



Winter Green Community Farm

Week of August 15th

2008

This Week's Harvest

(Subject to last minute variations)

Tomatoes

Cilantro

Lettuce

Zucchini

Cucumbers

Green Beans

Carrots

Noti Sweet Onions

Strawberries

Some Sites Only

Cauliflower

Broccoli

Cherry Tomatoes

Eggplant

Peppers

Blueberries

Tomatoes

- ☼ 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.
- ☼ **Eggplant** is best when it's fresh. Store un-refrigerated at a cool room temperature, or in a hydrator drawer of the fridge for up to 1 week. Eggplant can be peeled, but it's not essential. To remove any acrid flavors & excess moisture, lightly salt slices and allow them to sit in a colander for 10-15 min. Gently squeeze out any liquid. Eggplant should always be cooked to eliminate solanine, a naturally occurring toxic substance.
- ☼ Like most fresh herbs, **Cilantro** is sensitive to moisture. For best storage, **place the bunch in a jar** as you would a bouquet of flowers - with stems upright. Place a plastic bag over the jar and **keep refrigerated** for up to two weeks. You may also **pack the sprigs loosely between two sheets of paper towel** and then in a plastic bag in the fridge.

Pebre ~ Salsa de Cilantro

1/3 C minced onions	1 Tbsp vinegar
1/2 C cilantro, chopped fine	1 Tbsp fresh lemon juice
4 Med Tomatoes, chopped fine	1 garlic clove, minced
2 Tbsp Tabasco or other hot sauce	salt & pepper to taste
	*makes about 3 cups

Mix all ingred. in a med. bowl and refrigerate. This salsa will keep, refrigerated, for 3-4 days. This salsa is a popular side dish in Chile, always on the table & eaten with everything!
from "Sundays at Moosewood Restaurant"



Tomato & Rosemary Tartlets

1 pkg active dry yeast
1/2 C lukewarm water
1/4 C olive oil
2 C flour, plus extra for kneading
1/2 tsp salt
2 Tbsp fresh rosemary, chopped fine
2 Tbsp parmesan cheese, grated
1 lb. Tomatoes
18 Nicoise or Kalamata olives, pitted & quartered
1 Tbsp olive oil
salt & pepper to taste
Fresh Rosemary for garnish

Stir yeast into the water & set aside until foamy, about 10 min. Stir in oil. Combine 2 C flour & salt in LG bowl. Make a well in center & pour in yeast mixture. Stir together to make dough. Turn dough out onto lightly floured surface & knead until smooth, about 2-3 min. Add extra flour as needed to keep from sticking. Place dough in lightly oiled bowl, cover w/damp cloth & set aside to double in bulk, about 1 hour. Deflate dough & divide into 6 equal pieces. Shape into smooth ball, cover w/cloth & let rest 15 min. Roll each piece into 5-6" circle about 1/8" thick: place on baking sheet. Sprinkle 1/2 tsp rosemary over each circle & press into dough. Scatter 1 tsp cheese on top of each. Overlap 5-6 tomato slices on each circle, leaving a border of 1" wide around edge. Divide olives among circles & sprinkle remaining rosemary on top. Drizzle w/1/2 tsp olive oil & season w/salt & pepper. Fold edge over tomatoes, creasing every 1" or so. Brush dough w/remain. 1/2 Tbsp oil. Preheat oven to 400 deg. Bake tarts on lower rack until crust is browned, about 20 min. Move to cool, serve warm, garnished w/fresh Rosemary.
Serves 6
from "Vegetarian Times Complete Cookbook"

News on the Farm

Hello Winter Green Farm Members!

This morning, as I harvested Strawberries with the Community Farm crew, I pondered this farming life. What a glorious opportunity it is to be able to work on such a beautiful piece of land, surrounded by lush hillsides, with amazing vegetables and fruits growing all around, the sun (in summer anyway!) shining on your face. It's easy to feel a romantic allure to what it is we are doing.

