



Winter Green Community Farm

November 21st *THIS IS THE LAST DELIVERY OF THE SEASON!!* 2006

This Week's Harvest

Burdock
Napa Cabbage
Kale
Carrots
Celeriac
Turnips
Onion
Winter Squash
Strawberry Spread

THANKSGIVING!

- 🍏 **Burdock root *must be soaked and cooked before eating.*** Scrub the roots well with a vegetable brush (do not peel, the skin has lots of nutrients), slice thinly or grate, and soak for 10-30 minutes in water. Add a teaspoon of lemon juice or vinegar to prevent discoloration. (See 10/11/05 box note for additional recipes.)
- 🍏 Remove the Chinese Cabbage leaves, trim the stem end, and halve or quarter the head for easier handling. Store in plastic in the crisper drawer of your fridge. Cabbage will keep for up to 2 weeks. Chop or grate raw cabbage and add to salad or slaw.
- 🍏 Kale keeps best if stored in a plastic bag in the veggie drawer of your refrigerator. Use in stir-fries, sautéed in egg dishes or added at the end to soups and stews.

Stuffed Squash

(A good Thanksgiving Main Course for Vegetarians!)

1/2 C onion, chopped
 1 LG clove garlic, crushed
 1/2 tsp. rubbed sage
 1/2 tsp thyme
 3-4 T butter
 1 C whole wheat bread,
 coarsely crumbled

1/4 C walnuts, chopped
 1/4 C sunflower seeds
 1 stalk celery, chopped (or try
 substituting celeriac!)
 juice from 1/2 lemon
 1/4 C raisins, opt.
 1/2 C grated cheddar cheese
 salt and pepper to taste

For four servings, split 2 good-sized acorn or delicata squash lengthwise down the middle. Remove seeds & bake, face down, on oiled tray for 30 min. or til tender. Make filling while squash cooks. Saute onions, garlic, celery, nuts & seeds (lightly salted) in butter. Cook over low heat til onions are clear, nuts are browned, celery is tender. Add remaining ingredients, except cheese. Cook, stirring, over low heat 5-8 min. til everything is acquainted. Remove from heat, mix in cheese and pack into squash cavities. Bake, covered, at 350 for 25 min. Serve w/cranberry relish.

4 servings

from Moosewood Cookbook

No-Fault Pumpkin Pie

3 C Pumpkin puree, or you
 can use squash puree also
 3/4 C honey
 2 T molasses
 1/4 tsp powdered cloves

3 tsp cinnamon
 1 1/2 tsp ginger
 1 tsp salt
 4 eggs, slightly beaten
 1 can evaporated milk,
 (or 2 C scalded milk)

Mix ingredients in order given. Pour into whole whet pie shell and bake 10 minutes at 450 degrees, then 40 minutes at 350 degrees, or until set. Variation: for a delicious pumpkin/squash pudding, omit pie shell. Bake filling in buttered baking dish and serve w/vanilla ice cream or heavy cream.

from Moosewood Cookbook

Spicy Burdock Root Saute

3 Med Burdock root
 4 tsp sesame seeds
 3 T soy sauce
 1/4 chili flakes
 1 T dark
 sesame oil
 1 carrot
 1 1/2 tsp honey

Scrub burdock roots. Cut into 2 inch matchsticks: soak in cold water 1 h our, changing the water once or twice. Scrub and cut carrot into matchsticks. Heat oil in wok or heavy skillet. Stir-fry the veggies for 2-3 min. (burdock should still be a bit crunchy). Mix soy and honey in small cup. Add and stir-fry for 1 min. Toast sesame seeds in dry skillet for several minutes, tossing often. Sprinkle over dish.

Kale with Soy-Garlic-Olive Oil Sauce

5 C torn Kale
 1-2 garlic cloves, minced
 1 T soy sauce

1 1/2 tsp olive oil
 black pepper, to taste

Steam kale for 15-20 minutes in LG pot. Meanwhile, whisk together garlic, soy sauce, olive oil, and pepper. Drizzle dressing over greens while they're still warm.

from One United Harvest cookbook

This is the Last Delivery of the season!!

News from the Field

Hello Winter Green Farm family!

I love this time of year! You just never know what the day will bring, despite the predictions of your friendly weather person. As I sit here writing to you, the sky has alternately darkened and lightened, and the rain has sprinkled, only to be displaced by bursts of sunlight. I just want to run outside and play in the breeze and falling leaves. Soon enough! Today is the last day I will be writing to you all for a while, as we bring the season to a close. We all felt a bit nostalgic while doing the last harvest this morning, even though I know we are all looking forward to some time off to pursue other adventures for the winter.

Harvesting this morning was pretty much like any other, until we thought about it being the last one for the year. I enjoyed looking out over the soggy, barren fields and calling to mind how full and lush they were, just a short time ago. I continue to be in awe of nature and this grand planet we are fortunate to live upon. Having the opportunity to work on this farm has given me so much to feel proud of and to be inspired about. I love the knowledge that we are growing all of this wonderful food, filling it with love and good energy, and sending it out to all of you. I hope that you all feel that love and that the energy has nourished your body and spirit.

We would like to thank you all for joining with us this season. We hope that you have enjoyed being part of the farm, and enjoyed the bounty that the earth has brought forth. We feel it has been a good season, and hope you feel the same. We try to improve our CSA every year, and appreciate those of you who took the time to return our surveys. Your input helps us to know what you feel works or doesn't, and your suggestions and comments are all taken into consideration for next season.

This was Winter Green Community Farm's 15th year and we had our largest membership to date. All went very smoothly and we appreciate all of your efforts in helping to make that happen. We also want to thank all of the site hosts for volunteering their homes and time. Your time and effort help to make our program work as well as it does.

We filled our membership quota quite quickly this year and had a substantial waiting list all season. I am already reserving shares for the 2007 season so if you would like to reserve your share, give me a call/email at the office. Even though we have taken many different approaches to advertising, we still find that word of mouth is our most effective means of receiving new members. We will still be offering \$25 Gift Certificates for member referrals next

season, so be sure to talk to your friends and family about our program.

Just because it's the end of the CSA deliveries, it doesn't have to be the end of your involvement with the farm. We will be holding our Core Group meeting in early February and welcome member participation. At the meeting, we talk about all aspects of the farm and the CSA and welcome your ideas and suggestions. Let me know if you would like to attend.



We would very much appreciate if you would all take a look around for any harvest boxes that might have been taken home. You have all done a fantastic job at transferring your veggies and leaving the boxes at the site. Even though this is the last delivery, we will be going around to all of the drop sites next Tuesday to pick up the site paraphernalia, so you will have one more week to return boxes if you find one hiding in the corner of the garage.

Since we will be making one last trip into town next week, you will also have one more chance to order some of our fruit spread. I will send out an email mid-December to offer a pre-holiday delivery (into Eugene only), for anyone interested in spread for holiday gifts. If you aren't on the email list, and would like to participate in this option, call/email me at the office.

It has been a pleasure to work/play with all of you this season. I continue to grow here on the farm, right along with all of the veggies, and look forward to next season.

Hope you have a wonderful winter...see you in the spring!
Linda and all of the Winter Green Farm farmers.

If you've misplaced an old box note and are looking for new veggies recipes you can find all of this year's notes at the following link on our website: http://www.wintergreenfarm.com/e_notes_06.html. Here, all notes are organized by date and labeled as the feature veggie that week.

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