



Winter Green Community Farm

Week of July 5th

2008

This Week's Harvest

(Subject to last minute variations)

Broccoli

Romaine lettuce

Pac Choi

Green Onions

Radishes

Some Sites Only

Kale

Fennel

Turnips

Strawberries

Broccoli

- ☞ Wrap Broccoli loosely in a plastic bag & keep it in the veggie bin of your fridge. Don't use an airtight bag, as broccoli continues to respire after being harvested & needs room to breathe. It will keep for over a week, but is firmest & tastiest if used within a few days.
- ☞ Part of eating organically involves tolerating a few bugs on your produce. Broccoli sometimes comes with a few friends tagging along in its depths. Immediately before cooking, soak broccoli, head down, in cold, salted water for 5 min. Any critters will float to the top for you to do with as you like.
- ☞ Broccoli can be steamed, stir-fried, or eaten raw. For salads or veggies platters, try blanching in boiling water for 1-2 min, then chill. Add to soups and stews in the last 10-15 min. of cooking time.

Flaky Broccoli Pockets

1 Tbsp Butter
 1 C onion, minced, (about 1 med.)
 1 med head broccoli florets,
 chopped fine
 1/2 tsp salt, plus more to taste
 1/2 tsp pepper, plus more to taste
 2 garlic cloves, minced
 2 C feta cheese, crumbled
 1 1/4 C fresh bread crumbs
 1/3 C kalamata olives, chopped
 2 Tbsp lemon juice
 10 sheets thawed phyllo pastry
 (about 1/2 lb)
 oil or melted butter for preparing
 the phyllo pastry
 oil for greasing baking sheet

Preheat oven to 375 F. Lightly coat a baking sheet with olive oil. Melt butter in LG skillet over Med-high heat. Add onion: saute for 5 min. Add broccoli, 1/2 tsp salt, & 1/2 tsp pepper: cook, stirring, for 5 min. Add garlic & cook til broccoli is tender, 2-3 min. Remove from heat. Stir in feta, bread crumbs, olives & lemon juice. Add salt & pepper to taste. Lay a single sheet of phyllo on a clean, dry counter or cutting board. Lightly brush top side only w/oil or melted butter, then top w/another sheet & brush w/oil or butter. Continue until you have 5 sheets layered on top of one another (do not butter the top layer at this point). Repeat procedure w/remaining 5 sheets to make a second stack. Working with the first stack of 5 sheets, place half the filling at one short end of pastry, leaving about 1" border of dough. Fold in sides & gently roll to make a log. Carefully transfer pastry to oiled baking sheet. Brush top of log w/oil or butter. Repeat procedure to make second roll. Bake until pastry is golden & crisp, 25-30 min. Cut w/serrated knife & serve hot or at room temperature.

Serves 4-6

adapted from "The New Moosewood Cookbook"

Turnip Salad

4 turnips, peeled & chopped
 1 bunch green onions, chopped
 2 Granny Smith apples,
 peeled, cored, & chopped
 4 slices canned pineapple,
 chopped

1/2 C sugar
 1/4 C vegetable oil
 1 Tbsp water
 1 tsp salt
 1/4 tsp grd. pepper

Bring a LG pot of salted water to boil. Add turnips & cook until tender, but still firm, about 15 min. Drain, and cool. In a LG bowl, combine turnips, green onions, apples, pineapple & sugar. Stir to evenly coat with the sugar. Whisk together the oil, water, salt & pepper. Pour dressing over fruit and vegetables. Toss & refrigerate overnight.

Serves 6-8

submitted by 2008 CSA member

News From the Field

Greetings Farm Family!

Is it hot enough for you! I hope that you are all enjoying this sunshine and warmth as much as the veggies are! Since the harvest truck headed on down to the fields before I finished my Monday morning office check in, I had the pleasure of taking a lovely walk down through the fields. It was a delight to see the eggplant, peppers, and squashes looking green, lush, and vibrant, with yellow and violet blossoms sprouting here and there. The tomatoes seemed to have grown an inch, now sporting small, green orbs full of promise. The blue green broccoli leaves have almost doubled in size, and the basil is recovering nicely from the cool spring nights. Even though we may still say it in hushed, hopeful voices, it seems safe to say that summer has arrived.

This week, some of you will be receiving the last of the turnips for the season. We hope you have enjoyed this trial crop and we would love some feedback from you. Some of the turnips this week are on the larger size and would be best used in cooked recipes. We did sample them in the field and they are still quite tasty! Also, some of them may have a little wire worm damage...just cut that part out before you cook it.

Although only some of you will be receiving pints of Strawberries this week, please keep in mind that the berries are the ever bearing variety, and we keep excellent records, so you will all receive your share before the season is through. The berries go through what we call "flushes" and we are between flushes right now. This heat should encourage growth and ripening, so please be patient.

On a positive note, the blueberries are developing a "purplish hue", so it should only be a few weeks before the first pints of luscious blueberries grace your boxes. Yummm!

This week's feature vegetable is **Broccoli**. Broccoli, which gets its name from the Latin "Bracchius", meaning strong arm or branch, has been around for over 2000 years. It was first cultivated by the ancient Rasenna in Asia Minor, which is now Turkey. The Rasenna later migrated with their broccoli to Tuscany, Italy and became known as Etruscans. Rasenna farmers were thought to have developed broccoli while attempting to select for cabbage varieties with prolific shoots and stems rather than thickly bunched leaves. The Etruscans were active traders with many Mediterranean cultural groups allowing the rapid expansion of broccoli's popularity. Broccoli, known to farmers as "the 5 green fingers of Jupiter," was a favorite of the Romans who prepared it in much the same way it is prepared in modern Italy, in creamy sauces, with wine and herbs.



Much like its cabbage ancestors and other mustard family cousins, broccoli is an incredible source of nutrition and medicine. In one cup of cooked broccoli there is as much calcium as in 4 oz. of milk, as much vitamin C as in an orange, and 10% of the average human's daily iron requirement. In vegetable nutrition circles, broccoli is famous for its vitamin A content, which is also responsible for its dark green color. Broccoli also contains significant quantities of beta carotene, magnesium, potassium, and zinc.

As a medicine, current research is beginning to conclude that the beta carotene, vitamin C, calcium, and phytochemicals (especially indoles and isothiocyanates) consumed in broccoli and its cousins, help boost the level of various enzymes that detoxify the body. This detoxification is thought to help prevent cancer, osteoporosis, diabetes, heart disease, and blood pressure. Hope you all enjoy your harvest shares this week! Linda and all of the Winter Green Farmers