



Winter Green Community Farm

Week of August 28th

2007

Basil

This Week's Harvest

(Subject to variations)

Basil

Lettuce
Broccoli
Red Onions
Walla Walla Onions
Tomatoes
Cucumbers
Peppers
Summer Squash
Some Sites Only
Eggplant
Cauliflower
Carrots

- ♣ **Basil** has a distinct fresh flavor and aroma that is used frequently in Italian cooking as well as some Asian and Thai dishes. Add basil toward the end of cooking to maintain flavor and texture.
- ♣ Like most fresh herbs, **Basil** is sensitive to moisture. **When storing basil** it is important to **keep the leaves dry**, as it deteriorates quickly once it gets wet. I like to **wrap the leaves in a paper towel** and put the whole thing **into a plastic bag in the crisper drawer** of my refrigerator. Use it promptly.
- ♣ **You can also dry Basil** successfully in a small food dehydrator. **Store dried basil in glass jars away from light and heat.**
- ♣ **REMINDER:** The onions in your box this week are fresh eating onions and will not store well. Please use them soon.

Pesto Genovese

From *New Recipes From Moosewood Restaurant*

2 1/2 C Basil, firmly packed, chopped
2 LG garlic cloves, pressed
1/2 C pine nuts, walnuts, or almonds, chopped
1/2 C Parmesan cheese, freshly grated
1/2 C olive oil
salt and pepper to taste

Whirl basil, garlic, nuts and Parmesan in blender or food processor until well mixed. Then add olive oil in a slow, steady stream until a smooth paste is formed. Drop a dollop of pesto on each serving of hot pasta & top with chopped tomatoes & extra grated Parmesan. Spread on a slice of Italian bread or in a pita with lettuce and tomatoes.
Serves 6

Summer Squash in a Quick Basil Dressing

1 Large summer squash
1/4 red onion, sliced
1 handful basil
4 Tbsp virgin olive oil
1 clove garlic, crushed
3 Tbsp balsamic vinegar
1/2 tsp salt
1 Tbsp Dijon mustard
1/4 tsp herbs d'Provence

Cut summer squash into 1/4" julienne strips. Lightly steam the squash for 2 minutes; allow to cool. Prepare the dressing by mixing all of the ingredients in blender/processor with 2 Tbsp cold water. In a serving bowl, toss squash with sliced red onions and the dressing. Enjoy!

Baked Tomatoes with Walnut Pesto

From *The Farmers' Market Cookbook*

3 1/2 oz. basil, leaves only
1 oz. walnuts
1 large clove garlic, peeled
1/3 Cup olive oil
1 large or 2 medium Tomatoes per person

1. Heat the grill. Process basil, garlic, walnuts and olive oil to a rough paste. Salt to taste.
2. Cut a cap off each tomato, opposite the stem end. Scoop out the seeds and pulp. Stuff the tomato with pesto, replace the cap, and brush the skin with olive oil.
3. Grill for 10 minutes, until the flesh is cooked and the skin is peeling back. The pesto should be warm through, but still bright green. Serve warm.

News from the Field

Hey folks! Some logistical notes: as some of you may already know, the Farmer John Cookbooks have arrived. If you haven't already received yours please look for it at your site this week. If you didn't order one and would like to, we still have a few available. The cost is \$24.00. You can call or email me with your order. The book comes to us from farmer John Peterson at Angelic Organics in Illinois and is dynamic for a cookbook. It gives information on each vegetable, how to store and prepare it, as well as info on culinary herbs - all organized by seasonality of the crop. It's a keeper!

Rounding the Corner

This week's harvest brings us just that much closer to fall. You probably won't notice it in the crop selection your box provides - still the same summer goodies like peppers, tomatoes and basil. But I noticed it this morning as I harvested your cucumbers, zucchini and onions (I am not usually in the field harvesting anymore as I have been raising my own crop, a precocious eight-month-old baby girl). This morning, due to the craziness of August that I described a couple weeks ago, I had the opportunity to help with harvest. After verbalizing my musings on the impending fall Eva, a crewmember from Kentucky, asked me, "So, Melanie, how do *feel* fall here?"

I sort of gave her a quick answer, but have been stewing over it since then wondering how to best articulate how I *feel*/fall here in Oregon. I've spent a winter in the South and can imagine how the fall there is much different. Eva says you know the fall is coming when you smell the

tobacco drying. I've also spent a fall in the Midwest and know that a NW fall will never come close to those crisp, clear, and golden days that fall brings to the American heartland. And as a native Californian I traditionally have known fall as a warm time, with a slight breeze and a particular slant to my shadow. This being only my second fall in Oregon, I must acknowledge my limitations in articulating how I feel it. Even so, I know it's coming soon - but how?

That same breeze and slant in the shadows that hits California each October seems to begin here in late August/early September and make its way south. The long shadows give me a sense of solitude and contemplation I don't feel at other times of the year - a contemplation of the peak of the picking season about to round the corner into hibernation for the winter. Last fall we had some spectacular fall days that were clear and fresh, and I can only hope that this fall those days find us here in Western Oregon again. If not, I can accept the rain as a blessing that keeps us so green here. The breeze rustling through the trees seems to accentuate that feeling of solitude, silencing the sounds of other voices in the field, so that I am alone with the crops and the land.

This morning I felt the breeze, and noticed the shadows stretching a little longer than last week and knew that fall would be here soon. This is how I feel fall here in Oregon. How do you feel it?

I'd love to put your responses into next week's boxnotes....