



Winter Green Community Farm

November 6th

2007

This Week's Harvest

(Subject to variations)

Turnips

Chinese Cabbage

Carrots

Onions

Acorn Squash

Kale or Swiss Chard

Celeriac

TURNIPS

- ☞ Store unwashed turnips in a plastic bag in the refrigerator for 1-2 weeks.
- ☞ Cut turnips into chunks or slices and boil (10 min.), steam (15 min.), then add directly to soups or stews, or even stir-fries. Turnips combine well mashed with potatoes or scalloped with cheese.
- ☞ Bake turnips at 350 degrees (whole or in chunks) by basting with butter and oil, and cooking alone or with other roots for 30-40 min.
- ☞ Store Acorn Squash in a cool, dry dark place. When ready to eat, you can bake it, cut it into chunks and add to soups, or slice and saute with butter.

Spicy Turnip Saute

3 med turnips	1 1/2 tsp honey
1/2 carrot	1 Tbsp dark
1 Tbsp tamari	sesame oil
1 tsp sherry	1/4 tsp hot red
2 tsp toasted	pepper flakes
sesame seeds	

Wash turnips, peel, and cut into 2" long matchsticks. Wash carrot and cut into 2" long matchsticks. In a little cup, stir together the tamari, sherry, & honey. Heat sesame oil in a LG skillet. Stir-fry the matchsticks for 2-3 min., until turnips are no longer raw, but still crunchy. Sprinkle in pepper flakes & continue tossing for another 30 seconds. Add tamari mix and stir-fry until liquid is gone, about 1 min. Serve hot or cold, garnished w/sesame seeds.

Serves 3-4 adapted from "Sundays at Moosewood Restaurant"

Kim Chee

1 head Chinese Cabbage
 1 LG carrot
 10 cloves garlic, minced
 2-3 Tbsp fresh ginger,
 grated
 1 tsp sugar
 1-2 Tbsp cayenne
 (depend on your
 taste for heat)

****This kind of fermentation is called "lacto-fermentation" which results in lots of enzymes & friendly bacteria similar to Kombucha

Wash cabbage and shake out excess water. Leave head in tact. Cut it crosswise about 1" wide, discarding the stem at bottom. Separate all sections & put them into a very LARGE bowl. Take the salt and sprinkle it over the cabbage. Mix & toss well, cover & set aside to wilt. Every 20minutes or so, stir it to make sure salt gets contact w/all the cabbage. After 6-12 hours, stir one last time, & drain off brine. Do NOT rinse. While cabbage is wilting, mix together the cayenne, garlic, ginger, & sugar. Sprinkle this on the wilted cabbage. Toss all together, mixing well, and cover with clear plastic wrap or lid. Leave out on counter & mix & press down periodically for 24 hours. Pack Kim Chee into two sterile wide mouth quart jars, pressing down well. Divide liquid between the jars evenly. Put the lid on loosely & leave on counter for another day or two to ferment. (If jars are full, place a glass plate under as fermentation may cause overflow.) Each day run a knife or spatula down side of jar to let bubbles out & pack down. After a few days, tighten lid & refrigerate. Enjoy!

From the website www.quackcenter.com/kimchee.html

News from the Field

Greetings Community Farm members!

Each week brings us just a little bit closer to the end of the season for the farm. This week's time change to Daylight Savings Time (although my computer was sure it was last week, and had me off kilter all week long!) is yet another reminder that the winter is surely upon us. I enjoyed having the light arrive "earlier" in my day, but I'm fairly sure I won't feel the same as the Sun sets and darkness descends by 5pm this evening. It's comforting to know that the Solstice is basically around the corner (aren't I the optimist) and the Sun will begin to shine longer each day. Until then, we'll just have to find things to do inside!

I really enjoy the transition going on here on the farm this time of year. With this dry weather, we have been able to tackle quite a few projects that we wouldn't have been as much fun in the rain. The barns are getting organized, recycling runs have been accomplished, ground cover is sorted and stored, pallets are being repaired, and the field houses are slowly being cleaned out. All of the tomato trellising that took so much time and effort to construct in the spring, is now being dismantled and the plants dug up and composted.

