



# Winter Green Community Farm

October 30th

2007

## This Week's Harvest (Subject to variations)

### **Beets**

Potatoes  
Bunched Greens

Delicata Squash  
Fennel  
Salad Mix  
Broccoli  
Leeks

Peppers

### **Some Sites Only**

Cauliflower

### Potato Patties

4 med potatoes  
3 T onion, minced fine  
3 T butter, melted  
3/4 tsp salt  
pinch cayenne  
black pepper to taste

### Stuffing

1 med beet, peeled, cut into  
1/4" dice (3/4 cup)  
1 T cilantro, chopped  
1 tsp lemon juice  
1/4 tsp salt  
1/4 tsp grd. cumin  
1/4 tsp grd. coriander  
pinch cayenne  
black pepper to taste

## **Beets**

- ☛ Store the unwashed roots in an unsealed plastic bag in your veggie drawer.
- ☛ **Beets** will last up to two weeks. They do not need to be peeled, just scrub them clean before using (there are many trace minerals just beneath the skins.) The skins can be slipped off after cooking.
- ☛ **Beets** can be boiled, steamed, grated, roasted or put into soups and stews.

## **Potato Croquettes with Spicy Beets**

### Crust

1 C flour  
2 LG eggs  
1 1/2 C dried breadcrumbs  
1/2 C Parmesan cheese,  
grated  
1/2 tsp dried thyme  
1/2 tsp salt  
black pepper to taste  
vegetable oil for frying

Put whole potatoes in a pot, cover w/water, & boil til tender. Transfer to LG bowl: reserve water in pan. Mash potatoes & add onion, butter, salt, cayenne, & pepper to taste & combine well. Roughly form 10 patties (4" dia.) Return potato water to rapid boil. Drop in beets & boil til tender. Drain. In LG bowl combine beets, cilantro, lemon juice, salt, cumin, coriander, cayenne, & pepper to taste. Put 1 T of beet stuffing in center of each pattie (adjust according to size of your pattie). Fold over the pattie to form 1/2 circle & flatten gently to form a neat 2 1/2" dia.

pattie. Line a plate w/paper towels. Put flour in shallow bowl. Lightly beat the eggs in a second shallow bowl. Combine breadcrumbs, Parmesan, thyme, salt, & pepper in third shallow bowl. Drop one patty in flour to coat all over, including edges. Gently shake off excess flour by passing between hands. Dip coated patty in egg, allowing excess to drip off, & drop into breadcrumb mixture, turning to coat well. Set aside on plate & continue to process patties. Pour oil into LG skillet to 1/4" depth & heat over MedHigh heat until hot, but not smoking. Oil is ready when a pinch of flour dropped in sizzles. Add patties to hot oil (don't over crowd) & fry until bottoms are golden brown (5 min.) Flip & fry until bottoms are golden, 5 min. more. Drain fried patties on paper towels. Can be served with sour cream or yoghurt.

Serves 3-4

from "Real Dirt on Vegetables" cookbook

## **Roasted Beet Salad**

6-8 small beets, scrubbed, tops  
trimmed to 1"  
olive oil  
salt & pepper to taste  
1/4 C pecans or walnuts  
1 T Dijon mustard

4 T white wine vinegar  
1/2 C extra virgin olive oil  
4 C salad greens  
1/2 red onion, sliced thin  
1/4 C crumbled feta cheese  
dried cranberries (opt.)

Heat indoor/outdoor grill. Place beets on foil: drizzle w/olive oil & sprinkle w/salt & pepper. Wrap tightly: grill until beets are tender (about 30 min.) Meanwhile, toast nuts in dry pan, tossing frequently. Chop fine. When beets are cool, remove outer peel, stems, & tails. Cut into 1/4" s. Combine mustard & vinegar in bowl. Whisk in olive oil until thickened. Add salt & pepper. Toss salad greens in bowl w/a little dressing. Portion greens onto 2-4 plates. Top w/beets, onions, feta cheese, & nuts. Drizzle w/more dressing if you like.

