



Winter Green Community Farm

November 13th

2007

This Week's Harvest

(Subject to variations)

Komatsuna

Kale or Swiss Chard

Leeks

Red Potatoes

Acorn Squash

Carrots

Onions

Strawberry Spread

Komatsuna

- ☞ Store *Komatsuna* loosely in plastic bags in your refrigerator drawer. It is delicious used in stir-fries, boiled, steamed, pickled or added to soups, stews, or used fresh in salads.
- ☞ Kale or Swiss chard can also be stored in a plastic bag in your refrigerator drawer. To prepare, slice the stalk away from the base, and separate the leaves from the stalk, as they cook better separately. Slice and cook stalks as you would celery. Enjoy raw or add to stir-fries and soups.
- ☞ Potatoes store best if not washed until just before use. Store in a dark, dry place (exposure to light causes the creation of solanine, a naturally occurring toxin). Don't refrigerate. No need to peel organic potatoes, plus most nutrients are close to the skin. Boil in water for 20-30 minutes, then add butter, salt and pepper. Add to soups and stews.

Komatsuna w/Tahini Soy Sauce

1 head Komatsuna
 1/4 Cup Tahini
 1-3 Tbsp water or lemon juice
 1-2 tsp soy sauce or to taste

Coarsely chop the Komatsuna, leaving the stem portions about 4" long, so that they will be a nice size for dipping. Put the stems into a steamer for 2 minutes: then add the leaves and steam for 3-4 minutes, until tender-crisp. Drain, pressing lightly to remove excess water. Mix the tahini, water or lemon juice, and soy sauce in a bowl. Serve, either by pouring the sauce over the Komatsuna and tossing, or by letting each person dip pieces into the tahini-soy sauce. (Kid's love this part!)

Winter Squash, Leek, & Saffron Risotto

5-6 Cups Chicken Stock
 1/2 tsp saffron threads,
 pulverized
 3 Tbsp olive oil
 1/2-1 cup finely chopped leeks
 (white & pale green sections)
 salt & pepper to taste

1 1/2 Cups arborio rice
 2/3 Cup dry white wine
 2-3 Cups acorn squash,
 cooked & pureed
 3/4-1 Cup Parmesan,
 grated

Bring stock & saffron to a simmer in saucepan. Heat olive oil in LG, heavy saucepan. Add leeks: cook over Med Low several min. until soft. Raise heat to Med High & stir in rice. Keep stirring rice 1-2 min., then add wine. Stir & cook until nearly all wine has evaporated, 2 min. Add 2 ladlefuls hot stock, stir frequently until most is absorbed. Continue to add stock a ladleful at a time & stir frequently until nearly all is absorbed. Risotto is done when rice is barely tender & mixture is creamy (about 25-35 min.) Stir in squash during last 10 min. Fold in most of grated cheese. Season w/salt & pepper. Serve immediately w/a bit more cheese on top.

Makes 6-8 servings from "Asparagus to Zucchini" cookbook



Carrot-Potato Pancakes

1 carrot, grated coarsely
 1 LG potato, peeled &
 grated coarsely
 1 Tbsp flour
 1 LG egg, lightly beaten

1 tsp dried thyme
 1/4 tsp salt
 1/4 tsp pepper
 cooking oil

In a large bowl, combine the carrot, potatoes, flour, egg, thyme, salt and pepper. Lightly grease heavy skillet with cooking oil. Drop 1/4 Cup amounts of the potato mixture onto the skillet, flattening the pancakes w/a spoon if necessary. Fry until lightly browned on one side, about 3 min., then fry 3 min. on the other side. Drain on paper towels. Serve warm.

Makes 15

from "Vegetarian Times" cookbook

News from the Field

Hello Winter Green Farm Family Members!

I awoke this morning to the wind gusting to about 30 miles per hour and it was certainly an exhilarating way to greet this wet, wet morning. There is something exciting about a blustery, fall day. Not one of us complained about the rain, not after the glorious weekend we just experienced. After all of the rain predicted for the weekend, the sun and warm temps were a lovely gift, and one we all made the most of.

With only one more week to go in this harvest season, we feel a mixture of accomplishment, relief, satisfaction, exhaustion, and pride in the work we have done this year. It's hard to believe it's already November, and some of us are thinking about what to do with our time off, while others are thinking about job hunting for work to do until spring. In any event, we will all miss being here together on the farm, doing this wonderful job of growing good food for you. We hope you will all miss our bounty and decide to share another season with us!

This week we are adding some red potatoes to your harvest share. We had an abundant harvest this season, so we are sharing it with you! You will also receive more yellow potatoes next week.

This week's feature veggies is Komatsuna. Komatsuna is an unlikely relative of the turnip family, and is used quite often in Japanese cooking. Known as Japanese Mustard or Spinach, it is actually an unlikely relative of the turnip family and is quite high in calcium. Harvested early, it can be used like spinach, and if harvested when it is more mature, it is used like cabbage, as the taste is stronger and can have a hotter flavor. We have picked the tender, young centers of the Komatsuna, so it can also be used in salads if you prefer. We have rinsed the greens, but since the fields are so muddy, we recommend you giving them a good, second washing prior to using.

I want to remind you that next week will be the *last* Late Season delivery. If you have any extra harvest boxes around the house, please remember to bring them to your drop sites. We have been very happy with the conscientious return of the boxes this season, and we want to thank you all for your efforts.

If you are interested in ordering some of our fruit spread, just call/email me at the office and I will arrange to have it delivered to your site with your last harvest share.

Last Thursday I had the opportunity to attend a panel discussion with the University of Oregon's Urban Farm class. The panel consisted of three local CSA farms, along with about 60 students from the Urban Farm class. Jabrila and I represented Winter Green Farm, while Sophie Bello came from Groundworks Organics and Rachel DeBuse was there for Nettle Edge Farm.

The Urban Farm is a place and a class at the University of Oregon. Throughout its 29 year history, the goal of the one and one half acre Urban Farm has been to teach students how to learn about nature through working directly with her. The students learn the importance of caring for the soil, various organic gardening practices, composting, permaculture, biodynamic agriculture, & agricultural land issues.

Of the 60 or so students that attended, we ascertained that only one of them had grown up on a farm, only 3 had intentions of becoming farmers, yet when we asked how many of them had intentions of growing their own food, almost every hand in the room was raised.

I also thought it interesting that both Sophie and Rachel had both spent quite a bit of time, in their early farming years, as crew on Winter Green Farm. Rachel was actually working on the farm when we began our CSA program over 16 years ago, and was an integral part in the process. It was nice to spend some time talking with the young students about farming, eating organically, and the future of this important source of our food supply.



We have some exciting news on the farm! Last Wednesday evening, Shannon & Chris gave birth to their new son, Porter Cash Overbaugh! The birth went really well, and although we are all amazed that the baby was a boy, after all of the energy we all put into visualizing a girl for her, Shannon is very happy with her "Over-boys". As you can see from the photo below, brother Alden is quite pleased with his new baby brother! The rest of us are excited to have another "little seed" sprout on the farm and look forward to watching him blossom and grow! We hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farm farmers

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