green Farm Family Members!

What an incredible variety of weather we have had of late. From frosty wintery freezes, to torrential downpours, to balmy, warm days. They say in Oregon, if you don't like the weather, just wait a minute and that certainly seems the case around here.

I wish you could all be here on the farm today to witness the fall glory that surrounds us. The hills are a beautiful mixture of deep green conifers, with a spattering of golds and orange interspersed. The blueberry bushes almost seem to shimmer with their bright, red vibrant hues, while the leaves fall all around us in the freshening, warm breezes blowing.

The almost tropical temperatures are a nice change from the freezing temps we endured last week and we all peeled off layer after layer, as we slogged through the mud filled fields this morning. Considering all of the weather changes in such a short time, we were quite happy with the condition of the crops still to be harvested.

Last week, while packing harvest share boxes for delivery, we were all discussing changing the clocks for Daylight Savings Time. There were many opinions on how Daylight Savings Time began, so I decided to do a little research on it. I thought I would share it with you.

The idea of Daylight Savings Time was actually first conceived by Benjamin Franklin, while he was an American delegate in Paris in 1784. He was in his 78th year and his health was bad. He was in the habit of staying up until the wee hours, playing chess with his comrades, and then sleeping in until midday, as many of the Parisian's did at that time.

After a demonstration of a new type of oil lamp, he started thinking about all of the candles and oil lamps used and thought that an immense sum could be saved every year if people just arose earlier. He wrote an essay called an *Economical Project*, published in the Journal de Paris, discussing, part in jest and part due to his thrifty nature, many ways to help citizens rise earlier to save money.

The idea was first advocated seriously by a London builder name William Willett, in a pamphlet, *Waste of Daylight*, in 1907. It proposed advancing the clocks 20 minutes on each of four Sundays in April, and retarding them by the same amount on four Sundays in September. About a year later, he attracted the attention of Sir Robert Pearce, who introduced a bill in the House of Commons to make it compulsory to adjust the clocks. The bill was drafted in 1909 and introduced to the Parliament several times, but was met with ridicule and opposition, especially from farming interests.

In May of 1916, following Germany's lead, Britain passed an act, based on Willett's scheme of adding 80 minutes, and was met with opposition. After World War I, Parliament passed several acts relating to *Summer Time*. In 1925, a law was enacted that *Summer Time* should begin on the day following the third Saturday in April, and the date for closing was fixed for the day after the first Saturday in October.

The energy saving benefits of *Summer Time* were recognized during World War II, when clocks in Britain were

put two hours ahead of GMT during the summer. This became known as *Double Summer Time*, and during the war, clocks remained one hour ahead of GMT throughout the winter.

Daylight Savings Time has been used in the U.S. and many European countries since World War I. At that time, in an effort to conserve fuel needed to produce electric power, Germany and Austria began saving daylight at 11pm on April 30, 1916, by advancing the hands of the clock one hour until the following October. Other countries immediately adopted this action.

The plan was not formally adopted in the U.S. until 1918 and was observed for seven months in 1918 and 1919. After the War ended, the law proved so unpopular that it was repealed in 1919 and became a local option. During World War II, President Franklin Roosevelt instituted year-round Daylight Saving Time, called "War Time," from February 2, 1942 to September 30, 1945.

From 1945 to 1966, there was no federal law regarding Daylight Saving Time, so states and localities were free to choose whether or not to observe it, and could choose when it began and ended. By 1966, some 100 million Americans were observing Daylight Saving Time based on their local laws and customs. This understandably caused confusion, especially for the broadcasting industry, as well as for railways, airlines, and bus companies. Because of the different local customs and laws, radio and TV stations and the transportation companies had to publish new schedules every time a state or town began or ended Daylight Saving Time.

Congress decided to step in and end the confusion, and to establish one pattern across the country. The Uniform Time Act of 1966, signed into law on April 12, 1966 by President Lyndon Johnson, created Daylight Saving Time to begin on the last Sunday of April and to end on the last Sunday of October. Any State that wanted to be exempt from Daylight Saving Time could do so by passing a state law.

On January 4, 1974, President Nixon signed into law the Emergency Daylight Saving Time Energy Conservation Act of 1973. Then, beginning on January 6, 1974, implementing the Daylight Saving Time Energy Act, clocks were set ahead for a 15-month period through April 27, 1975.

Under legislation enacted in 1986, Daylight Saving Time in the U.S. began at 2:00 a.m. on the first Sunday of April and ended at 2:00 a.m. on the last Sunday of October. The Energy Policy Act of 2005 extended Daylight Saving Time in the U.S. beginning in 2007, though Congress retained the right to revert to the 1986 law should the change prove unpopular or if energy savings are not significant.

Whew! Finished just in "time" before the end of the page!

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farmers

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