



# Winter Green Community Farm

Week of July 24th

2007

## Summer Squash

### This Week's Harvest

(Subject to variations)

#### *Summer Squash*

Cauliflower

Tomatoes

Basil

Garlic

Parsley

Green Onions

Lettuce

Cucumbers

Berries

#### *\*Some Sites Only\**

Beets

Carrots

- To clean summer squash (or zucchini), rinse or wipe with a damp cloth (peeling is not necessary). Store in the refrigerator in a closed plastic bag to prevent dehydration. Use within a few days of harvest.
- Summer squash is very versatile. Try it raw, steamed, baked, broiled, fried, grilled, sauteed or stir-fried. Slice thinly for a great pizza topping, oven fry in sticks, or try in quiche or omelets. Grated squash mixes beautifully into your favorite chocolate cake or muffin recipe. A simple way to prepare squash is to half, top with minced garlic, herbs & olive oil, sprinkle parmesan cheese over the top, and bake until tender.
- Remove basil leaves from stem. Wrap in damp towel & store in fridge. Wash gently before using. Fresh basil deteriorates quickly, so use promptly.
- For longer storage, make small bundles & hang to dry. Make & freeze pesto, or freeze fresh leaves in a zip-loc (remove air, seal, & freeze). Toss whole leaves into salad or pasta, layer leaves on sandwiches & pizza, chop & sprinkle into salad dressings, soups, potatoes, eggs, & pasta dishes.

### *Sweet Zucchini Crumble*

4 1/2 C flour  
3 C sugar, divided  
1/2 tsp. salt  
6-8 C Zucchini,  
sliced thin

1 1/2 C butter, cold  
2/3 C lemon juice,  
fresh squeezed  
1 tsp cinnamon, grd.  
1/4 tsp. nutmeg, grd.

Preheat oven to 350 deg. Stir flour, 2 C of sugar, & salt in LG bowl until well combined. Add butter & cut into flour until mix looks like coarse oatmeal. Pour half of mix into 9 X 13 cake pan. Using fingers, press mix evenly into bottom of pan. Bake for 10 min. Remove pan from oven & set aside. Combine zucchini & lemon juice in LG pot over High heat & cook until zucchini is tender, 8-10 min. Stir in remaining 1 C sugar, cinnamon, & nutmeg. Simmer 1 min. more. Stir in 1/2 C reserved flour mix & continue to cook, stir constantly, until mix thickens. Remove from heat...cool 10 min. Pour Zucchini mix over baked crust & sprinkle w/remaining flour mix. Return to oven & bake until lightly browned & bubbly, 40-45 min.

Serves 6-8

*from "Real Dirt on Vegetables"*

### *Roasted Tomato Basil Pesto*

2 tomatoes, pre-roasted  
or 1 LG fresh tomato  
2-3 cloves garlic,  
peeled, halved  
3 T pine nuts  
2 T olive oil

1 C fresh whole basil  
leaves  
1/2 C Parmesan cheese,  
freshly grated  
2 T butter, softened  
salt & pepper to taste

Combine the tomatoes, garlic, pine nuts, and oil in a blender or food processor, and process until just combined. Add a handful of basil & process again briefly: continue adding basil in small amounts until all is combined. Stir in Parmesan cheese & butter & season w/salt & pepper.

Serves 2

*from "Real Dirt on Vegetables" cookbook*

### *Beet Lemon Soup*

1 T minced garlic  
2 C diced onion  
2 1/2 C beets,  
cubed  
4 T butter or oil  
1 C carrots, chopped  
2 C Water

Zest of 2 lemons  
1 1/2 C heavy cream,  
or soy milk  
1 tsp fresh dill,  
finely chopped  
2 tsp salt  
1 T sugar or honey

In a medium soup pot, saute garlic, onion, and beets in the butter or oil until onion becomes transparent. Add carrots and saute 1 more min. Add water, cover and bring to boil, and turn down to low heat for 1/2 hour. Puree the soup in a blender or food processor until smooth and return to pot. Add the lemon zest, cream or cream substitute, dill, salt, and sugar or honey. Do not boil.

