



Winter Green Community Farm

June 12th

First Summer Harvest!

2007

This Week's Harvest

(Subject to last minute variations)

Pac Choi

Walla Walla Onions

Lettuce

or

Bagged Young Lettuce

Carrots

Spinach

Strawberries

(some sites only)

Pac Choi

☛ Refrigerate unwashed *Pac Choi* in a plastic container or loosely wrapped in a plastic bag.

Choi keeps for over a week but is firmest and tastiest if used within a few days. Just before using, rinse under cold running water and gently shake dry. Thick stems and leaves require different cooking times, so cut the stems from the leaves by folding in half and slicing along the rib. Cut the stems into 1" pieces and tear, slice or shred the leaves.

☛ Rinse the Spinach leaves in cool water and pat dry with a towel or "spin dry" as you would lettuce. Store in a damp towel or plastic bag for up to 1 week. Spinach can be steamed, sauteed, eaten raw, or added to soups at the last minute.

☛ Bulb **onions** will store for several months in a cool, dry ventilated place. Warmth and moisture will cause sprouting. Use sliced on sandwiches, in stir-fries or on the grill.

☛ Remove the leafy greens from the Carrot tops, leaving about an inch of stem. Refrigerate dry, unwashed carrots in a plastic bag for two weeks or longer. They should not need to be peeled. Scrub w/stiff brush just before using.

☛ Remove grit from **strawberries** by rinsing under cool water just before eating.

Pac Choi with Gingery Butter

1 Med Pac Choi, sliced crosswise into 1" strips
 3 Tbsp butter
 1 Tbsp soy sauce or tamari
 1/2 Tbsp grated or finely chopped fresh ginger
 1 clove garlic, minced or pressed
 1 Tbsp finely chopped fresh cilantro
 salt & fresh pepper to taste

Bring a LG pot of water to boil. Add the choi: cook until tender but still crisp, 2-3 min. Drain choi in colander and immediately run under cold water. Drain Well. Melt the butter in a LG skillet over Med. heat. Add the soy sauce, ginger, garlic, and choi: cook, stirring constantly, until choi is well coated and heated through. Remove the skillet from the heat. Stir in the cilantro. Season to taste with salt and pepper. Serve immediately.

Serves 2-4

from "Real Dirt on Vegetables" cookbook

Mushroom & Spinach Stuffed Peppers

4 bell peppers, tops sliced off, seeds removed. Reserve & chop flesh around stems.
 1 Tbsp salt, plus more to taste
 1/4 C butter, divided
 1 LG onion, minced, divided
 1 1/2 C uncooked, long grain rice
 1/2 lb. Mushrooms, chopped
 1 C celery, finely diced (2 ribs)
 1/4 C carrots, finely diced
 1/4 C corn, fresh or frozen
 1 LG handful spinach, chopped
 1 tsp. fresh ginger, minced
 2 cloves garlic, minced
 1 LG tomato, peeled, seeded & diced
 1/2 C Parmesan Cheese, grated & divided, plus more to taste
 Fresh ground pepper to taste
 Dash cayenne pepper

Preheat oven to 350 F. Bring 4 qts. Water to boil in a LG soup pot: add the peppers & 1 Tbsp salt. Cook the peppers until they are almost soft, 3-4 min. Using tongs or slotted spoon, remove peppers from the water & set in a colander to drain (reserve the cooking water in the pot). Transfer peppers to a rack, cut sides up, & let cool. Heat 2 Tbsp. of the butter in a med. skillet over med. heat. Add half the onions: saute until translucent & soft, about 5 min. Add the rice & continue cooking, stirring frequently, until rice begins to turn golden, about 10 min. Add 3 C of the peppers cooking water & bring to boil. Reduce heat to low, cover & cook until liquid is completely absorbed, 12-15 min. Melt remaining butter in LG skillet over med. heat. Add the chopped pepper tops, remaining onions, mushrooms, celery, corn, spinach, ginger, garlic, & cayenne: saute until veggies are tender, about 10 min. Add salt to taste. Combine rice & sauteed veggies in LG bowl. Stir in tomato & half the cheese. Season to taste w/pepper. Fill each pepper case w/filling and arrange in 9" square baking dish. Garnish w/remaining cheese: add more cheese if desired. Spread any extra filling around the peppers. Bake until heated through, about 20 min.

Serves 4

from "Real Dirt on Vegetables" cookbook

News from the Field

Greetings Winter Green Farm Members!

Welcome to the 16th season of our Community Supported Agriculture program. After all of these months of preparation, it was very exciting to finally get into the field to harvest for you today. It was especially fun for me, as I have spent much of the spring in the office. I thoroughly enjoyed getting my hands into the soil today, harvesting the fruit of everyone's hard labor.

We would like to welcome all of the new members to the farm this year. We hope that you will find your first CSA experience with our farm an enjoyable and rewarding one. We would also like to welcome back returning members. We had a 60% renewal rate this season and we want to thank you all for your support and enthusiasm. We had a lofty membership goal and I think we were all a bit surprised when we achieved it. Since we find word of mouth to be our best advertising, we want to thank those of you who encouraged your friends and family to share the season with us. We will do our best to make it an outstanding one!

Everything looks great in the field! We have had a nice mix of sun and rain this season, so our planting schedule was timely and the moisture attained to help the crops grow strong. The first box will be lovely, and even though the harvest generally fluctuates with the season, we feel confident that you will all be satisfied with your veggies.

In addition, keep in mind that our Strawberries are the ever-bearing variety and not the June bearers. They may come on slower, but they will bear throughout the summer. Don't worry if you don't get a pint this week, as we keep excellent records, and you will get your share.

As many of our long time crew members have gone off into the world to pursue new adventures, we are introducing many new faces on the farm this season. I look forward to sharing their stores with you in our "Featured Farmer" newsletters. I would

love more member input this season, so please feel free to share your favorite recipes, poetry, and kid's drawings. If you have read a good book or article pertaining to organic agriculture, or know of an interesting event to attend, just let me know and I'll include it in the weekly "news".

I will be providing some recipes this season from the new "Real Dirt on Vegetables" cookbook that has just been published by Angelic Organics. This is the CSA farm started by John Peterson which the movie "The Real Dirt on Farmer John" was based. Not only are there some amazing recipes in the book, but it is delightfully informative. We will be able to order these books in bulk at a considerable discount, so let me know if you are interested.

Our annual Open House Potluck was a huge success. We had a nice crowd of members, as well as non-members. The weather was glorious, the food delicious, and we were even entertained by a local bluegrass band, "The Conjugal Visitors", who literally played for veggies! They asked to be invited to our next gathering....imagine braiding garlic to a strumming banjo!

Our first week's feature veggie will be Pac Choi. Also known as Bok Choi, it is part of the mustard family (*Brassica rapa*) In China, where it is known simply as "white vegetable" (Cantonese translation of Bok Choi) there are over 20 varieties of Bok Choi with various flavors, shapes, colors and culinary uses.

Pac Choi is considered one of the garden's most nutritious vegetables. As far as Calcium goes, it tops the chart, yet it is also an excellent source for Vitamins A, B-Complex, C, Phosphorus, Potassium, Iron, and Folic Acid. Although it is most nutritious when eaten raw, traditionally this veggie is used in stir-fries.

We hope you all enjoy eating your veggies as much as we enjoy growing them for you. See you next week!

Linda and all of the Winter Green Farm farmers