



Winter Green Community Farm

Week of June 13th

2008

This Week's Harvest

(Subject to last minute variations)

***Pac Choi
Spinach***

***Red Butter Lettuce
or***

***Red Oak Leaf Lettuce
Radishes***

Strawberries

(some sites only)

Strawberry Spread

Pac Choi

- ☞ Refrigerate unwashed *Pac Choi* in a plastic container or loosely wrapped in a plastic bag. *Pac Choi* keeps for over a week but is firmest and tastiest if used within a few days.
- ☞ Rinse Spinach leaves in cool water and pat dry with a towel or "spin dry" as you would lettuce. Store in a damp towel or plastic bag for up to 1 week. Spinach can be steamed, sauteed, eaten raw, or added to soups at the last minute
- ☞ Wash strawberries gently in cool water, just prior to eating, to remove any grit. Enjoy fresh and whole, or add to smoothies, yogurt, or as a pancake topping.
- ☞ Store radishes in a plastic bag in the refrigerator. Due to their high water content, radishes can deteriorate quickly. Radishes should keep for up to a week. Use in salads, grate into slaws, or slice thinly onto a buttered baguette and season w/salt.

Creamy Choi Soup

1 Tbsp peanut oil
 1/2 C scallions, chopped & divided
 3 cloves garlic, minced
 2 tsp ginger, coarsely chopped
 1 Pac Choi, chopped

1 LG potato, peeled, diced
 3 C veggie stock or water
 3/4 tsp salt
 1/4 tsp black pepper
 1 tsp toasted sesame oil
 2 Tbsp sour cream
 hot pepper flakes

Heat oil in Med pot over MedHigh heat. Set aside some scallions for garnish. Add remaining scallions, garlic, & ginger to pot. Cook, stirring, until fragrant (1 min.) Add Pac Choi & potato. Pour in stock or water, & add salt, pepper & hot pepper flakes to taste. Increase heat & bring to boil. Cover, reduce heat & simmer until potato is tender (20 min.) Remove pot from heat. Stir in toasted sesame oil. Transfer soup to food processor or blender & puree.
 Serves 4 *from "Real Dirt on Veggies"*

Spinach Sesame Souffle

1 lb. fresh spinach leaves, steamed, drained, & pressed
 1 Tbsp butter
 2 OZ Parmesan cheese, grated
 3 egg yolks
 1/2 tsp salt
 1/8 tsp black pepper
 8 egg whites, stiffly beaten
 2 Tbsp sesame seeds

Blend the spinach in a food processor or blender. Should have about 2 cups. Simmer spinach puree in butter to dry out or remove any excess liquid. Remove from heat and add grated cheese. Then add egg yolks, salt & pepper. Add stiffly beaten egg whites, fold in quickly but do not beat. Fill a buttered souffle dish to within about 1/2 inch of the top. Bake at 350 deg. for 20 min. Top w/sesame seeds and bake 10 min. more.
 4-6 servings *from "The Green Thumb Cookbook"*

Tofu-Spinach Balls

10 oz. fresh spinach
 1 1/2 C bread crumbs
 1 lb. Tofu, drained & mashed
 1/2 C onions, finely chopped
 3 eggs, beaten

1/3 C butter, melted
 1/4 C Parmesan, grated
 1/2 tsp. pepper
 1/2 tsp. garlic powder
 1/4 tsp dried thyme

Preheat oven to 325 deg. Grease a baking sheet. Steam spinach and drain well. In a LG bowl, combine w/remaining ingredients and mix well. Shape mixture into 1-inch balls, place on baking sheet, and bake for 15 to 20 min.
 6-8 servings *from "Rodales Natural Foods Cookbook"*
**may be prepared in advance & frozen unbaked. Thaw 10-15 min. & bake as indicated.*

News from the Field

Hello Winter Green Farm family!

Welcome to the new season. Many of you are returning for your second, third, or more season, yet almost as many of you are sharing the harvest with us for the first time. Let's hope that the season brings many abundant blessings. Even though we have been preparing for this day for many months now, it's still hard to believe that it is actually here. I think that may be partially due to the weather we have been experiencing. Some days it feels as though spring has yet to arrive, and others it feels as though summer may have passed by and fall is upon us. We cherish every single speck of sunlight that shines down on us here on the farm, and hope that the days will begin to warm up here soon.

Many of you have written or called, wondering how the crops are faring with the unseasonably cool, wet weather this year. As you may imagine, many of the cool temperature loving crops are thriving, while those that need the warmth are lagging a bit behind their usual growth patterns. Since we don't use many greenhouses for growing, other than the propagation greenhouse, where most of the plants begin their lives, we have struggled a bit this year with getting out into the fields to prepare ground and then transplant. At this point, we have been able to get all of the crops that need to go out, into the fields and we'll continue to be hopeful about summer kicking into high gear soon.

All in all, I think you will be pleased with your first box of the season. The first few boxes are typically the lightest ones, so you can all expect the boxes to fill up as the crops begin to ripen. Here is a note from Jabrila:

..."The lettuce was very ready to be harvested, and we needed to cut two plantings this week. Since we like to give you the freshest produce possible, we chose not to hold one for next week. You will be receiving two heads of lettuce, instead of one. As we had planned to give you one head of lettuce each week, there may be a week farther down the line where you won't receive one. The weather, with all of it's changing moods, definitely affects our best

laid plans. We will just have to go with the flow. We had hoped to offer carrots this week, but decided to wait one more week, so they will size up before we harvest, giving you larger carrots in your bunches. After all of the energy it takes to make a carrot, we're sure it will be worth the wait."

We have a fantastic crew this year! We are fortunate to have several of the same crew as last year returning once again, but many of the crew are new to Winter Green. Everyone has been working really hard, and they are all very enthusiastic, proficient at their tasks, and smile a lot, even when the rain is pouring down! I plan on sharing some of their stories with you through out the season.

I would also like to encourage you to contribute to the weekly newsletter whenever you feel inspired. Feel free to send in your favorite recipes. I spent some time this winter going through all of the recipes that have been sent in through the years, and I'll be using them whenever possible. I would love to add yours as well. If you have read a good book or article that pertains to farming, eating locally, sustainable agriculture, or environmental issues, please share it with us.

I have ordered more of the "Real Dirt on Vegetables" cookbooks, so if you had hoped to purchase one last year, and just didn't get around to it, let me know and I'll send one to you along with your weekly share. The cost is \$24 (\$29.95 in the bookstores!) Not only is the cookbook full of great recipes, but it is also full of other fun tidbits and is very entertaining.

Many of you have signed up to have your weekly boxnotes sent via email. If you would like that option, just let me know. We will do our best to make this season run as smoothly as possible, but please be patient the first week or two while our new drivers get used to their routes and work out any glitches. We look forward sharing the season with you!

Enjoy your veggies!

Linda and all of the farmers