



Winter Green Community Farm

Week of July 17th

2007

This Week's Harvest

(Subject to variations)

Carrots

Lettuce

Swiss Chard

Summer Squash

Green Onions

Berries

Some Sites Only

Beets

Tomatoes

Cherry Tomatoes

Beets

Cauliflower

Carrots

- ☞ Cut or twist carrot tops off before storing in plastic bag in the refrigerator. They will keep for several weeks. Clean carrots well before eating by scrubbing with a vegetable brush under running water. Do not peel unless damaged as much of the nutrients are very close to the skin. Eat carrots raw in sticks, rounds, julienned, or grated, or add slices or chunks to soups, stews, or casseroles. Carrots are also delicious lightly steamed or sauteed and garnished with butter or olive oil and fresh herbs. Try them grated with oil, lemon juice, parsley, garlic, salt and pepper
- ☞ Refrigerate unwashed summer squash for up to a week and a half in a plastic bag or in a sealed container with a kitchen towel. When ready to use, simply rinse off (no need to peel). Try it raw, broiled, steamed, fried, grilled, sauteed, or stir fried. Grate or thinly slice raw squash into salads, or add sticks or rounds to a veggie platter with a dip.
- ☞ Tomatoes will hold at room temperature for up to 1 week or longer if still ripening. Do not refrigerate! Under ripe tomatoes will continue to ripen stored out of the sun at 60-75 degrees. Rinse when ready to eat. Although eating tomatoes raw is the favorite, you can saute, bake, broil, or grill them as well. Try them on a shish-kabob or topped with thin slices of cheese and broiled.

Carrot and Tofu Scramble

2 T oil	1/3 C soy sauce	In a skillet, heat the oil over MED Heat & cook the carrots, stirring, for 15
1 lb. Carrots. Grated	1/3 C sesame seeds	min. Add the tofu & cook, stirring, until carrots are soft, about 5 min. more.
1 lb. Tofu, extra firm, drained & crumbled	1 tsp dark sesame oil	Add soy sauce & sesame seeds. Cook 1 min. more. Stir in the sesame oil. Serve hot. Makes 4 servings from "Vegetarian Times" cookbook

Hot & Spicy Noodles with Vegetables

1 tsp peanut oil	2 green onions, sliced diagonally	In a wok or skillet over Med High heat, heat peanut oil & rice wine until bubbling. Add ginger, garlic, carrots & broccoli. Stir-fry until carrots soften slightly, about 5 min. Add cabbage & green onions, cover & cook 3 min. With slotted spoon, remove vegetables to a platter; set aside.
1/4 C rice wine	1/4 C water	Add the water, sesame oil, cayenne, honey & hoisin sauce to the wok or skillet & heat until bubbling. Add noodles & stir-fry until heated through.
2 T ginger root, grated	2 tsp. dark sesame oil	Stir in vegetables. Add soy sauce to taste
2 cloves garlic, minced	1/2 - 1 tsp cayenne	Makes 4 servings from "Vegetarian Times" cookbook
1 C carrots, sliced thin	1 T honey	
1 C broccoli stems, peeled & sliced thin	1 tsp hoisin sauce (opt)	
1 C green cabbage, sliced thin	4 C cooked rice noodles	
	Soy sauce to taste	

Sweet Zucchini Crumble

4 1/2 C flour	6-8 C zucchini, sliced thin	Preheat oven to 350 deg. Stir flour, 2 C sugar, & salt in LG bowl until well combined. Add butter & cut into flour until it looks like coarse oatmeal. Pour 1/2 mix into 9X13" pan.
3 C sugar, divided	2/3 C lemon juice	Press mix evenly into bottom of pan. Bake for 10 min. Remove pan from oven & set aside.
1/2 tsp salt	1 tsp cinnamon	Combine zucchini & lemon juice in LG pot over High heat & cook until tender. Stir in 1 C sugar, cinnamon, & nutmeg. Simmer 1 min. more. Stir in 1/2 C of the reserved flour mix & continue to cook, stirring constantly, until it thickens. Remove pot from heat to cool for 10 min. Pour zucchini mix over baked crust & sprinkle w/remaining flour mix. Return pan to oven & bake until lightly browned & bubbly, 40-45 min.
1 1/2 C butter, cold	1/4 tsp nutmeg	Serves 6-8 from "Real Dirt on Vegetables" cookbook

News from the Field

Hello Winter Green Farm Members!

