



Winter Green Community Farm

Week of August 5th

2008

This Week's Harvest

(Subject to last minute variations)

New Potatoes

Lettuce

Zucchini

Cucumbers

Green Onions

Green Beans

Tomatoes

Blueberries

Some Sites Only

Noti Sweet Onions

Cauliflower

Cherry Tomatoes

Eggplant

Peppers

Strawberries

New Potatoes

- **New Potatoes** have not been in the ground long enough for their skins to cure, so they are very fragile. We did wash your potatoes for you, so you will need to keep them in the fridge in a plastic bag, and be sure to eat them soon. No need to peel them, as many of the nutrients are close to the skin.
- New Potatoes can be prepared in a number of ways. You can boil or steam them, roast them with other root veggies, or saute them with some onions for breakfast home fries.
- Tomatoes should not be refrigerated. Place them out of the sun at room temperature. Some of our **tomatoes** are a day or two from being fully ripe, but will be perfect with a little patience.
- Tomatoes are delicious fresh, as well as baked, broiled, grilled or sautéed. Incorporate chunks of **tomatoes** into summer stews or soups. Use your extra tomatoes for sauce, salsa, or puree then can or freeze to store.
- Peppers will stay fresh in the hydrator drawer of your refrigerator for 1-2 weeks. Rinse peppers in cool water just before eating. For the highest nutrition, eat peppers raw. Slice or dice them for pasta or green salads, thinly slice them for sandwiches, or cut lengthwise for dipping. Add peppers to omelets, stir-fries, quiches, sauces, curries and stews.

New Potatoes & Other Veggies

1 lb. New Potatoes
 1 pint plain yogurt
 1/2 C green onions, sliced thin'
 1/2 C fresh tomato, cored, blanched, peeled, seeded, and chopped
 1 C sliced cauliflower florets

1 C carrots, thinly sliced
 1 C sliced broccoli florets
 1/4 C onion, chopped
 1/2 C red bell pepper, chopped
 1 1/2 C Sharp Cheddar, finely shredded

Wash potatoes & boil until tender. Split in half, & arrange in serving dish, cut side up. Combine yogurt, green onions, & tomato. Mix well & pour over potatoes. Cook cauliflower, carrots, & broccoli separately until barely tender. Drain & pat dry. Arrange on top of dressed potatoes. Sprinkle onion, red bell pepper, & cheese overall. The dish requires no further cooking. Serve as is w/crusty bread.
 Serves 4 *from "Vegetables~Artichokes to Zucchini"*

Potato & Green Onion Soup

2 New Potatoes, cubed
 2 green onions, sliced thin
 2-3 Tbsp butter
 2 med carrots, grated
 4 C water
 1/2 C seasonal greens (kale, beet, or chard)

1/4 C thin egg noodles
 1/2 tsp salt, or to taste
 1/8 tsp pepper, or to taste
 1/2 tsp basil, or to taste
 1 tsp chopped parsley

Saute the prepared potatoes and green onions in the butter until golden brown. Bring the water to a boil, add all of the ingredients, and bring to boil again. Lower heat and simmer until potatoes are tender. Adjust seasonings if desired.
 Serves 4 *from "The Green Thumb Cookbook"*

News from the Field

Greetings Winter Green Farm Members!

Well this week officially marks the mid-way point in the 19 week CSA season. Although we got off to a bit of a rocky start, with the unseasonably wet, cold spring, and most of the crops have caught up to speed, we are still feeling the effects in some areas. The warm weather crops, such as the eggplant, peppers & tomatoes, are beginning to ripen but they sure don't like these cool nights. We patiently explore under the lush foliage, feeling like treasure hunters when we discover a plump eggplant, red blushed tomato, or a sizeable green pepper.

The lettuce has decided to all be ready for harvest at the same time, so you'll be receiving two heads in your boxes this week. The strawberries are producing well again, so you'll start seeing them in your share, as well as blueberries, which our returning family of Laotian harvesters, are picking as fast as they can.

As far as bulk berries, at this point we don't feel confident about offering them this season. We need to fulfill our obligation to you all, and the Farmers' Market needs to have flats to sell there, and we don't want to promise to offer them to you all, and then not be able to. We wouldn't want you to miss out on your supply of "winter berries". If anything changes, I will be sure to let you know.

