



# Winter Green Community Farm

Week of September 25th

2007

## Leeks

### This Week's Harvest

(Subject to variations)

#### *Leeks*

Red Onions

Beets

Tomatoes

Acorn Squash

Kale

Swiss Chard

#### *Some Sites Only*

Eggplant

Cauliflower

Cherry Tomatoes

Peppers

- ❖ Loosely wrap leeks in a plastic bag and store them in the veggie bin of your fridge. They will keep for up to a week.
- ❖ Cut the leek about 1 inch above the white part, where the leaves begin changing from dark to light green. (Save the unused greens: they'll give great flavor to your next veggie stock!)
- ❖ Slit the leek lengthwise & soak in lukewarm water for up to 15min. Fan the leaves under running water to dislodge any dirt collected there, then pat thoroughly dry. You can slice a leek lengthwise or crosswise.
- ❖ Grill, steam, braise, or saute leeks. Great for use in soups and stews.
- ❖ Winter Squash will store at room temperature for at least a month. Store for several months in a dry, cool but not cold location.

### *Caramelized Leek Salad*

Toast walnuts in a dry, heavy skillet over High heat until they start to brown & become fragrant. Transfer to dish to cool. Chop nuts. Heat butter & 1 Tbsp of oil in LG skillet over Med Low heat. Add leeks: cook, stirring occasionally, until a deep golden color, about 45 min. Drain & cool. In a LG bowl, toss the salad greens w/salt & pepper to taste. Add balsamic vinegar & toss: add remaining olive oil & toss again. Divide the greens among four plates: sprinkle w/caramelized leeks & toasted walnuts. Arrange pear slices on the leeks. Sprinkle with cheese.

Serves 4

*from "Real Dirt on Vegetables" cookbook*

1/2 C walnut halves  
 1 Tbsp butter  
 5 Tbsp olive oil, divided  
 2 LG leeks, white and green parts only, sliced (about 3 cups)  
 4 C mixed salad greens  
 1/4 tsp salt  
 fresh ground pepper, to taste  
 1 1/2 Tbsp balsamic vinegar  
 2 pears, cored, sliced (you may want to sprinkle w/lemon juice to prevent browning)  
 4 oz. cheese, crumbled or sliced (chevre, Parmesan, fontina....)

### *Greek Pasta and Leeks*

12 oz. pkg. Pasta, cook according to pkg. directions (penne, fusilli)  
 2 Tbsp olive oil  
 2 leeks, sliced thin  
 2 tsp fennel seeds  
 6 cloves garlic, minced  
 3 med. tomatoes, peeled and chopped

1/2 C kalamata olives, chopped  
 1 Tbsp fresh oregano (1 1/2 tsp dried)  
 1/2 tsp salt  
 1 Tbsp red wine vinegar  
 2-4 ozs. Feta cheese, crumbled  
 fresh ground pepper

Heat oil in LG skillet over Med heat. Add leeks, fennel seeds, & garlic: saute until leeks are soft, about 20 min. Stir in tomatoes, olives, oregano, & salt: simmer, uncovered, until there is very little liquid left, about 20 min. Stir in red wine vinegar. Remove from heat. Add feta cheese & black pepper to taste: toss.

Serves 4 *from "Real Dirt on Vegetables" cookbook*

## News from the Field

Greetings Farm Members!

Happy Equinox! True to the season, the first day of autumn also brought the first light frost, but it was substantial enough to create a bit of chaos in the field this morning. While we were thrilled to have our start time moved back to 7:30 am, the circle was small as several of the crew had caught the first fall "cold" that is going around. Both Jabrila and Chris, our field managers and harvest leaders, were sick, so the rest of us needed to step up to the plate.

Since Kale and Swiss chard were both on the list for harvest, the icy sheen on the leaves made us realize that they would need to wait until the sun came over the hill. Off we went to the eggplant and peppers, only to find frost damage on a fair bit of fruit there. It's that time of year!

The field of winter squash, that only last week was lush and green, is now a tangle of wilted leaves, displaying the ripening fruit below. The frost will help to bring out the latent sugars in those crops, and you will be enjoying them in your boxes for the next few weeks. We harvested leeks for your boxes today and they are gorgeous!

The foliage on the tomato plants was impacted somewhat but the tomatoes themselves were all right for the most part. We'll just have to wait out the rest of the week and see what unfolds.

I would like to offer a reminder, for those of you receiving the 19 weeks of the Standard season, that there are four more weeks of deliveries. Your final harvest share will be October 16th. For those of you also receiving the Late Season shares this year, we will then be delivering only on Tuesday's starting October 23rd until November 20th, which is the week of Thanksgiving. I will be sending out information about the Late Season deliveries shortly.

We do still have shares of our organic, grass fed beef available. If you might be interested, you can give me a call at the office or go online to our website to view the costs and logistics this season.

This year the Autumnal Equinox was on September 23rd. Each fall, as the sun crosses the celestial equator, the equinox is a day where the length of the day and night are approximately equal. The equinox comes from the Latin meaning "equal night". Almost every agrarian culture, past or present, has a way of celebrating the year's harvest. Today's celebrations are the descendents of ancient ones. They mostly happen between Autumn Equinox and Halloween or Samhain. They often link the cycles of death and life, honoring the dead as well as the harvest. In many cultures, these are intertwined.

In some European cultures, this time is often the beginning of the hunting season and farmers would often slaughter livestock that were thought too weak to survive the winter. Norse pagans celebrate this time as "Winter Finding", a period of time that runs from the equinox until October 15th, which is known as "Winter's Night" and is the Norse New Year.

Ancient Mayans observed this date as well. At the pyramid at Chichen Itza, seven triangles of light fall on the pyramid's staircase on this date only. In Japan, there is a six-day celebration honoring Higane, the "other shore" and is based on six "perfections": giving, observance of the precepts, perseverance, effort, meditation and wisdom.

In Greek mythology, Autumn begins when Persephone returns to the Underworld to live with her husband, Hades. When Hades first "kidnapped" Persephone, her mother, Demeter, was so distraught that she wandered the Earth disguised as an old woman, and put a curse on the Earth so all the vegetation would die and not be renewed. Even though Persephone was returned (Spring!), the Earth still feels the effects of Demeter's sadness each fall.

There is an interesting folk legend involving eggs and the equinoxes. It was believed that since the hours of light and dark were equal, it would be possible to balance an egg on end during these "magical" times. Sometimes the rumor specified that the balancing would only occur during the few hours that most closely fell before and after the actual time of the equinox.

In reality, (darn that reality!), occasionally eggs can be balanced on the larger end if the conditions of the fluids inside the egg, the temperature, balancing surface, etc. all come together just right, however this is more specific to the actual egg used, and is regardless of the day of the year.

The Autumn Equinox is a wonderful time to stop and relax and be happy. While we may not all have toiled in the fields from sunrise to sunset every day, as our ancestors did, most of us do work hard at what we do. At this time of year, we might stop and survey the "harvest" each of us has brought in over the season. For us, like our ancestors, this can be a time of giving thanks for the success of what we have worked so hard at.

Hope that you all enjoy the results of our joyous work!

Many blessings!

Linda and all of the Winter Green Farm farmers