*A Garden Striving for Eden
dew heavy clouds melt
like frozen Kool-whip
into a sundae of pines
and mountains overlooking the
fruit mother nature intended of
our opposable thumbs - Eva*

I thought you might enjoy the poem that Eva, one of our new crew members, was inspired to write. Eva came to us from Kentucky this season, and hopefully you'll be seeing more of her talents in future box notes.

By the look and feel of the crew this morning, I do believe that Monday came just a little too quickly for everyone. This past weekend was the annual Oregon Country Fair, and many of us spent time there playing, dancing, and enjoying the diverse and colorful entertainment. There were yawns aplenty and sleepy faces in the circle for sure!

It was nice to harvest under a somewhat cloudy sky today. The mornings have been so hot of late that it has been a push to get the veggies under cover. Today was a nice reprieve.

You will find lots of goodies in your boxes this week. As well as several more pints of berries, some of you will also be receiving tomatoes, either slicing tomatoes or Sungold cherry tomatoes. We harvest our tomatoes a bit under ripe, since we feel they travel better. Let them sit for a day or so and they will be perfect to eat.

The **Strawberries** are now plentiful enough that we feel we can begin to fulfill bulk flat orders. We will take orders on a first come, first serve basis and will fill the orders as quickly as we can. We may be able to fill as many as 10 at a time, but cannot guarantee to fill an order immediately or by a certain date. We will do our best to accommodate as many of you as we can. Just call me at the office or drop me an email if you would like to order a flat.

We may also be able to fill some **Blueberry** flat orders as well, although a bit more slowly, if at all. If you would like to be on the list to order bulk blueberries, just give me a call at the office. If you *absolutely* need blueberries for freezing or canning, you might want to call Royal Blue Organics this season at 689-1836, and get your order in with them.

This week's feature vegetable is the **Carrot**. We have had a wonderful crop of carrots so far, and you are not the only ones who have been enjoying them! We have been noticing some "nibbling" on the carrot tops, but this morning it looked as though the deer had had a party in the field over the weekend! The carrots were all still there, hidden below the soil surface, but the luscious, green tops were almost all gone. As a result, you will be receiving your "topped" carrots in a bag this week.

It turns out that the carrots we know today are quite different from their ancestors. The wild carrot was first used medicinally (leaves, flowers, seeds and root) 5,000 years ago in the mountains of modern-day Afghanistan. These wild carrots were very similar to the wild carrots we find in fields and along roadways today - Queen Anne's Lace. By 2000 BC, the Egyptians were cultivating these roots for similar medicinal purposes. There are ancient paintings and papyrus texts depicting and describing these early carrots. Moorish invaders brought the carrot from the Middle East to Southern Europe in the 12th century. By the 13th century, they were grown widely in France and Germany before making their way to England by the 15th with Flemish refugees.

Unlike the orange and occasional red carrot that we are used to seeing today, the carrots grown and gathered up until the 16th century could be found in a wide array of colors. Roots were pale yellow, green, red, white, purple and even black, but never orange. It wasn't until Dutch carrot growers crossed the pale yellow varieties with the red varieties to develop an altogether new color in the carrot world. It turns out that their crossbreeding wasn't an attempt to increase the quantity of carotene (the legendary nutrient responsible for orange pigmentation) in the root, but an act of patriotism. The Monarchy residing over the country at the time was (and still is) called "The House of Orange." The Dutch continued to dominate the field of carrot breeding over the next century, developing many varieties which are the direct descendants of today's modern carrots.

Though carrots have never been the center-piece of any meal, they've found their way into soups, stews and as complements to meat dishes for centuries. The fact that they are a quick easy way to produce food energy (like any root crop) has played a role in their popularity. Equally important to their widespread utility may be their superior nutritive properties. Carrots are one of the plant kingdom's best sources of carotene, which the body converts to vitamin A. Vitamin A is a potent anti-oxidant helping to rid the body of the free radicals responsible for many of our degenerative diseases. It also strengthens the immune system, the skin, lungs, and intestines. The carrot is also a great source of vitamins B, C, D, & E, calcium pectate (which lowers cholesterol), potassium, thiamin, folic acid, magnesium and phenolic compounds - which are antioxidants found in or near the skin (don't peel your carrots!). Unlike many vegetables, the nutrition in carrots is enhanced by cooking. Recent studies have found cooked carrots to have 30% more antioxidant power than raw carrots.

Hope you enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers

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