



# Winter Green Community Farm

Week of October 9th

2007

## This Week's Harvest

(Subject to variations)

### *Kale*

Swiss chard  
Yellow Onions  
Leeks  
Cauliflower  
Pie Pumpkin  
Fennel  
Potatoes  
Parsnips  
Komatsuna  
Winter Squash

## Kale

- ☞ Wash Kale/Swiss Chard leaves well by dipping in a sink of cool water several times to flush out soil and garden stowaways.
- ☞ Remove stems from Kale/Swiss Chard leaves by folding leaf in half lengthwise and stripping or slicing away thick stems. Steam Kale leaves approx. 4-5 min. Ready when limp but still retaining texture.
- ☞ Wrap Kale/Swiss Chard in damp towel or plastic bag and refrigerate for up to 1 week.
- ☞ Storage onions should be kept in a dark, dry place with adequate air circulation. Farmer John says to avoid eye tearing when cutting onions, use a very sharp knife, or chill your onions before cutting them.

### *Tangerine Kale*

1 bunch Kale, rinsed and chopped,  
with coarser stems removed  
1 Tbsp. sesame seeds  
a pinch of cayenne powder  
juice of one tangerine

Toast sesame seeds in a skillet. When seeds start dancing in the pan/or begin to change color, add the chopped Kale. Unless Kale has quite a bit of water still clinging to the leaf, add a dash of water. Sprinkle cayenne over the top & cover. Cook at moderate heat for 5-7 min. or until kale is wilted. Empty the contents of skillet into a serving bowl & drizzle tangerine juice over the top. Serve.

From "One United Harvest" cookbook

### *Baked Orzo with Roasted Fennel & Red Peppers*

1 med. fennel bulb, cut  
into matchsticks,  
stalks discarded, and  
feathery leaves chopped  
1 med red bell pepper, cut  
into matchsticks  
1 shallot, sliced thin  
1 garlic clove, minced  
salt & pepper to taste

3 Tbsp olive oil  
1 lb. orzo  
2 med ripe tomatoes,  
peeled, seeded, chopped  
4 oz. feta, crumbled  
1/4 C Kalamata olives,  
chopped  
1/4 C fresh parsley  
1 Tbsp capers, drained

Preheat oven to 425 deg. Combine fennel bulb, bell pepper, shallot, and garlic in 9 x 13" baking dish. Add 2 Tbsp oil & toss to coat. Season w/salt & pepper to taste. Arrange in shallow layer. Roast for 15-20 min., until veggies are lightly browned & tender, stirring once or twice for even cooking. Remove from oven & reduce temp to 350 deg. Meanwhile, cook orzo in boiling salted water until al dente. Drain well. Add orzo & remaining 1 Tbsp oil to baking dish & toss to coat. Add tomatoes, cheese, olives, parsley, capers & 1 Tbsp. chopped fennel leaf. Toss together. Taste & adjust seasonings. Cover tightly w/aluminum foil. Bake for 20-30 min., until cheese is melted. Serve hot.

from "The Roasted Vegetable" cookbook

### *Vegan Pumpkin Pie*

3 C pureed, cooked pumpkin  
3/4 C maple syrup or honey  
2 T molasses  
1/4 tsp powdered cloves  
3 tsp cinnamon  
1 1/2 tsp grd ginger  
1 tsp salt  
1 1/2-2 C scalded soy milk  
whole wheat pie shell

Heat oven to 450 deg. Cut pumpkin into LG chunks: remove seeds & steam until soft (20-30 min) Scoop out flesh, mash or puree to thick paste (add a tiny amt. of water if necessary.) Mix all ingred. (except pie shell) and pour into pie shell. Bake 10 min: reduce heat to 350 deg. & bake until set, 45-50 min longer. Cool before serving.

Makes 8 servings

from "Asparagus to Zucchini" cookbook

## News from the Field

Hello Winter Green Farm members!

What a lovely day to harvest vegetables! Although the sun wasn't shining on us, as it was this weekend, the air was still and downright balmy. The clouds hung low over the hills, while the changing leaves created a color pallet in the background. The geese loudly announced their arrival or departure overhead, and entertained us with their deftly orchestrated flight patterns. Even though this part of the season signals so many endings, you can't help but relish the crisp, clean smells in the air and the beauty of the changes.

We were few hands doing the work of many this morning as the crew continues to dwindle. We are all happy to have Jabrila back on the farm. She shared news of her sister Jane with us while we harvested.

Jane is in her second round of this month long chemotherapy, and is handling the treatment well. She is in good spirits and sends her thanks for all of your prayers sent her way. She says she truly feels that she is being held "in the light". Her third and final treatment should be finished by the end of February. Jabrila will continue to go down to visit and support her.

For those of you who live in Bend, please remember that this week will be your last delivery. Since the Bend Farmer's Market closes this week, we will be bringing you this week and next week's vegetables all in one box! Last week, when Tyson and Sara drove across the pass, there was 4" of snow already accumulated on the roads!

They had originally intended to spend the night with a friend, but decided to head home when they looked at the weather report of 10" predicted by early morning. The front moved in early and they had a few tricky moments maneuvering the heavy truck on the downhill. We were glad to have them home safely.

This week the feature vegetable is Kale. *Kale*, or *Brassica oleracea var. acephola*, is one of the oldest members of the cabbage family. It's Latin name translates as "cabbage of the vegetable garden without a head".

Originally from Asia Minor, this descendant of wild cabbage was brought to Europe around 600 BC by Celtic wanderers. It was a significant crop during ancient Roman times, popular with the peasant class.

During the 5<sup>th</sup> century, preference for an even larger leaved variety led to the development of *Kale*.

Actually, all cabbages are the same species, with their only differences being what thousands of years of human cultivation and selective propagating have introduced.

The early English settlers brought kale to this country in the 17<sup>th</sup> century. It was found to be easy to grow, very versatile, and able to withstand freezing temperatures. In fact, a few good freezes seem to render Kale even sweeter and more tender.

Nutritionally, Kale has one of the highest protein contents of all cultivated vegetables. It is very rich in vitamins A, C, and the mineral calcium. B vitamins and other minerals are also in excellent supply!

The Willamette Farm and Food Coalition has asked me to let you know about a benefit dinner they are sponsoring. They are a private, non-profit, community-based organization that is committed to developing a more secure and sustainable food system within Lane County. They work hard to promote awareness of the environmental, economic and social benefits of eating locally. They provide the "Buy Local/Buy Lane Food Directory, which links consumers, restaurants, and institutions with local farmers and food processors.

The "Local Harvest Dinner" will be held at Adam's Place, on October 21st, from 5pm-8pm. The proceeds will help support the many wonderful Willamette Farm and Food Coalition endeavors. You can learn more about them on their website at [www.lanefood.org](http://www.lanefood.org).

**MARK YOUR CALENDARS!**

*The annual*

**HARVEST CELEBRATION**

*Will take place on*

**Saturday, October 20th**

*from Noon - 4 pm*

*Come see the farm in all it's fall splendor, as well as harvest your own pumpkin and enjoy a hayride! Look forward to seeing you there!*

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers