



Winter Green Community Farm

Week of August 14th

2007

Garlic

This Week's Harvest

(Subject to variations)

Garlic

Basil

2 heads of Lettuce

Green Beans

Carrots

Tomatoes

Walla Walla Onions

Cucumbers

Summer Squash

Some Sites Only

Cherry Tomatoes

Cauliflower

Eggplant

Peppers

Strawberries

- ♣ **Garlic stores best in a cool, dry, well-ventilated place** for up to several months. Any heads that begin to split, feel soft, or mold should be composted and/or used as soon as possible - as they will not store as long as heads that are whole and hard. **Do not refrigerate** unless storing unpeeled cloves. **For easy peeling, press garlic cloves firmly against a cutting board with the flat side of a knife**, quickly remove the skins, then mince, slice or press. Eat garlic raw or minimally cooked for pungent flavor and greater medicinal benefits. Long cooking mellows garlic's strong flavor.

Sopa de Ajo (Spanish Garlic Soup)

From MACSAC's *From Asparagus to Zucchini*

5 Tbsp olive oil, divided
 4 cloves garlic, peeled and sliced
 1 1/2 tsp sweet paprika, divided
 4 Cups chicken broth (or veg broth)
 salt and pepper
 1 Tbsp minced garlic
 4 Cups stale french bread, in 3/4-inch cubes
 6 eggs
 1 Cup diced ham

Heat 1 tablespoon olive oil in pot over medium-low flame. Add sliced garlic and cook briefly, without browning. Stir in half the paprika, chicken broth, and 3 Cups water: cover and simmer 45 minutes. Season slightly with salt and pepper. Combine remaining olive oil and minced garlic in skillet: heat briefly over low flame. Add bread and cook, stirring often, until crisp, 10-15 minutes. Toss in remaining paprika. Heat oven to 450 degrees. Place 6 ovenproof bowls on baking sheet. Pour a little simmering broth into each bowl. Break an egg into each bowl, then scatter ham over the eggs. Fill bowls with remaining broth. Bake until eggs are set, 3-5 minutes. Scatter in "croutons"; serve immediately. Makes 6 servings.

Pasta Primavera

Adapted from *The Farmer's Market Cookbook*

1/2 lb. Green beans, cut into thirds
 2 Largish summer squash, sliced
 1 small fresh chili pepper, chopped
 2 Tbsp garlic covered in olive oil
 1 lb. Short pasta, like penne.
 1/4 Cup parmesan or asiago cheese, grated
 1 Large handful basil leaves, chopped
 Olive oil to dress

1. Blanch the vegetables in boiling salted water, about 2 minutes. Drain, keeping the water for the pasta, and set aside.
2. Saute chili pepper with the garlic-in-oil and remove it from the heat.
3. Bring leftover salted water to a boil and cook pasta until tender, about 7 minutes.
4. At the last minute, add the vegetables to the chilies and saute briefly until warm through. Stir into the pasta, with the cheese and basil to make it slippery. Season to taste.

Roasted Whole Garlic

From *Farmer John's Cookbook: The Real Dirt on Vegetables*

4 Large heads garlic, left whole
 1/4 Cup olive oil

1. Preheat the oven to 350° F.
2. Cut the top one-third off each head of garlic to expose the cloves.
3. Place all 4 heads of garlic on a piece of aluminum foil; drizzle with olive oil. Tightly wrap up the garlic in the foil.
4. Roast until the cloves are soft and creamy, 45 minutes to 1 hour, depending on size.

News from the Field

Hello! Melanie here, filling in for Linda for a couple weeks while she enjoys some time to prepare for her son's wedding coming up on the 25th of August. Training with Linda over the past week has given me a new appreciation for all of the details she keeps tabs on around here. Hooray for Linda for taking a break, and hang in with me as I attempt to be her stand -in.

Dog Days of August!

Anyone who's ever farmed, worked on a farm for more than one season, or known a farmer can most likely attest to the craziness of August. It's that time of year when every vegetable is in full swing and it's all hands on deck! It's also that time of year when all the hands on deck are a bit worn from months of planting, picking, packing, weeding and all the other minutia of daily deeds of farm life. It's around now that some of us may wonder, "what that heck are we thinking, with this farming stuff!?" It isn't usually until winter, when all the fields are sleeping, that we remember just what the heck we were thinking. It's then that we collect energy and excitement to do it all again the next season.

It's easy, I reckon, to get bogged down each week by the weight of it all (metaphorically and literally as the cucumbers and zucchini are pumping out fruits to no end). What's not so easy is to take a few moments to reflect in the midst of the August harvest on just what the heck we're thinking. I'd like to take this opportunity to do just that: reflect on some of the reasons why we choose this path of farming.

Passion for food and the outdoors are probably the two biggest motivations to farm, even if Chris, our Farmer's Market manager jokingly claims he's in it for the money. We have the privilege of working outside most of the day, throughout much of the year. We hear the Hermit Thrush sing its echo-y melodies each morning and afternoon. We get to know the time of day based on where the summer sun hangs in the sky. Passion for food around these parts means different things depending on whom you ask. Shannon or Adam might say they visualize the myriad meals they could make with a handful of basil, say, and some fresh walla walla sweet onions. Jabrila would probably tell you that she loves that so many families enjoy our produce each week of the season, and that the food we grow feeds hungry people at Food For Lane County.

Still others would say that their passion lies within the realm of the soil and the farm organism. Wali clams an innate proclivity to farm, with a birthmark that resemble the words "BORN TO FARM". Wali cares for the soil life each year by making our compost from manure that the cows produce during their winter in the barns.

And so, community farm members, I remind you all too, that while August is a crazy time on any farm, we bring you vegetables every week from a place of love and great care and hope that it comes through in the meals you prepare for your family and friends. Without you, we would not be able to do what we do! Thanks!

-Melanie, WGF crew member