When we harvested all of the winter squash, the abundance seemed overwhelming. Now that we are down to the last few boxes, the masses of colored orbs are slowly diminishing, and it's always nice to see that the harvest will be more than enough!

We are happy to add Chinese Cabbage (or Napa Cabbage as it is also known) to your boxes this week. I searched the web for a nice, fairly simple Kim Chee recipe for you to try. It is one of the classic Korean side dishes that is prepared with this cabbage and hopefully you will enjoy it.

This week's feature veggie is yet another member of the cabbage family. The Turnip (*Brassica rapa* var. *rapifera*) is one of the most ancient and globally used vegetables. First cultivated nearly 4,000 years ago in the near east, the Turnip became immensely popular throughout Europe. Prior to the introduction of the potato (especially in the middle ages) the turnip served as a staple for the masses of European commoners. The relative ease with which turnips can be grown combined with their tolerance (actually preference) of cold, wet weather, made them the perfect food for northern European peasants.

The Irish were particularly fond of the turnip (as they were its successor, the potato) and immortalized this tangy root in the original Jack-O-Lantern legend. Yes, the first Jack-O-Lantern was not a pumpkin but a turnip! The story goes that a drunkard swindler named Jack, played a trick on the devil and thus was denied entrance into both heaven and hell upon his death and was made to wander eternally through the frigid darkness with only the light of a small ember placed inside of a hollowed-out turnip (to keep it glowing longer). Each "All Hallows Eve", it was tradition in Ireland to light a candle inside of a turnip to help guide Jack's lost soul. It wasn't until their immigration to America (a land full of pumpkins with few turnips) that the Irish stopped using the turnip for their Jack-O-Lanterns. Next time

Halloween rolls round, it might be appropriate to place a glowing turnip alongside your illuminated pumpkin!

Turnips have long been underrated and even ridiculed. Often called "poor man's potato," the turnip was considered the best veggie to throw at someone as an insult. In France, the term for turnip, "un navet", also means "a play that flopped." English maidens would often give a turnip to a suitor as a symbol of rejection. Not much respect for a vegetable that fed the Europeans through out the middle ages!

The turnip seems to be making a comeback, as its virtues of storability, nutrition, and versatility are overcoming its comic reputation. The root contains significant quantities of vitamin C (particularly raw), potassium and calcium. Turnip greens top the nutritional charts as an excellent source of vitamins A, C, and B complex, and the minerals potassium, magnesium, and calcium. Like its Cabbage family cousins, it is also a good source of cancer-preventing anti-oxidants. We hope you'll enjoy this tasty root...if not, you can always turn it into a Jack-O-Lantern.

We still have some of our fruit spread to offer you. This year's batch is delicious and I can have it delivered to your drop site along with your harvest share for the next few weeks. They also make great holiday gifts. I have the Strawberry Spread, as well as a new mix this season...Blueberry~Strawberry Spread. The cost is the same as last season, \$4/jar and \$45/case. We would be happy to mix and match flavors for you.

I have just finished reading a children's book that was sent to me by Rick Sanger. It is a "thoroughly Organic adventure" called "**No Eat Not Food...The Search for Intelligent Food on Planet Earth**". The illustrations were done by Carol Russell and are delightful. I would say it's a good book for the 8-12 year old age group and it has won several book awards and endorsements. It explains sustainability, eating organically, and CSA's in a fun, easy read format. If you can't find a copy in your local book stores, I have the direct order information here in the office that I would be happy to share with you.

I have been looking through some of your surveys (thank you all that have returned them to us!) and I see that quite a few members are suggesting that we offer the box notes in an email version. We do! If you would like to receive your notes via email for the remainder of the season, and next season, if you decide to share it with us again, just let me know and I'll make the necessary adjustments.

Hope you all enjoy your veggies this week.

Linda and all of the Winter Green Farm farmers

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