



Winter Green Community Farm

Week of August 21st

2007

This Week's Harvest

(Subject to variations)

Cilantro

Lettuce
 Broccoli
 Carrots
 Red Onions
 Tomatoes
 Cucumbers
 Peppers
 New Potatoes
*****Some Sites Only*****
 Cherry Tomatoes
 Summer Squash
 Cauliflower
 Eggplant

Cilantro

- ♣ **Cilantro** is an aromatic herb used in many ethnic dishes including Indian, Mexican, and Asian cuisine. Don't let its delicate appearance fool you, it adds a citrus-like punch to any dish and is a key ingredient in salsa fresca.
- ♣ Add fresh leaves to soups, stews, & stir-fries for an aromatic touch. Add cilantro toward the end of cooking time to retain fresh flavor and color. Toss fresh leaves into a green salad.
- ♣ Like most fresh herbs, **Cilantro** is sensitive to moisture. For best storage, **place the bunch in a jar** as you would a bouquet of flowers – with stems upright. Place a plastic bag over the jar and **keep refrigerated** for up to two weeks. You may **also pack the sprigs loosely between two sheets of paper towel** and then in a plastic bag in the fridge.
- ♣ **REMINDER:** This week's potatoes are New Potatoes, and are not cured. You'll want to wash and keep them refrigerated until you use them.

Asian Noodle Stir Fry with Cilantro & Broccoli

Adapted from Farmer John's Cookbook: the real dirt on vegetables

8 oz. Asian noodles, such as rice noodles	1 Cup soy sauce or Tamari divided
1 Tbsp peanut oil	1/4 Cup chopped red onion
2 Large cloves garlic, minced (1 tsp), divided	1/4 Cup freshly squeezed lime juice (about 2 limes)
3 tsp grated ginger, divided	1 Tbsp sesame oil
1/4 tsp hot pepper flakes	1/4 Cup Chopped fresh cilantro plus more to taste
1 lb. Broccoli (about 1 medium head), cut into florets	Gomashio or toasted sesame seeds for garnish
1 large bell pepper, sliced into thin strips	

1. Cook the noodles according the package directions
2. Meanwhile, heat the peanut oil in a wok or large deep skillet over very high heat. Test to see if the oil is ready by dropping in a small piece of ginger. If it sizzles vigorously upon contact, the oil is ready. Add half the garlic, 1/2 tsp of the ginger, and all of the hot pepper flakes; cook, stirring with a spatula, for 30 seconds. Add the broccoli and bell pepper; cook, stirring for 3 minutes. Add 1 Tbsp of the soy sauce and 3 Tbsp water; stir, reduce heat to medium-high, cover and cook until the vegetables are tender, 3 minutes. Transfer the vegetables, along with any juices still in the wok, to a large bowl.
3. Combine the remaining soy sauce, garlic, and ginger in a small bowl. Add the onion, lime juice, and toasted sesame oil. Stir to combine.
4. Place the cooked noodles in a large bowl. Pour the soy mixture over the noodles and toss to allow the noodles to soak up the sauce. Add the vegetable mixture and toss again. Add the cilantro and toss. Garnish each serving with gomashio and more cilantro if desired. Serve immediately or chill before serving.

Mango Cilantro Salsa

2 ripe mangoes	1/4 C red onion, minced	Peel and dice mangoes and avocado. Combine with remaining ingredients. Serve as a topping for grilled fish, tofu, or chicken, or as a dip for chips or crackers. Makes 1 1/2 - 2 cups
1 ripe avocado	2 Tbsp cilantro , chopped	
juice of 1 lime	1 tsp garlic, minced	
1 jalapeno, seeded & chopped		

News from the Field

Hi there members! This week seems to be off to a wet start around here. This is only my second season in Oregon, but it sure seems weird to have such weather in August. And despite the weather it will be an exciting week ahead. Sara and Tyson are busily and excitedly preparing for their wedding this weekend. Linda will take off this Wednesday to assist them.

Jabrila is back this week after a family emergency took her to California to be with her sister, Jane, for nearly a week. She'll likely be back and forth again before too long. Let us all hold Jane in our thoughts and hearts, and send warm wishes for her well-being.

My partner Aaron has offered to share some thoughts with you today, so I'll let him take it from here. Enjoy your boxes, folks, and the week ahead.

Cheers, Melanie

It is raining and a bit cold for such a day in the middle of August. Yesterday I awoke to the rain on a Sunday morning and felt the need to make a fire and sit all morning at the window with a cup of coffee and watch the sky fall. I am originally from the Midwest so rain in August is nothing too foreign to me. Yet having spent a few years out here in Oregon I now see August rain as a strange turn of weather. It perplexes the mind to feel such dampness on the skin while tomatoes are still hanging ripe on the vine. Is it August 20th or November 20th? Is Al Gore right? Has climate change already come to the Willamette Valley?! I needed answers.

For the last seventeen years, perhaps longer, Wali has been faithfully recording the daily highs and lows in temperatures and

precipitation levels year round here on the farm. From a braced 2x4 nailed onto our fuel tanks across from the farm shop there hangs a thermometer and a rain gauge. Most days if you are up early enough, you will see Wali walk on over to check that gauge and thermometer and write down the results in a dusty old folder pinned inside the wall of the shop. Whenever I have questions about weather I make a pilgrimage to that dusty old folder.

According to the rain gauge we have received .4 inches of rain in the last few days, almost half an inch for the entire month of August this year. Looking at the records .53 inches is the monthly average since 1991. However, looking closer it seems about half the Augusts since 1991 have been almost completely dry. While a handful of years have seen up to 1 and a half inches. Does anybody remember August of 2004 when we got 1.7 inches? My guess is that was a rough tomato year.

After looking at the weather records I feel a little bit better. Maybe the rain is not that unusual after all. Still, it does have some immediate consequences for us here on the farm. Our wholesale fresh basil is going to be a challenge to keep dry enough to please our accounts. Tilling up fresh ground for our seeding and transplanting this week could prove a little tricky. And we shall see how our tomatoes are doing. I suppose these are the trials and tribulations of farming and we can certainly roll with them. And in the spirit of my daughter's favorite book "Remember the Night Rainbow", if it does rain tomorrow, then put the bathtub in the yard and take a rain bath.