This farming life is not always romantic though, and I have to say, I am in awe of the farmers that are committed to Winter Green. It seems there isn't a day that goes by with out some piece of machinery breaking down, and always at a crucial moment. The weather is a constant quotient that needs to be figured and re-figured into the equation, and of course, there are no rules that "Mother Nature" is obligated to follow. There always seems to be more work than can possibly be accomplished in one day, and many of the tasks are of the "need to be done right now" variety.

I guess what I'm trying to say is, that seeing that beautiful zucchini in your box, or the ripe tomatoes, just doesn't even come close to reflecting all of the effort that it takes to plan, grow, harvest, and bring you the vegetables. I would just like to take a moment and give thanks to the farm families here that have given their lives to the commitment of organic farming, with all of it's trials and tribulations, as well as the magnitude of what they are doing for this community, and in the larger picture, the earth. Being part of this farm has certainly made my life richer and I hope yours as well.

This week your feature veggie is the Tomato! Not only can the tomato considered the ultimate summer vegetable, one could argue with little opposition that the tomato is America's favorite vegetable. As a nation, we consume over 12 million tons of tomato each year (that's around 18 lbs/person). We find its nourishment in everything from ketchup to pasta, pizza, and salad. As America is home to so many different cultures and culinary traditions, the tomatoes broad use in a multitude of dishes from around the world makes it a perfect fit.

As it turns out, the tomato made its way into the American diet along two quite divergent paths. The first tomatoes grew wild in South America and hitched a ride northward as a weed in early corn plantings. By 700 AD the earliest cultivated tomatoes appeared in Mesoamerica. These tomatoes were small like modern cherry varieties and were served with chilies by the Aztecs in what could be called the world's first salsa. The tomato has continued to be an important part of the Central American diet and has made its way into

American cuisine in a variety of "Mexican" dishes.

It was Cortez and his fellow explorers that first introduced the tomato to Europe upon their return from the new world in the 16th century. The Mediterranean cultures of Europe immediately took a liking to the vegetable. They gave it many names like "love apple" and "Moor's apple" based on its resemblance to a familiar fruit. The resemblance to several of its poisonous cousins in the nightshade family kept the tomato from gaining any serious popularity in the northern European diet.

Rumors of its hallucinogenic and poisonous qualities followed the tomato back to America with the early colonists. For this reason, the tomato's wide spread acceptance in the new America had to wait until the mid-1800's. As more and more Italian immigrants made their way to the US, the tomato began to pop up in gardens and restaurants throughout the land. It wasn't until the 1920's that technological advancements in the mass canning industry created the boom in American tomato production that we've all enjoyed ever since. Today we can taste the tomato in salsas that have never left this continent or in the variety of Middle-Eastern, Mediterranean and Indian dishes that reflect this vegetable's worldly travels.

I would like to remind you that this weekend, we will be hosting the Slow Food Eugene "One Field Meal" fundraising event. The proceeds will go towards funding the School Garden Project. For those of you unfamiliar with Slow Food Movement, it was begun by Carlo Petrini, as a response to the opening of a McDonalds in Piazza Spagna in Rome in 1986. He recognized that the industrialization of food was standardizing taste and leading to the annihilation of thousands of food varieties and flavors. Petrini realized that in order to keep those alternative food choices alive, it was imperative for it to be an eco-gastronomic movement - one that is ecologically minded and concerned with sustainability and sees the connection between the plate and the planet. With the preservation of taste at the forefront, he sought to support and protect small growers and artisanal producers, support and protect the physical environment, and promote biodiversity. Today, the organization that he and his colleagues founded is active in over 100 countries and has a worldwide membership of over 80,000. Your local chapter is Slow Food Eugene. Come join us this Sunday, August 17th, from 4:30-7:30pm at the farm. Tickets for the event can be purchased at Newman's Fish Market and Long's Meat Market. Hope you enjoy your veggies this week!
Linda and all of the Winter Green Farmers