This week's feature vegetable is the **New Potato**. The New Potato skin is fragile, since it hasn't cured in the ground. We washed them once for you, but they may need a bit more cleaning. They will need to be kept in the fridge and should be eaten fairly soon. You can use these potatoes in any potato recipe.

One of our CSA members sent me a link to an article written by Michael Pollan, renowned author of several informative books, that I thought you might all enjoy. The article, titled "Why Bother?", was printed in the New York Times Magazine in April. Although it would be difficult to print the whole article here, I found it very inspiring and thought provoking and I wanted to share it with you. I have taken a few excerpts to entice you to go to the link below and read it for yourself.

"Why bother?"

"Whatever we can do as individuals to change the way we live at this suddenly very late date does seem utterly inadequate to the challenge. It's hard to argue with Michael Specter, in a recent New Yorker piece on carbon footprints, when he says: "Personal choices, no matter how virtuous, cannot do enough. It will also take laws and money." So it will. Yet it is no less accurate or hardheaded to say that laws and money cannot do enough, either; that it will also take profound changes in the way we live. Why? Because the climate-change crisis is at its very bottom a crisis of lifestyle — of character, even. The Big Problem is nothing more or less than the sum total of countless little everyday choices, most of them made by us (consumer spending represents 70 percent of our economy), and most of the rest of them made in the name of our needs and desires and preferences.

For us to wait for legislation or technology to solve the problem of how we're living our lives suggests we're not really serious about changing — something our politicians cannot fail

to notice. They will not move until we do. Indeed, to look to leaders and experts, to laws and money and grand schemes, to save us from our predicament represents precisely the sort of thinking — passive, delegated, dependent for solutions on specialists — that helped get us into this mess in the first place. It's hard to believe that the same sort of thinking could now get us out of it.

Thirty years ago, Wendell Berry, the Kentucky farmer and writer, put forward a blunt analysis of precisely this mentality. He argued that the environmental crisis of the 1970s — an era innocent of climate change; what we would give to have back that environmental crisis! — was at its heart a crisis of character and would have to be addressed first at that level: at home, as it were. He was impatient with people who wrote checks to environmental organizations while thoughtlessly squandering fossil fuel in their everyday lives — the 1970s equivalent of people buying carbon offsets to atone for their Tahoes and Durangos. Nothing was likely to change until we healed the "split between what we think and what we do." For Berry, the "why bother" question came down to a moral imperative: "Once our personal connection to what is wrong becomes clear, then we have to choose: we can go on as before, recognizing our dishonesty and living with it the best we can, or we can begin the effort to change the way we think and live."

The idea is to find one thing to do in your life that doesn't involve spending or voting, that may or may not virally rock the world but is real and particular (as well as symbolic) and that, come what may, will offer its own rewards. The act I want to talk about is growing some — even just a little — of your own food. Measured against the Problem We Face, planting a garden sounds pretty benign, I know, but in fact it's one of the most powerful things an individual can do — to reduce your carbon footprint, sure, but more important, to reduce your sense of dependence and dividedness: to change the cheap-energy mind. At least in this one corner of your yard and life, you will have begun to heal the split between what you think and what you do, to commingle your identities as consumer and producer and citizen. The single greatest lesson the garden teaches is that our relationship to the planet need not be zero-sum, and that as long as the sun still shines and people still can plan and plant, think and do, we can, if we bother to try, find ways to provide for ourselves without diminishing the world."

The whole article is much more powerful than the excerpts I was able to include here. It will certainly give you food for thought and something tangible to work with in every day life. You can find it in its entirety at:

<http://www.nytimes.com/2008/04/20/magazine/20wwln-lede-t.html>.

One last piece of news to tell you, is that Winter Green Farm will be hosting the Slow Food "One Field Meal" Event later this month. The proceeds will go to the School Garden Project. The event will be held Sunday, August 17th, from 4:30-7:30pm. The tickets are \$30/adult and \$5/children age 10 and under.

Tickets are available at Long's Meat Market and Newman's Fish Market. Hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farmers