Serves 2-4 from "Asparagus to Zucchini" cookbook

### Beet Chocolate Cake

Recipe in our Online Boxnote Archive

September 22, 2006

## News from the Field



*Hello Winter Green Community Farm members!*

Now this is more like it! After so many weeks of rain, it was wonderful to spend a sunny, warm weekend, and to have more of the same today. We know it can't last forever, but we'll take it as long as we can.

The valley was still full of low lying clouds as we harvested this morning, the air crisp yet moist. The sun gradually burned off the moisture, and the sun rays streaming through the lingering mist lent a magical air to the day. And why shouldn't magic be the order of the day, with Halloween just around the corner.

Celtic legend has it that Halloween, or Samhain, as the holiday is also known, marks the beginning of a whole new cycle, with the stirring of the seed below the ground, and the whispering of new beginnings. Samhain was the day that used to mark the first day of winter, when the animals were all led in from their summer pastures to shelters. All the harvest should have been gathered in as well, for they believed that come November, the faeries would blast every growing plant with their wintery breath.

That certainly seemed to be the case with some of our crops this morning. While some veggies, such as Kale, enjoy a good cold snap, others certainly do not. We did have frost on the farm this weekend, and the spinach and salad mix, even though covered with rime, did not fare very well. This week we will be able to provide the last of the salad greens for you, but the spinach is finished for the season. This time of year, we just have to be willing to roll with the flow of whatever weather Mother Nature brings our way.

This week's feature veggie will be the Beet. Beets (*beta vulgaris*) are one of the vegetable kingdom's most underrated vegetables. When prepared properly, these roots are unparalleled in their flavor and texture. As the vegetable with the highest sugar content, beets provide a sweet addition to any meal. Not only do they have large quantities of natural sugar, they are also a great source of potassium, folacin and fiber. They've been used for centuries as a purifier of both the blood and liver.

Beets have quite an interesting history in that several different beet cousins were domesticated from wild ancestors at different times throughout history. Unlike most vegetables, which were imported to Europe after domestication abroad, wild beets were first cultivated in the

eastern Mediterranean region. The first beets were actually what we call today Swiss Chard and were cultivated for their leaves. The tough roots of these early "beets-for-greens" were not suitable for culinary consumption and used solely as medicine. It wasn't until the Christian era that the Romans first re-selected seed of wild beets to get a large, fleshy root. The beet received its final transformation into the round, turnip like root we know today in 16<sup>th</sup> century Germany and quickly spread throughout Northern Europe (where it remains enormously popular today). Beets didn't make it to the US on a wide scale until the 18<sup>th</sup> century when seed catalogues began to carry several different varieties of the root.

While the garden beet in your box today has not been an incredibly important vegetable to the history of humanity, its close cousin, the sugar beet (they are different variations of the same species), with whom it shares its high sucrose content (17%), has had a different history. The sugar beet is the temperate world's equivalent to the sugar cane. In fact, the processing of both cane and beet result in the same sugar crystals that we use to sweeten our tea. Currently, sugar beets account for roughly half of the world's refined sugar!

The beet was first used as a source of sugar during the Napoleonic Wars when Britain blockaded the import of Asian sugar cane to continental Europe. Britain was forced to make the switch to beet sugar during WWII when their cane imports were disturbed. The temperate world has since continued to use sugar beet as a significant source of domestic sugar to be consumed at home, traded abroad, or used to buffer international trading strife. Though the red beets in your box aren't the same as those used for sugar, I'm sure you'll be able to taste the similarities.

Since the weather has been so dry, we've decided to go ahead and do a major harvest of all of the beets for the late season. Since we thought it best to give them to you as fresh as can be, you will receive the equivalent of two bunches in your share this week. Hope you all enjoy your veggies!

Linda and all of the Winter Green Farm farmers.

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