



Winter Green Community Farm

July 3rd

2007

Broccoli

This Week's Harvest

(Subject to variations)

Broccoli

Radishes
Lettuce
Carrots
Parsley
Swiss Chard
Kale
Fennel
Garlic Whistles
Berries

- ☛ Remove any tough or woody parts of the **broccoli** stalk. Soak heads upside down in salt water to remove any hidden field pests. Peel the stalk to reveal the very tasty and tender inside; chop and use along with florets. Store broccoli in a plastic bag in hydrator drawer of your refrigerator. Use within a few days.
- ☛ Fresh parsley can add flavor to many dishes, cooked into sauces, and stir-fries. It makes a wonderful accent chopped raw into tabbouleh, dips, and dressings.
- ☛ Wash Fennel bulb, store in plastic bag in refrigerator, wrapping delicate leaves in moist paper towel, for up to 2 weeks. Fennel can be eaten raw, baked, steamed or sautéed. Tops can be used as a garnish or added to soups at the end. Use the tops as a substitute for dill.
- ☛ Do **NOT** rinse blueberries before you are ready to eat them (they have a natural coating that protects them from decay!) They will keep well in the fridge for up to 10 days. Freeze on cookie sheet and store in zip loc bags.

Broccoli & Tofu with Peanut Sauce

1/4 C unsalted Cashews
3 T peanut oil, divided
1 LG onion, chopped
1 red or yellow bell pepper, chopped
1-2 cloves garlic, minced
1/2 tsp. dried red pepper flakes
1 lb. Firm tofu, drained, cubed

3 T tamari or soy sauce, divided, plus more to taste
1/2 C peanut butter, chunky
1/2 C veg. Or chicken stock or water
2 tsp rice wine vinegar
1 tsp toasted sesame oil
4 C broccoli, chopped, including peeled stalks

Toast cashews in dry, heavy skillet, over high heat til brown & fragrant. Let cool & roughly chop. Heat 2 T peanut oil in LG skillet, over MH heat. Add onion, bell pepper, garlic, & pepper flakes; saute til soft, about 5 min. Transfer to bowl. In same pan, heat remain. 1 T peanut oil over MH heat. Add tofu & 1 T tamari; saute til tofu starts to brown, 8-10 min. Transfer to bowl w/onion mix. In same pan, mix peanut butter, stock, rice vinegar, & remain. 2 T tamari. Heat over MH, stirring, til mix reaches gravy-like texture & comes to boil. Immediately turn off heat & stir in tofu mix & sesame oil. Season to taste w/more tamari. Steam broccoli for 5 min. Add to pan w/peanut butter mix & mix well. If necessary, heat through before serving. Garnish w/cashews.
Serves 4 from "Real Dirt on Vegetables" cookbook



Garlic Whistle & Fennel Spread

2 tsp olive oil
1/2 fennel bulb, finely chopped
2 tsp rice wine
1/4 tsp salt, plus more to taste
4-5 garlic whistles,

Heat oil in medium skillet over med. heat. Add the fennel & cook until soft, about 5 min. Add water & rice wine; bring to boil. Add salt. Cook until thick, 4-5 min. During the last 30 seconds of cooking, stir in garlic whistles. Transfer the mixture to a bowl. Cover & refrigerate for at least 5 hours to allow flavors to develop. Season to taste w/more salt. This spread is great on sandwiches, and on grilled veggies. Add it to your hummus, or on roasted meats and shrimp.
Makes 3/4 cup from "The Real Dirt on Vegetables" cookbook

Fennel and Potato Stew

Bouquet Garni

1 sprig parsley, stem only
1 bay leaf
1 sprig thyme

2 T butter, unsalted
2 T vegetable oil
1 Med onion, sliced
1-2 cloves garlic, crushed
1 Med fennel bulb, roughly chopped
1 LG carrot, chopped

1 Med potato, peeled & cubed
2 Med tomatoes, peeled, seeded & chopped
3 C vegetable or chicken stock
2 T Pernod (licorice flavored liqueur/optional)
1/4 C heavy cream or "*Silk*" salt & white pepper to taste
chopped parsley

Prepare garni; tie parsley stem, bay leaf, & thyme sprig in a piece of cheesecloth. Heat butter & oil in LG saucepan over Md. Heat. Add onion; saute for 1 min. Add garlic & saute for 1 min more. Stir in fennel, carrot, & potato & cook for 5 min. Add tomatoes, stock & garni. Bring to boil, reduce heat to a simmer. Cover & cook over low heat until fennel is very soft, about 30 min. Discard garni. Let mixture cool slightly & puree it in batches in food processor or blender. (If using "*Silk*" instead of cream, add it now & puree w/rest of ingredients.) Return soup to pot & stir in the Pernod & cream. Heat over Med low heat to allow soup to heat through, but do not boil. Season w/ salt & pepper to taste. Garnish w/parsley.
Serves 3 from "The Real Dirt on Vegetables" cookbook

News from the Field

Hello Winter Green Farm Members!

