



Winter Green Community Farm

June 26th

2007

This Week's Harvest

(Subject to last minute variations)

Napa Cabbage

Spinach

Radishes

Green Onions

Carrots

Lettuce

(some sites only)

Strawberries

(some sites only)

Napa Cabbage

- ∨ Napa cabbage is cleverly packaged. Just stick dry, unwashed cabbage in the fridge. The outer leaves may eventually get floppy, but you can remove & discard them to reveal fresh inner leaves. Cabbage can keep for a month, but once cut, store in a plastic bag.
- ∨ Rinse cabbage under cold running water just before use. Peel away a few outer leaves & cut cabbage in half through the stem end. Lay flat and quarter it, again through stem end. Balance each section upright & slice away triangular core exposed at base. Then, chop, sliver or grate quarters.
- ∨ Use raw cabbage to make coleslaw or sauerkraut. Stir fry or braise until slightly browned. Use the steamed or boiled cabbage leaves to wrap rice or meat fillings.

Cabbage with Indian Spices

3 T vegetable oil
2 C onion, minced
1 1/2 tsp ginger, minced
1 green chile pepper,
cut in 1/2 lengthwise
1 lb. cabbage, shredded
1/2 tsp salt

1 tsp ground coriander
1/4 tsp cayenne pepper
pinch turmeric
3 T water
1 LG fresh tomato,
peeled & chopped

Heat oil in LG skillet over Med-High heat. Add onions, ginger, & chile pepper; sauté, stirring often, til onion is browned, 15-20min. Stir in cabbage. Add coriander, cayenne, & turmeric & mix well. Add water, reduce heat to simmer, cover, & cook for 10 min. Add tomato & salt; stir to combine. Cover & cook til tender, 5-10 min. Remove the hot chile pepper before serving.

Serves 4

from "Real Dirt on Vegetables" cookbook

Farmer's Cabbage & Mushroom Pie

2 unbaked 9" pie crusts
2 T olive oil
1/2 C onion, chopped
1 1/2 C mushrooms, chopped
1 tsp fresh thyme
(1/2 tsp dried)
salt to taste

1/2 tsp lemon juice
2 C cabbage, chopped
4 oz. cream cheese,
softened
freshly ground pepper
3 hard boiled eggs, sliced

Place one pie crust into bottom of a pie pan, making sure to leave at least 1/2 in. of dough hanging over the edge. Refrigerate both top & bottom crust until ready to use. Preheat oven to 375 deg. Heat oil in LG skillet. Add onion: sauté til tender, about 5 min. Stir in mushrooms, thyme & lemon juice. Add cabbage; cook til tender, 15-20min. Stir in cheese & add salt & pepper to taste. Layer half of cabbage mix in pie crust. Add layer of sliced eggs. Top w/remaining cabbage mix. Moisten overhanging edge w/water. Cover pie w/top crust, sealing edges w/fingers. Bake until crust is browned on top, 30-40 min.

Serves 6-8

from "Real Dirt on Vegetables" cookbook

Orange Curry Carrots

1 C orange juice,
freshly squeezed
1 C water
4 C carrots, sliced 1/4'
1/2 C raisins
2 T butter
2 tsp curry powder

1/2 tsp ground turmeric
1/2 tsp ground cardamom
2 T flour
1 banana, very ripe, peeled
& mashed
1/2 tsp salt
freshly ground black
pepper

Bring the orange juice & water to a boil in med. pot. Add carrots & reduce heat to simmer; cook, uncovered, until barely tender, about 6 min. Stir in raisins & remove pot from heat; let stand. Melt butter in LG skillet over med-high heat. Add curry powder, turmeric, & cardamom; cook, stirring constantly, til just fragrant, 1-2 min. Sprinkle flour into skillet & stir constantly til smooth paste forms. Remove from heat. Drain carrots & raisins, reserving the orange liquid. Add 1/2 of liquid to curry powder mix in skillet, return to heat & stir to combine. When sauce thickens nicely, slowly add rest of liquid, and stir in mashed banana. Add carrots & raisins & stir to combine. Season w/salt & pepper to taste. Garnish w/cilantro & serve immediately.

