



# Winter Green Community Farm

July 10th

2007

## Berries

### This Week's Harvest

(Subject to variations)

#### *Berries*

Lettuce

Spinach

Broccoli

Green Onions

Carrots

Summer Squash

Beets

(some sites only)

- ☛ 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.
- ☛ Rinse Strawberries just before eating to clean off any grit that may still be on the berries from the field.
- ☛ To freeze berries, spread them out on a cookie sheet and placed them in the freezer. Once frozen, store them in a ziploc bag or plastic container until ready to use.
- ☛ Fresh or frozen berries can be used to make cakes, breads, & muffins, as well as added to yogurt, ice cream and smoothies.

### *Blueberry Yogurt Pie*

Butter & flour 9" pie pan. Preheat oven to 350 deg. Using an electric mixer or by hand, cream butter & sugar. Add egg & blend well. Combine flour & baking powder & mix into wet ingred. to form a soft dough. With flour dusted fingers, pat sticky dough into bottom of pie pan. Push dough up to cover sides of pan. Refrigerate at least as long as it takes to make filling.

Mix all filling ingred. except blueberries, until smooth. Put berries into pie shell & gently pour in filling so berries are coated & evenly distributed. Bake for 50-60 min., until crust is browned & custard has set. Chill well  
Makes 6-8 servings from "Sundays at Moosewood Restaurant" cookbook

### *Finnish Berry Rice*

Beat cream until soft peaks form. Gradually add the sugar and beat until stiff. Fold the cream and add 1 C of the berries into the rice. Spoon into a serving dish and top with remaining 1 C of berries and mint leaves.

from "One United Harvest" cookbook

### *Summer Blueberry Tart*

For pastry, stir flour & sugar together in mixing bowl. Drop the chilled butter pieces into the flour. With your fingers, lightly & quickly, rub butter & flour together until crumbly, or cut in w/knife or pastry cutter. Whisk egg yolk, lemon juice, & 1 T water. Sprinkle liquid over butter/flour mix. & continue to stir or rub mix between fingers until a ball of dough forms. Do not overwork. If too crumbly, add 1 more T water, lightly kneading it into the ball. On floured board, w/floured rolling pin, roll out dough into LG circle. Gently lift into 9" pie pan. Patch any holes. Flute crust. Chill for 2 hours

#### Sweet Pastry Crust

- 1 1/2 C flour
- 2 T sugar
- 1/2 C chilled butter, cut into small pieces
- 1 egg yolk
- 1 T fresh lemon juice
- 1-2 T cold water

#### Filling

- 5 C fresh or frozen, blueberries
- 2 T water
- 1/3 C sugar
- 1 T cornstarch, dissolved in 2 T water
- 1/2 pint heavy cream, whipped (optional)

Preheat oven to 375 deg. Place a sheet of alum. foil in bottom of crust & fill w/rice to weigh down during baking. Bake crust for 15 min. Remove crust from oven & carefully lift out foil w/rice. Bake for 5 min. more. Cool. To make filling, heat 2 Cup blueberries, 2 T water, & sugar in SM saucepan. Crush a few berries w/a spoon to release juice. When berries have softened & become juicy, add cornstarch mix. Simmer on low heat for about 10 min., stirring occasionally until mix. thickens. Remove from heat & fold in one more Cup of blueberries. Pour the berry mix into baked pie shell. Top w/remaining 2 Cups of blueberries. Cool for on hour. Serve plain or topped w/whipped cream.  
from "Sunday at Moosewood Restaurant" cookbook

#### Crust

- 1/3 C butter
- 1/4 C sugar
- 1 egg
- 1 C flour
- 1/2 tsp baking powder



- 1 C heavy cream
- 1/4 C sugar
- 2 C blueberries or strawberries

#### Filling

- 2 eggs
- 3 T sugar
- 1 C yogurt, plain
- 3 T fresh lemon juice
- 1 tsp vanilla extract
- 2 C blueberries

- 2-3 C cooked rice, chilled
- fresh mint leaves

## News from the Field

Greetings Winter Green Farm Members!

It was a glorious morning to be on the farm! We are now arriving at 6:30 am, while the early mist still lingers in the valley. The hills behind are high lighted by the sun rising over the ridge, with the brilliant blue sky as a backdrop. Not a bad way to start the day!

Even though we are out in the fields so early, we are still pushing hard to get the greens and fragile veggies harvested and out of the sun in a timely manner. With the birds serenading us in the background, our hands move quickly and efficiently, almost as one, as the harvest boxes mount on the row edges.

This week Berries will be in the spotlight. Since we are in the height of the harvesting season for most berries, now is the time to supply you with some yummy recipes. What could be better than the smell of a blueberry crisp fresh from the oven!

Today I would like to begin the Farmer Profiles with a couple of Winter Green Farm veterans. Those of you who have been long time members of the farm will remember Sam and Meg Gray, the oldest children of Jack Gray and Mary Jo Wade, the Winter Green Farm founders.

Sam and Meg have both just arrived back on the farm, after finishing college, to visit for the summer and lend a helping hand.

Sam attended Colby College in Maine, receiving his Bachelor Degree in Geology. While at Colby, he enjoyed being part of the Crew Team. He went on to do his graduate work at Louisiana State University in Baton Rouge, and has just received his Master's Degree in Geo Physics. While at LSU he developed an interest in running, and enjoyed participating in marathons. When I asked him what he plans to do next, he said, "That is the million dollar question!" He is glad to be home, and was promptly added to the haying crew almost upon arrival. He'll be heading back to Louisiana to tie up loose ends.

Meg attended Bowdoin College in Maine and has just received her Bachelor Degree in History, with a minor in Economics. She plans to move to Boston after summer and hopes to find a position working with a non-profit focused on education. Meg enjoyed mentoring while in school, working with the same young man for 4 years. It was hard to leave him when the time came. She also enjoyed spending time outdoors, as well as participating in intramural sports.

It has been a pleasure to watch both Sam and Meg grow through the years into such wonderful young adults, and we are all enjoying seeing their smiling faces around the farm.



I would like to share some information with you that I received from the Lane County Extension service recently. They are going to offer "Kitchen Creations", a class series focusing on food preservation. There are five "Hands-on" classes scheduled, taught by the Extension Service Master Food Preservers. These classes are being offered in Eugene, at the OSU/Lane County Extension Service Auditorium located at 950 W. 13th Ave. For those of you located in our other delivery areas, you might want to see if your Extension Service is offering classes similar to these.

The classes they will be offering are:

July 24th ~ Fruit Spreads

Learn to make jams, jellies, preserves, cooked & freezer jams, as well as low & no-sugar preserves

August 28th ~ Tomatoes/Salsa & More

Learn to safely can tomatoes, make salsa to can, tips on freezing & drying tomatoes, as well as pizza leather

September 25th ~ From Apples to Sauce

Learn to make applesauce, apple pie filling, freeze extra apples, & dried apple treats, & fresh apple cider

October 23rd ~ Food Drying

Get tips on drying fruits, vegetables, nuts & seeds, make jerky, fruit leathers, soup mixes & more

November 27th ~ Gifts from the Kitchen

Get a jump on the holidays...learn to make your own gifts such as fruit spreads, herbal jelly, flavored vinegars & oils and homemade liqueurs.

Classes are limited to 25 participants, with a minimum of 12 and the cost is \$15/class or \$60 for the series. Call 541-682-4243 (800-872-8980) for more information.

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers

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