Happy almost 4th of July! I'm sure many of you were off enjoying this beautiful weekend, either camping, hiking, or participating in backyard BBQ's, and we still have the fireworks to look forward to, to brighten up our mid-week.

All is well here on the farm. We are beginning to feel like summer has finally truly arrived. In fact, this morning's harvest was quite a bit warmer than we have been experiencing and I'm sure it won't be long before we are all making our way into the fields at an earlier hour. We are also ready to begin our haying season. We will welcome several young men on the farm in the next couple of weeks, as they help to haul the fresh cut bales of hay onto trucks and then into the barns.

The veggies are looking wonderful. I went out to check on the potatoes and the greenery is reaching to my mid thigh now! The corn is inching upward, and the squashes are filling out beautifully. Many of the warmer crops are sporting flowers, teasing us with promises of the bounty soon to come.

Today, we harvested the first of your fennel and then moved on to harvesting "garlic whistles". The aroma has been with me all day long. For those of you who haven't experienced them, "garlic whistles" are the flower stalks that the garlic shoots up. Snapping them off not only provides you with a tasty treat, but it also encourages bigger bulbs of garlic later on, as the energy of the plant is then directed downward toward the roots. Some say this process can increase the bulb size by 30 percent or more.

We are also quite pleased to begin harvesting the blueberries today! Our long time blueberry crew is back this year and will take on the responsibility of the harvest, and although you may not all receive a pint this week, the blueberries will be gracing your boxes for the next few weeks at least! The strawberries are flourishing as well, so you will all be enjoying the fruit's of the farm in your boxes one way or the other.

Although the blueberries are ripening in the patch, we are still unsure of the amount of berries that we will be able to harvest. Since we want to make sure you all receive the amount of berries promised, we won't commit to supplying bulk berries until we have accomplished that, if at all this season.

Those of you who pick up at our Farmers Market stands will be able to purchase flats of berries there, if available. For those of you who are not able to frequent our markets, I would like to provide a local

source for you. I received a message from Royal Blue Organics and they will have blueberries available from July 15th through August 7th. The cost will be \$48/15 lbs. They recommend that you call and place an order and you will be responsible for picking them up. Their phone number is 689-1836 and they are located on Royal Ave., on the south side, just west of Greenhill Rd. in Eugene.

While we hope to one day be able to once again supply you all with blueberries from Winter Green Farm, we want to make sure that you have an opportunity to receive delicious, organics berries this season. Please let us know how it works out for you.

This week's feature vegetable is **Broccoli**. Broccoli, which gets its name from the Latin "Bracchius", meaning strong arm or branch, has been around for over 2000 years. It was first cultivated by the ancient Rasenna, in Asia Minor which is now Turkey. The Rasenna later migrated with their broccoli to Tuscany, Italy and became known as Etruscans. Rasenna farmers were thought to have developed broccoli while attempting to select for cabbage varieties with prolific shoots and stems rather than thickly bunched leaves. The Etruscans were active traders with many Mediterranean cultural groups allowing the rapid expansion of broccoli's popularity. Broccoli, known to farmers as "the 5 green fingers of Jupiter," was a favorite of the Romans who prepared it in much the same way it is prepared in modern Italy, in creamy sauces, with wine and herbs.

Much like its cabbage ancestors and other mustard family cousins, broccoli is an incredible source of nutrition and medicine. In one cup of cooked broccoli there is as much calcium as in 4 oz of milk, as much vitamin C as in an orange, and 10% of the average human's daily iron requirement. In vegetable nutrition circles, broccoli is famous for its vitamin A content, which is also responsible for its dark green color. Broccoli also contains significant quantities of beta carotene, magnesium, potassium, and zinc.

As a medicine, current research is beginning to conclude that the beta carotene, vitamin C, calcium, and phytochemicals (especially indoles and isothiocyanates) consumed in broccoli and its cousins help boost the level of various enzymes that detoxify the body. This detoxification is thought to help prevent cancer, osteoporosis, diabetes, heart disease, and blood pressure. Eat your broccoli! Hope you all enjoy your veggies this week! Linda and all of the Winter Green Farm farmers