



Winter Green Community Farm

November 14th

2006

This Week's Harvest

(Subject to variations)

Komatsuna

Pac Choi

Kale

Leeks

Potatoes

Onions

Parsnips

Sweet Dumpling

Komatsuna

- ☞ Store **Komatsuna** loosely in plastic bags in your refrigerator drawer. It is delicious used in stir-fries, boiled, steamed, pickled or added to soups, stews, or used fresh in salads.
- ☞ Pac Choi (or Bok Choi) can also be stored in a plastic bag in your refrigerator drawer. To prepare, slice the stalk away from the base, and separate the leaves from the stalk, as they cook better separately. Slice and cook stalks as you would celery. Enjoy raw or add to stir-fries and soups.
- ☞ Potatoes store best if not washed until just before use. Store in a dark, dry place (exposure to light causes the creation of solanine, a naturally occurring toxin). Don't refrigerate. No need to peel organic potatoes, plus most nutrients are close to the skin. Boil in water for 20-30 minutes, then add butter, salt and pepper. Add to soups and stews.

Calzone

Dough

1 1/2 tsp dry yeast

1 T honey

1 C warm water

1 1/2 tsp salt

2 1/2-3 C flour

Filling

1 lb. Ricotta cheese

2 cloves garlic, crushed

1 lb. **Komatsuna**

2 C mozzarella, grated
& packed

1/2 C minced onion

1/2 C grated parmesan

dash nutmeg

2 T butter

salt and pepper to taste

Mix together the yeast, honey and water. Add salt and flour. Knead 10-15 min. Cover, & set in warm place to rise until doubled in bulk (about 1 hour). Prepare filling while rising. Wash, stem, & finely chop **Komatsuna**. Steam quickly, on MedHigh heat, adding no additional water. When wilted, & deep green, remove to mixing bowl w/slotted spoon. Saute onion & garlic in butter until translucent & soft. Combine all ingredients, mix well, add salt & pepper to taste. Set aside. Punch down dough. Divide into 6 sections. Roll out in rounds 1/4" thick. Fill with 1/2 to 3/4 C filling, placing filling on one half of circle, leaving a 1/2" rim. Moisten rim w/water, fold empty side over, & crimp edge w/favorite fork. Prick here and there. Bake on oiled tray in pre-heated 450 deg. oven for 15-20 min, or til crisp & lightly browned. Brush each pastry w/a little butter as it emerges from oven. Serves 6
adapted from Moosewood Cookbook

Squash Pancakes

1 egg

1 C Winter Squash, cooked
& mashed

1/2 C flour

1 1/2 - 2 T sugar

1/4 tsp salt

1/2 tsp baking powder

1/4 tsp cinnamon

1/4 tsp nutmeg

1 tsp melted butter

1 T milk

Beat egg and mix w/ the squash. Sift together all dry ingredients & add to squash and egg. Stir in butter and milk. Mix well and ladle onto heated griddle or fry pan. Cook on one side until bubbles appear, turn & cook on other side.

6-8 pancakes *from The Victory Garden cookbook*

White Bean, Squash, Kale & Olive Stew

1/4 C olive oil

3 LG onions, chopped

6 cloves garlic, minced

3 1/2 Lb. Winter Squash,
peeled, seeded, cut into
1 1/2" pieces

1 1/2 C vegetable broth

1 C Kalamata olives,
pitted & halved.

3 red bell peppers, seeded
& cut into 1 1/2" pieces

1 LG bunch Kale, thick stems
trimmed, leaves cut in 2"
strips crosswise

1 T dried sage

2 15 oz cans cannelloni beans,
rinsed & drained

Fresh grated Romano cheese

Heat oil in heavy Dutch oven over oven Med to High heat. Add onions and garlic: sauté until tender, about 10 min. Add squash: sauté. Add bell peppers and stir to coat with onion mix. Add broth. Cover and simmer until squash is just tender, about 10 min. Mix kale and sage into stew. Cover and cook until kale wilts, stirring occasionally, about 8 min. Add beans and olives and stir until heated through. Season to taste w/salt and pepper. Transfer stew to Lg shallow bowl. Sprinkle generously w/cheese.

News from the Field

Hello Winter Green Farm Family Members!

