



# Winter Green Community Farm

Week of September 4th

2007

## This Week's Harvest

(Subject to variations)

### *Corn*

Cilantro

Red Onions

Tomatoes

Peppers

Cucumbers

Zucchini

Spinach

### *Some Sites Only*

Eggplant

Cherry Tomatoes

## Corn

- ☞ Eat it now! (says Farmer John) If you must put off eating corn, leave the husks on and refrigerate the ears in a plastic bag for as little time as possible. After about four days the corn's sweetness diminishes.
- ☞ No handling is necessary if you eat the corn raw on the cob, and yes, it's delicious! You can cook it in the husks or shuck the corn by pulling the husks down the ear and snapping off the stem.
- ☞ Rinse the shucked cob under cold running water and remember that earworm damage is not cause to throw away the whole ear: just cut out the damaged section.
- ☞ To cut the kernels off of the cob, stand the cob upright on its base and run sharp knife from the tip of the ear down to the base.

## Savory Corn Pudding

Butter for greasing the  
baking dish  
8 ears corn  
1/2 Cup heavy cream  
\*for a sweeter, dessert  
like pudding, add 1 1/2  
tsp sugar to mixture

1/2 Cup milk  
2 Tbsp flour  
3/4 tsp salt  
fresh ground pepper  
1 Tbsp butter

Preheat oven to 325 F. Butter a 1 qt. baking dish. Cut corn kernels off the cobs into baking dish, and scrape in any remaining corn juice from the cobs. Add the cream, milk, flour, salt, and pepper: mix gently but thoroughly. Dot with butter. Bake until golden brown on top & creamy inside, about 1 h our.  
*Serves 4*      *From "Real Dirt on Vegetables" cookbook*

## Golden Corncakes

1 1/2 Cups corn kernels  
1/4 Cup thinly sliced  
scallions  
1 egg, lightly beaten  
1/4 Cup coconut milk, soy  
milk, or milk

1/2 Cup flour  
1 tsp salt  
1/2 tsp baking powder  
1/2 tsp fresh ground  
pepper  
corn oil or vegetable oil

Mix the corn & scallions in a LG bowl. Add egg & coconut milk & mix well. Stir in flour, salt, baking powder, & pepper. Heat a LG, heavy skillet over medium heat. Add enough oil to coat bottom of pan. Test oil by dropping small amt. of batter in pan. Careful not to let oil overheat & smoke. Drop batter by heaping Tbsp. into hot oil & lightly press each into pancake shape w/a spatula. Cook until bottoms are golden brown, about 2 min. Flip and cook until bottom is brown. Transfer to paper towels to drain. Add oil between batches as needed. Serve immediately or keep warm in oven.  
*Makes about 20 medium pancakes*      *"Real Dirt on Vegetables"*

## Summer Veggie Pie

2 Cups chopped tomatoes  
2 Cups chopped veggies:  
onions, summer squash,  
peppers, corn, beans, or  
any other fresh veggie

Fresh herbs to taste  
Salt & pepper to taste  
Your favorite  
cornbread recipe

Chop all vegetables into an ovenproof casserole dish & mix w/herbs and spices. Bake at 400 degrees for 20 min. Remove from oven & top w/cornbread mix. Bake for an additional 20-25 min. until cornbread is nicely browned.

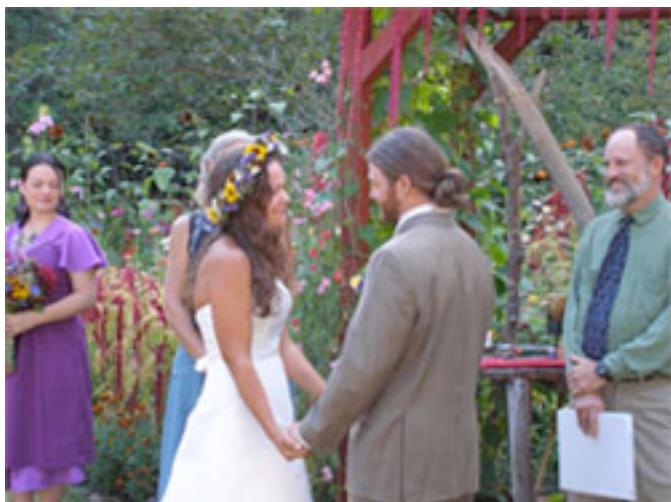
*From "One United Harvest" cookbook*

## News from the Field

Greetings!

It sure feels good to be back on the farm! Even though I thoroughly enjoyed my time away, and have returned feeling refreshed and renewed, a smile definitely spread across my face as I crested the top of the hill and gazed upon the morning mist floating over the valley before turning onto Poodle Creek Rd. What a wonderful feeling to be excited about returning to work! A true testament to the family and work I have grown to be part of and love here on the farm. Tyson, Sara, and I appreciate so much the major effort put forth by those who had to pick up the slack left by our absences.

The wedding was a glorious affair! We all agree that it was pretty much perfect and our only regret was that it all went by so quickly! We had many hands helping to assure that all went smoothly and the weather was spectacular. After so many months of preparation, we were simultaneously relieved and exalted that the special day had finally arrived.



Tyson and Sara certainly inspired family and friends with their thoughtful and loving vows, and after a delicious buffet of homemade food, we all danced the night away under the almost full moon and twinkling lights. We could not have asked for a more lovely and memorable wedding, and I must admit after the wedding couple and all of the guests had gone, it was hard to turn off the lights and end the evening. Gratefully, I have a new "daughter" in my life and many more wonderful moments to share and to look forward to.

Now, back to reality! The first thing I want to tell you is that we are taking orders for our organic, grass fed beef. If you had previously expressed an interest, you have most likely already received the information. We will give preference to our past customers and our CSA members until Sept. 15th and then we will offer the beef shares to the larger community. If you would like to receive the information about the beef this season, just let me know and I will get that out to you.

We are excited to be able to add corn to your boxes this week! And this is just the beginning! The crop is ripening a bit later than usual this season, due to the cool weather, but all of the plantings are sizing up nicely. Since we do not use any pesticides, you may find a hitchhiker among the ears....those little corn earworms. They are harmless and if you happen upon one, you can just remove it and add it to your compost bin along with the cornhusk.

Melanie asked members last week to send in their personal "musings" on how what fall means to them, and here's what they had to say:

How do I feel fall? I know it's coming when the maturing leaves of our katsura trees begin to waft their own particular perfume. I think it kind of smells like berries in the woods, but I've seen it described as a burnt brown sugar smell, and that's kind of right too.

--Ellen

Have you noticed how the clouds change in the fall? We have a lot more feathery clouds in the sky, and of course they eventually build up to rain clouds. I for one love the smell here after it rains. The freshness brought to the air by cleansing rain is invigorating to all. One thing I see here that I've seen nowhere else: the skies are often backlit in the late afternoons and early evenings -- outstanding! I love the fall plants too, the gorgeous chrysanthemums, the apples, the later fruits and veggies. It is such a bounteous time, and beautiful. LOL

--a member who wishes to remain anonymous!

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers