



Winter Green Community Farm

June 19th

2007

This Week's

Harvest

(Subject to last minute variations)

Spinach

Lettuce
Swiss Chard
Radishes
Walla Walla Onion
Beets
Or
Carrots
Strawberries
(some sites only)

Spinach

- ☼ 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.
- ☼ If the beets still have greens attached, cut them off, leaving an inch of stem. Store unwashed in a closed plastic bag in the fridge. Store the beets, unwashed, in a plastic bag in the crisper bin. Will keep for several weeks, but sweetness diminishes with time.
- ☼ Wash strawberries gently in cool water, just prior to eating, to remove any grit. Enjoy fresh and whole, or add to smoothies, yogurt, or as a pancake topping.
- ☼ Cut or twist off carrot tops before storing in plastic bag in refrigerator. Clean by scrubbing with veggie brush under cool water. No need to peel!
- ☼ Store Swiss Chard in sealed plastic bag in fridge. Just prior to use, swish leaves in a basin of cool water. Any grit will settle to the bottom.

Charlemagne Salad with Hot Brie Dressing

2 lbs. fresh spinach
garlic croutons
1/2 C olive oil
4 tsp minced green onions
2 tsp minced garlic
fresh ground pepper

1/2 C white wine vinegar
2 T lemon juice
4 tsp Dijon mustard
8-10 oz. ripe brie, rind removed, cheese cut into small pcs., room temp

Clean spinach. Dry in salad spinner or kitchen towels. Tear into bite size pieces and toss w/garlic croutons in LG bowl. Warm oil in heavy skillet. Add onions & garlic & cook until golden, 3-5 min. Blend in vinegar, lemon juice, & mustard. Add cheese a little at a time, stirring constantly. Toss the hot dressing with the spinach & croutons. Serve immediately w/freshly ground pepper.
Makes 6 servings from *Asparagus to Zucchini* cookbook

Sauteed Radishes with Hard Cooked Eggs

6 LG Hard cooked eggs, halved, each half quartered
1 green onion, chopped
Salt & fresh ground pepper
2 T butter, divided
1 bunch radishes, quartered
1 tsp each: grd. Cardamom, coriander, sesame seeds, cumin, paprika
1 1/4 plain yogurt
1/3 C fresh cilantro, chopped
3 T fresh lemon juice

Arrange egg pieces in shallow serving dish. Scatter onions over them & season w/salt & pepper. Melt 1 T butter in med. skillet over med. heat. Add radishes, cook, stirring, until tender, about 8 min. Transfer to a plate to cool. Let skillet cool, & return to stove over low heat. Melt remaining butter & add cardamom, coriander, sesame seeds, & cumin: cook stirring constantly to prevent burning, until fragrant, 3-4 min. Scrape spices into small bowl & set aside to cool. Place yogurt in med. bowl. Whisk until creamy. Add cooled spices, cilantro, lemon juice, & paprika: stir to combine. Season w/salt & pepper. Arrange radishes over the eggs & onions. Pour yogurt sauce evenly over dish. Serve immediately.
Serves 4 from *"Real Dirt on Vegetables"* cookbook

Sauteed Beet & Potato Hash

3 T vegetable oil
2 small onions, diced
4 med. potatoes, peeled & grated
2 med. beets, peeled & grated
2 tsp fresh thyme (1 tsp dried)
1 tsp garlic, minced salt
1/2 tsp fresh grd. pepper

Heat oil in LG skillet over Med heat. Add onions; cook & stir until soft & translucent, 5-7 min. Stir in potatoes, beets, thyme & garlic. Season w/salt to taste. Cook, turning occasionally. until tender, slightly crispy, 15-20 min. Remove from heat. Season generously w/pepper & more salt to taste.
Serves 4 from *"Real Dirt on Vegetables"* cookbook

News from the Field

Hello Winter Green Farm family!

Today was bright and sunny as we gathered in our respective groups to start the morning harvest. I listened to the crew sharing their weekend adventures, hands busily pulling radishes, cutting lettuce, and bunching chard. I inwardly reflected on how blessed I feel to be part of this crew and farming in general. We have quite a few new "farmers" in the fields this season, and it has been a pleasure to watch them grow from awkward and unsure, to capable and confident.

This year, as I entertained the children from the early season field trips, I was surprised by how many of them had never visited a farm before, and had no idea how food was grown or where it came from. I felt honored to be able to share the knowledge with them, and experience the wonder on their faces as the whole concept of manure, seeds, and plant growth began to take shape in their fresh, young minds. I still feel the wonder of it all, as the seeds grow, are transplanted, and become the glorious food we all share. I hope you feel the "wonder" with every bite you take of the veggies we bring to you.

The first week of deliveries went very smoothly. We had a few minor glitches here and there, but for the most part, all went well. Thank you all for your patience while we fine tune all of the little details that are involved in bringing your food to you. Hopefully, you enjoyed your first share of veggies and we are confident that the season will progress bountifully.

This week the feature vegetable is **Spinach**. We are giving you most of your spinach in the first few boxes, since the early season warm weather has caused the Spinach to grow exceptional fast. Spinach (*Spinacia oleracea*) is an annual flowering plant in the Amaranthaceae family, and is native to central and southwestern Asia.

Spinach is a rich source of iron, but not as rich as the myth of Popeye and his fantastic strength after eating it implied. That myth was brought about in 1870 when Dr. E con Wolf misplaced a decimal point in an article he wrote. In 1937, German chemists decided to reinvestigate the findings and discovered the iron content figure was ten times too high and corrected the mistake.

Spinach also contains Vitamins A, C, E, K, and a fair amount of magnesium and several vital antioxidants. Spinach is a good source of folic acid, and in fact, this vitamin was first purified from Spinach. Nutrients are best obtained when Spinach is eaten fresh, steamed, or quickly boiled.

Several of you have been calling regarding bulk blueberries, so I thought I would talk a bit about that with you. Our blueberry bushes are 25 years old and for many years the farm has battled with poor drainage in the patch. We had 5 full rows, as well as other portions of the patch, that were gradually becoming less and less productive. We finally decided this year that the best course of action would be to remove those bushes.

Basically, we have removed about 1/3 of the patch and we are anticipating an overall decrease in blueberry production this season. Since we have increased our CSA membership, as well as added a new Farmer's Market, we are not sure if we will be able to fill bulk orders for blueberries this season. The patch does look great, and if by chance, we are surprised with the harvest, we will announce the availability of bulk orders at the sites and via our weekly newsletters. We do want to make sure that we supply you all with the berries we have promised before we start supplying bulk orders.

I have contacted Royal Blue Organics, a local organic blueberry farm not too far from Winter Green Farm, about the availability of bulk berries and will let you know as soon as I receive the details about the possibility of ordering from them. We will be opening the patch for gleaning at the end of the season, as usual.

The school children that visit the farm are delightful, but even more enjoyable are the "farm kids" who are a daily part of our lives. Alden, Chris and Shannon's son, just turned two and is expecting his sister or brother by Thanksgiving. His first word was "tractor" and there is no distracting him when he sets his sights on one. He and his dog, Daisy, are daily visitors and bring a smile to everyone's face when they toddle by.

Last year our Basil Queen, Melanie, found out she was expecting and baby Adelaide Mae was born at home in January. Now, 5 months old, she is all smiles and the crew all take turns bouncing her on our knee at lunch break.

Last year, we did interviews with the crew and shared their stories with you all. I would like to continue that again this season, so if there are any questions you would like to hear the answers to, let me know.

We hope you enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers.