



Winter Green Community Farm

Week of June 27th

2008

This Week's Harvest

(Subject to last minute variations)

Turnips

Carrots

Kale

Fennel

Lettuce

Radishes

Napa Cabbage

Broccoli

Beets

Green Onions

Strawberries

(some sites only)

Turnips

- ♥ Cut beet and turnip greens from their roots: store roots separately. Keep dry, unwashed greens in a sealed plastic bag in your fridge. Thicker greens will keep up to two weeks, tender ones should be eaten within a week.
- ♥ To store turnips, radishes, and beets, place them unwashed in a plastic bag in the crisper bin of your fridge. Due to high water content, turnips and radishes may deteriorate quickly, but most should keep for a week. Beets should keep for up to two weeks.
- ♥ Do not remove all of the outer leaves before storing Napa Cabbage. They will help to retain moisture, keeping the inside crisp and fresh. Keep in crisper drawer of fridge for up to 2 weeks.
- ♥ Wrap Broccoli loosely in a plastic bag & keep in veggie bin of fridge. Don't keep in airtight bag, as it will need room to breathe. Keeps for over a week but is tastiest & firmest when fresh.
- ♥ Store Green Onions unwashed and wrapped loosely in a plastic bag. Should keep in fridge for a week.



Greetings Members!

*I am going to step outside of the "usual" boxnote format this week because WOW!, we have so many new veggies for you and I want to make sure to give you lots of recipes. Jabrila wanted me to make sure to let you know that the broccoli, chard, and fennel you are receiving this week are all crops that were under 2" of snow the end of April! Yeah for sunshine! Enjoy your veggies this week!
Linda and all of the Winter Green farmers*

Radish or Turnip Greens with Miso Sauce

1 bunch radish or turnip greens,
or both
1 Tbsp miso paste
1 Tbsp peanut oil
Sugar
1 tsp toasted sesame oil
2 C hot cooked rice

Bring 2 C of water to boil in Med pot. Add greens & boil for 1 min. Drain greens in colander, & run cool water over them to stop cooking. Let drain again, then gently squeeze out excess water w/hands. Chop finely & set aside. Put miso paste in small bowl. Stir in 2 Tbsp water: add a little more water so miso is thinned just enough to stir into other ingredients. Heat peanut oil in LG skillet over Med heat. Add chopped greens: cook, stirring, until tender & heated through. Add thinned miso paste. Add sugar to taste: stir ingred. until combined thoroughly. Remove from heat: stir in toasted sesame oil. Serve over rice.

Serves 2

from "Real Dirt on Vegetables Cookbook"

Napa Cabbage Slaw

4 C Napa Cabbage, grated
2 C carrots, grated
3/4 C red bell pepper, diced
2 fresh green chiles, seeded
& minced
1 - 1 1/2 C shallots, diced
1 garlic clove, minced
2 Tbsp fresh cilantro, chopped

Dressing:
2 Tbsp vegetable oil
2 Tbsp dark sesame oil
3 Tbsp rice vinegar, or
more to taste
2 Tbsp orange juice
1 Tbsp mirin or dry sherry
1 Tbsp soy sauce
3 Tbsp sugar, or to taste
pinch of salt

Place the cabbage, carrots, peppers, chiles, shallots, garlic, and cilantro in a bowl. In a separate bowl,, whisk together the dressing ingredients. Pour the dressing over the vegetables and toss thoroughly. Taste and, if needed, add a pinch of salt or more vinegar. Serve immediately or refrigerate until serving.

Serves 6-8
from "Moosewood Restaurant New Classics"



Braised Fennel with Parmesan

Saute:

1 fennel bulb
1 Tbsp olive oil
2 garlic cloves, chopped
1/2 tsp fennel seeds,
freshly ground
1/2 tsp salt
2 Tbsp water

Seasoned Bread Crumbs:

1 Tbsp olive oil
1 garlic clove, chopped
1/2 C bread crumbs**
***Pulverize stale or lightly toasted
bread in blender of food processor*

Topping:

1/3 C Parmesan Cheese, grated
fresh ground pepper to taste
1-2 Tbsp. fennel fronds, chopped

Slice tops off fennel bulb, reserving several fronds for garnish. Remove outer layer of bulb if bruised. Slice bulb lengthwise into narrow wedges about 1/8" thick. In LG skillet, heat olive oil & saute garlic & grd. fennel for several seconds. Stir in salt & sliced fennel, saute for 1-2 min. Add water, cover, & increase heat slightly. Simmer, stir occasionally, 10-15 min., until tender. Meanwhile, make bread crumbs. Warm olive oil in SM heavy skillet. Add garlic & saute a few seconds. Add bread crumbs, stir until golden, about 5 min. Transfer fennel to serving dish, & sprinkle evenly w/bread crumb mix.

Serve topped w/Parmesan, pepper & fronds.

Serves 4 from "Moosewood Restaurant New Classics"



Katie's Famous Kale Salad

1 bunch Kale
3 garlic cloves, chopped
1/4 C olive oil
juice from 1 lemon
1/4 tsp Salt, or to taste
Black pepper to taste
Feta cheese, optional

Slice Kale leaves from stem. Slice the leaves into thin strips and put in LG bowl. To make the dressing, put the olive oil and lemon juice in a glass jar w/lid and shake vigorously until well combined. Add chopped garlic, salt, & black pepper to jar, and shake vigorously once again. Pour dressing over the sliced Kale leaves and toss gently. If desired, crumble Feta Cheese and toss gently once again. Any left over salad just gets better with age!

Serves 3



Broccoli-Millet Croquettes

1 Tbsp olive oil, plus extra
for pan frying
2 cloves garlic, minced
1 tsp dried tarragon
1/2 tsp red pepper flakes
pinches of black pepper
1/2 tsp salt
1 C millet
2 1/2 C vegetable broth
4 C broccoli, tops & stalks,
chopped fine, pea size
or smaller

Saute garlic in oil for 30 seconds. Add tarragon, red pepper flakes, pepper, & salt. Mix for few seconds. Add millet & stir constantly for 3 min. to toast. Add veggie broth & cover: bring to boil. Lower heat to simmer, cover, & cook 10 min. Mix in broccoli, cover, & cook 7 min. Uncover & cook 10, stir often. Once water is mostly absorbed, turn off heat, leave covered to continue to cook 10-15 min. more. Water should be absorbed & millet mushy. If not fully cooked, let sit a few min. more. Transfer to bowl & let cool. Move to fridge to cool more, 45 min. Once cooled, tightly form millet into golf ball sized balls. Press down in hands to flatten a bit, then roll bet. Hands to form tire-shaped croquettes. Heat thin layer of olive oil in LG non stick or cast iron skillet over Med heat. Cook croquettes in batches for 3-4 min on each side. Should be golden brown w/a few darker spots. Serve immediately**

***These are delicately flavored and make a great vehicle for a nice Aioli or Dill-Tahini sauce.*

Makes 16 croquettes

from "Veganomicon~Ultimate Vegan Cookbook"