Submitted by member Georgeanne Cooper... *thanks!*

## News from the Field

### **Greetings Winter Green Farm Members!**

Is it really almost the end of July already?! It seems as though we have just begun the season, yet here we are harvesting for your seventh box this week! Time flies when you're having fun!

I just love going out to the field after a few days away. Some of the crops seem to grow in leaps and bounds, such as the corn. It looks as though it has grown a foot over the weekend, and the golden tassels are blowing gently in the breeze, while the reddish ears are protruding from their green sheaths below. I can almost taste their sweet goodness.

I had the opportunity to harvest the first of the Community Farm basil today and it sure looks beautiful. The delightful scent had visions of pasta topped with homemade pesto dancing in my head all morning. With over 4 acres of basil planted, the field looks like a luscious sea of green.

In the fields, many of the warm weather crops are beginning to produce in prolific numbers. Our summer squash plants are now joyously providing us with abundant fruit. This beautiful summer crop (all are different types of the same species, Cucurbita pepo) originated in South Africa but were believed to be developed in Italy, where their versatile presence is still appreciated in savory dishes today. During harvest we are always amazed by this plants' unbelievable ability to grow *really fast*. We often need to add in another harvest during the week to ensure the petite fruits don't grow into unwieldy mammoths!

Our other summer crops are also beginning to ripen, as we eagerly add them to our harvest totals. The cherry tomatoes are blushing crimson and gold, and the first of the eggplants are shining in the field. Every one will be receiving plenty of these tasty fruits in the weeks to come.

This weekend I had the pleasure of watching part of the series called "Life in the Undergrowth", hosted by Sir David Attenborough. Although I found the whole documentary fascinating, I was totally impressed by the Farming Ants.

Farming Ants don't actually farm vegetables....they farm aphids! Some ants have what is described as a mutually beneficial, or "symbiotic" relationship with the aphids (plant lice). Some ants will actually foster the aphids, collecting their eggs in the autumn, protecting them in their nests over winter, feeding the young aphids until they are ready for grazing, and then in the spring, carrying the young aphids to nutritive plants, where they will obtain their nourishment.

Under the care of the ants, the aphids thrive (some times much to our dismay!). Aphids are good at sucking nutritious juice out of the plants. So good in fact that they often suck out more juice than they can digest. The extra juice is secreted out of the back of the aphid, where the ants can milk it, just like a farmer milking a cow.

Each worker ant goes from aphid to aphid, collecting the "honeydew", which it stores in the abdomen until it's full, whereupon it will return to the nest and regurgitate to feed other members of the colony. The ants, in return, protect the aphids from predators such as flies, wasps, and ladybugs.

If your garden is troubled by aphids, you might want to see if there are ants around. Your aphids could be a protected "nursery". Organic farms that have problems with aphids will sometimes bring in other insect species to control the population. The ladybug larvae, as well as the adult insect, are voracious aphid munchers, devouring thousands within their short lives. You can attract them to your garden by planting Queen Anne's Lace, butterfly weed, and goldenrod. Many of these plants will attract other beneficial insects as well. Green lacewings, lacewing larvae (often called aphid lions), hover fly larvae, or parasitic wasps are all insects that specifically seek out aphids as prey. You can even purchase ladybugs if you would prefer a faster method of increasing the population of beneficial insects in your garden.

### **Community Farm Announcement**

Please join us for our annual  
**Garlic Braiding Potluck**  
**Saturday, July 28th**  
**from 12-4 pm**

We will enjoy a potluck lunch  
(bring your favorite dish to share) from  
noon to 1 pm and then spend the afternoon  
on the farm. Create beautiful garlic braids  
and explore the farm on a hayride! This is  
always a fun-filled afternoon - hope to see  
you there!

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers

**Winter Green Farm 89762 Poodle Creek Rd Noti, OR 97461 Phone: (541)935-1920**  
**Fax: (541) 935-3615 [folks@wintergreenfarm.com](mailto:folks@wintergreenfarm.com) [www.wintergreenfarm.com](http://www.wintergreenfarm.com)**