This morning's harvest was done under a cloudy sky, and the temperatures were downright balmy once again. Each day is a surprise, as we arrive on the farm and make our way out to the fields to see what there is to harvest. The mud is thick and unforgiving, so we have to take great care not to drive too far into the puddles. We choose to carry the harvest boxes a bit farther, rather than deal with stuck vehicles. This time of year is always fun, as we feel like moon walkers, with inches of the sodden earth clinging unrelentingly to our boots. We have to be careful not to bring too much of the field back to the processing area on our knees and bottoms.

With only one more week to go in this harvest season, we feel a mixture of accomplishment, relief, satisfaction, exhaustion, and pride in the work we have done this year. It's hard to believe it's already November, and some of us are thinking about what to do with our time off, while others are thinking about job hunting for work to do until spring. In any event, we will all miss being here together on the farm, doing this wonderful job of growing good food. We hope you will all miss our bounty and join us for another season!

You will find a nice mixture of vegetables in your boxes this week. There are a variety of storage type veggies...squashes, potatoes, onions, and parsnips, as well as lots of greens. We have given you both Komatsuna and Pac Choi this week. They are very similar vegetables, with a slightly different taste, and can be used interchangeably in many recipes.

The Komatsuna is used quite often in Japanese cooking, known as Japanese Mustard or Spinach. It is actually in the turnip family and is quite high in calcium. Harvested early, it can be used like spinach, and if harvested when it is more mature, it is used like cabbage, as the taste is stronger and can have a hotter flavor. We have picked the tender, young centers of the Komatsuna, so it can also be used in salads if you prefer. We have washed the greens, but since the fields are so muddy, we recommend you giving them a good, second washing prior to using.

I want to remind you that next week will be the *last* Late Season delivery. If you have any extra harvest boxes around the house, please remember to bring them to your drop sites. We have been very happy with the conscientious return of the boxes this season, and we want to thank you all for your efforts.

If you are interested in ordering some of our fruit spread, just call/email me at the office and I will arrange to have it delivered to your site with your last harvest share.

This week's Farmer Profile is about Phoenix. She only worked here for a short time, but enjoyed it immensely. A native Oregonian, she grew up in Gresham, a suburb of Portland, which she calls "the happy land of strip malls". She moved to Eugene in 2000 and studied Environmental Studies, Sociology and Biology at the University of Oregon.

After a few years, she went to Europe for what was intended to be a 3-month trip. She ended up moving to an intentional community in the Netherlands for 3 years! The

Ecotribe Teuge is a community of about 20 people, from many different countries. They live on squatted land, with no electricity and grow their own food, exploring permaculture and greywater projects. They had lots of public events, ran a mobile catering kitchen for parties and festivals, and practiced living as a community. Now she is back in Eugene, taking her last class to graduate from the U of O.

Last summer she climbed trees in southern Oregon with a group called NEST (Northwest Ecosystem Survey Team), looking for nests of a threatened boreal species called the Red Tree Vole. The vole lives in the tops of Douglas fir trees, only inhabiting old growth forests. They are a primary indicator species for the endangered Spotted Owl. For every nest found, a 10 acre buffer needs to be drawn to preserve the Red Vole habitat from destruction by logging.

Linda: How did you end up on the farm?

Phoenix: I love vegetables and I love playiing in the dirt! In Holland, I worked on a few organic farms and loved it. Back in Oregon, I decided to seek the same and found Winter Green on the internet.

Linda: What are some of your interests & hobbies?

Phoenix: I like lots of things! I love to travel. I plan to go to Asia - indefinitely - either in January or next fall. I like to read and I write a lot. I love to ski and be outside. I like campfires, music, bike rides, and people are pretty fascinating too.

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

Phoenix: Definitely! I feel more connected to my own life - and the world - in a pretty basic way. That our society is so terribly distant and alienated from something as simple as where food comes from is something I find terrifying. If people have no connection to their most basic needs, how can we expect to realize how to live as human beings. How can we make a culture that will not destroy itself and take the Earth down with it. Something is wrong in a culture that imagines food is produced at the supermarket. That, in itself, is not the most frightening thing, yet it is a pretty blatant representation of the roots of some problems with civilization. As for the work itself, I love being able to be a small part of bringing people good, organic food! Plus, it's fun to play outside!

Linda: If you could have a super-power, what would it be?

Phoenix: I, for one, would like the animal powers of... opposable thumb feet, retractable claws, see-in-the-dark power, be able to turn my neck all the way around like an owl, magical amphibious breathe-anywhere powers, incredible vision, photosynthisizing, and of course flying! Hope you all enjoy your veggies this week!

Remember....next week is the Last Late Season delivery!
Linda and all the Winter Green Farmers

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