



Winter Green Community Farm

Week of September 11th

2007

This Week's Harvest

(Subject to variations)

Peppers

Corn
Parsley
Red Onions
Tomatoes
Spinach
Lettuce
Broccoli
Some Sites Only
Eggplant
Cherry Tomatoes

Peppers

- ✎ Refrigerate peppers unwashed in hydrator drawer for 1-2 weeks
- ✎ For greatest nutrient retention eat peppers raw: Thinly slice lengthwise for a crunchy snack or for dipping, layer slices into a favorite sandwich, or dice into a variety of salads.
- ✎ Add peppers to soups, stews, omelets, quiches, casseroles and stir-fries.
- ✎ Peppers may be frozen: Wash and dry peppers. Cut into bite-size pieces and place in airtight container or zip-lock freezer bag. Peppers will soften when thawed, so take out only the amount you need & replace rest in the freezer.

"How Sweet It Is" Corn & Pepper Salad

4 ears sweet corn
1 green bell pepper, diced
1 red bell pepper, diced
1/4 Cup diced red onion
2 Tbsp. slivered basil

3 Tbsp balsamic vinegar
1 tsp. Dijon mustard
1/2 Cup olive oil
salt and pepper to taste

Husk corn & boil or grill until crisp-tender. Cool & slice off the kernels. Place corn in bowl w/sweet peppers, onions, & basil. Whisk balsamic vinegar & mustard in a small bowl, then slowly whisk in olive oil a little at a time. Toss w/the veggies. Season w/salt & pepper to taste.

Makes 4 servings *from "Asparagus to Zucchini" cookbook*

Pepper & Cheese Casserole

Butter for greasing baking dish
1/2 C uncooked bulgur
1 1/2 C boiling water
2 Tbsp butter
1 1/2 C onion, chopped
4 C green pepper, minced
1 1/2 C mushrooms, sliced
1 1/2 Tbsp tamari

1 1/2 Tbsp dry sherry
1 tsp dried marjoram
1/2 tsp salt
fresh ground pepper to taste
1 1/2 C cottage cheese
3/4 C crumbled feta cheese
4 eggs, beaten, lightly salted

Preheat oven to 350 deg. Coat a 2-Qt. casserole dish w/butter. Put bulgur into saute pan & pour boiling water over it. Cover & let stand for at least 15 min. Melt butter in Med. skillet. Add onions: saute until translucent, about 5 min. Add peppers & mushrooms: cook until peppers are just tender & mushrooms have released their water, 5-7 min. Remove from heat & stir in tamari, sherry, marjoram, salt & pepper to taste. Mix well. In small bowl, combine cottage cheese & feta. Spread the bulgur in prepared baking dish. Cover it w/veggies & then mixed cheeses. Pour the beaten eggs over all: let eggs seep through by tapping dish on counter a few times. Sprinkle w/paprika. Bake, uncovered, for 45 min. Let stand for 10 min. before serving.

from "Real Dirt on Vegetables" cookbook

"Real Dirt on Vegetables" Cookbooks
Still Available! The cost is \$24/each
Call Linda at the farm to order

Eggplant Pita Sandwiches

1 C cooked brown rice
1 Tbsp olive oil
1 eggplant, peeled & chop.
1 onion, chopped
2 cloves garlic, minced

2 C whole tomatoes, chopped, reserve liquid
salt & pepper to taste
1/4 tsp cayenne
4 LG pita, cut in half

In LG skillet or wok, heat oil & stir-fry eggplant 5-10 min. Add onion & garlic, & stir-fry a bit more. Stir in tomatoes, liquid & seasonings. Cover & simmer until eggplant is tender. Place in bowl & add rice. Fill pita pockets w/mix. Heat filled pockets til warm. *Serves 4 from "Vegetarian Times" cookbook*

News from the Field

Hello Winter Green Farm members!

Hope this finds you all well and enjoying this glorious fall weather. I was afraid that the cool, moist days were going to hang around for awhile, but today's high temperatures feel more like summer has returned. Hopefully, this burst of warmth will supply our sun loving crops, like eggplant and peppers, just that extra push to give us a few more pieces of fruit.

Although many of us enjoyed the breezes that blew through our area this weekend, it sure created some problems for our corn harvesters. As if harvesting with a pack full of heavy corn on your back wasn't difficult enough, wading through cornstalks that had fallen over made their job all the tougher. Thankfully, they are a hardy crew, and brought in several totes full of the sweet, delicious ears.

Your feature vegetable this week is the **Pepper**. Peppers (*Capsicum anuum*) are members of the Solanaceae family, along with the tomato, potato, and eggplant. They are native to South & Central America, and pepper seeds found in Mexico have been dated to before 5,000 BC. Dried peppers have been found in Incan tombs. Following Columbus's voyage, peppers spread quickly through Europe and all the way to India, where they were rapidly assimilated into the native diet.

Peppers are very nutritious. Most varieties contain high levels of vitamins A, C, and E and the minerals iron and potassium.

Several friends and members suggested I read a new book just written by bestselling author, Barbara Kingsolver. The book is called "Animal, Vegetable, Miracle" and is a non-fiction narrative. I am about halfway through the book and have been enjoying it immensely, I thought I would let you know about it. The book takes us along with Barbara Kingsolver and her family as they explore a year long journey of attempting to feed themselves by eating only.. "*food produced from the same place where we worked, went to school, loved our neighbors, drank the water, and breathed the air.*"

One of the beginning chapters talks about the "oil" in our food....

Oily food

"Americans put almost as much fossil fuel into our refrigerators as our cars. We're consuming about

400 gallons of oil a year per citizen-about 17 percent of our nation's energy use-for agriculture, a close second to our vehicular use. Tractors, combines, harvesters, irrigation, sprayers, tillers, balers, and other equipment, all use petroleum. Even bigger gas guzzlers on the farm are not the machines, but so-called inputs. Synthetic fertilizers, pesticides, and herbicides use oil and natural gas as their starting materials, and in their manufacturing. More than a quarter of all farming energy goes into synthetic fertilizers.

But getting the crop from seed to harvest takes only one-fifth of the total oil used for our food. The lion's share is consumed during the trip from the farm to your plate. Each food item in a typical U.S. meal has traveled an average of 1,500 miles. In addition to direct transport, other fuel-thirsty steps include processing (drying, milling, cutting, sorting, baking), packaging, warehousing, and refrigeration. Energy calories consumed by production, packaging, and shipping far outweigh the energy calories we receive from the food.

A quick way to improve food-related fuel economy would be to buy a quart of motor oil and drink it! More palatable options are available. If every U.S. citizen ate **just one meal a week** (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil *every week*. That's not gallons, but barrels. Small changes in buying habits can make big differences. Becoming a less energy-dependent nation may just need to start with a good breakfast."

I recommend reading this entertaining and informative book. Not only will it reaffirm your already existing beliefs, you may even learn some new information (maybe even some you wish you hadn't!). Hope you enjoy it as much as I have been.

I also want to take this opportunity to thank all of you for participating in our CSA and sharing this, and hopefully many more, season with us. By choosing to invest in this weekly vegetable program, you are also investing in a better, healthier future and life for yourselves and the generations to come. We are very happy that you have chosen to share this journey with our farm.

Hope you enjoy your veggies this week!

Linda and all of the Winter Green Farm farmer