News from the Field

Hello Winter Green Farm family!

What a glorious day! Although it was a bit chilly at the morning meeting, the sunshine warmed us in the fields and harvesting was a pleasure. We were fortunate to not have any frost this weekend, as our neighbor Horton Rd. Organics did, and all of the crops appear to be thriving.

I did receive several messages from members this weekend about the Strawberries, so Jabrila asked me to talk with you about them.

On Winter Green Farm, the Strawberries we grow are the ever-bearing variety. With the ever-bearing variety, you usually get a "spring flush" and then the second growth comes on more slowly but will last well into September.

In the past, the berry patch usually produced enough berries that almost all of our CSA members receive a pint in the first box or two, and then continuously until your promised amount has been fulfilled.

Last fall Jabrila made the decision to replace some of the rows of Strawberries that were older with new plants. The older rows typically will have their "spring flush" about the same time that the CSA shares begin. This season, with the early hot weather we had in May, the berries came on earlier and the crew spent many an hour each day harvesting the ripe berries. There was one day where we harvested over 80 flats!

Since the CSA had not begun, we were able to sell them at the Farmer's Markets we attend, as well as through other sources. Now we are in the lull in between. The new plants have lots of berries on them, but they are not quite ready yet. We should be harvesting in good numbers in a few weeks, and be assured that we keep excellent records and you will all receive the promised amount of berries.

The same scenario has been occurring with some of our greens. You will notice you have been receiving a good amount of spinach, as it loves this cooler weather and just keeps on producing. Our lettuce grew quickly in the early warmth and we had to harvest it earlier than planned and give it to the Farmer's Market to sell. We have already seeded out new lettuce to compensate and you will receive the promised amount.

Another question that members have been asking is how the "some sites only" works. When we plant the crops, we calculate how much we want to grow depending on how many members we have. We can plant

for the exact amount or even more, but the harvest all comes down to Mother Nature. Some times the plants grow quickly due to the weather and sometimes slower.

We wish we could just put the same amount and type of veggie in each box each week. That would make our lives so simple, but it's not always the case. We go out into the fields on harvest day and see what bounty the earth has to give us. If there is not enough of any one veggie for all, we divide up the harvest and give it out to as many members as possible. We always give each drop site the same veggie, and then the following week, the harvest will be divided between the sites that didn't receive it the previous week. Again, we keep really good records, so by the end of the season, the harvest will be divided equally.

Ultimately, this is the CSA model in a nutshell. We plant, grow, harvest, and deliver your produce to the best of our ability, but nothing is certain. Our work depends on what the weather brings, on what type of insect decides to take a liking to a certain crop, on whether the deer decide to make our fields a regular stop, and occasionally, we may just have a crop failure for one reason or another.

Being part of a CSA helps you understand and get in touch with the season and your farmer, and gives you an opportunity to go with the flow of the earth. We all share the joys and woes of this farming life together! We appreciate your patience and understanding during our struggles. We also appreciate your kind words, delight, and enthusiasm when all goes well. Please feel free to call/email me at the office if you have any other questions or concerns.

This week our feature veggie is the **Napa Cabbage**. **Brassica rapa** is a Chinese leaf vegetable, commonly used in Chinese cuisine. It has been cultivated for over 6,000 years and the seeds of the Napa Cabbage have been found in a jar at the excavated New Stone Age settlement at Banpo. In Korea, it is a staple vegetable for making Kimchi.

Napa Cabbage is very low in Cholesterol. It is also a good source of Niacin, Calcium and Potassium, and a very good source of Vitamin A, Vitamin C, Folate, Iron, Zinc, Copper and Manganese.

We hope you all enjoy your veggies and recipes this week. Remember to check out our online archive of box notes for more recipes if you would like other options.

Linda and all of the Winter Green Farm farmers

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