



Winter Green Community Farm

Week of September 12th

2008

This Week's Harvest

(Subject to last minute variations)

Corn

Lettuce

Peppers

Broccoli

Tomatoes

Carrots

Eggplant

Some Sites Only

Cherry Tomatoes

Parsley

Cauliflower



Corn

- ☛ Refrigerate sweet corn immediately with the husks on, and use as soon as possible to retain sweetness and flavor. The sugars quickly turn to starches once the ear is picked. Refrigerating corn will slow this process.
- ☛ Corn freezes well. Blanch on or off the cob for 3-5 minutes, rinse under cold water to stop cooking process, and drain. Dry corn well, then pack it on or off the cob into airtight containers.
- ☛ It's not uncommon to find a worm or two enjoying your sweet corn. No need to discard the whole ear - simply cut out the damaged part and enjoy!
- ☛ Corn on the cob is the most popular way to enjoy fresh, sweet corn. Steam corn in 1-2" of water for 6-10 minutes or drop into boiling water for 3-6 minutes.

Sweet Corn Pudding

1 Tbsp butter
1 med onion, chopped fine
3 C fresh corn kernels
2 C milk
6 LG eggs, beaten
Dash nutmeg
1 tsp sugar (opt.)

deg. In small pan, melt the butter over Med. heat. Saute onion until translucent, about 7 min. In a LG bowl, add onion, corn, milk, eggs, nutmeg (and sugar if using) and mix well. Pour mixture into 9" casserole or small pie dish. Bake for 1 hour, or until lightly browned and a knife inserted halfway into center comes out clean. Serves 6 as a side dish.
from "The Edible Heirloom Garden"

12 corn tortillas
1 tsp oil
1 sm. Jalapeno, seeded & minced
1 med. onion, chopped
1 red pepper, diced
1 green pepper, diced
2 C fresh corn
2 C cheddar, grated
3 eggs
2 C buttermilk
1 tsp ground cumin
1/2 tsp salt

Chilaquile Casserole

Preheat oven to 350 deg. Tear tortillas into 1" pieces. In LG skillet, saute jalapeno & onion til soft. Add sweet peppers & corn & saute, until tender. Grate cheese. Whisk together eggs, buttermilk, cumin & salt. Grease an 8 1/2" X 11" shallow casserole. Spread 1/3 of tortillas in bottom of pan. Top with 1/3 of cheese. Repeat layers two more times. Pour egg mixture evenly over casserole. Bake about 40 min. until lightly browned & knife inserted in middle comes out clean. Don't over bake or it will be dry. Let sit for a few minutes.

Serves 6

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Festive Couscous Salad

1 C Couscous, soaked in 1 cup boiling water, cooled to room temp.
2 C cooked black or kidney beans rinsed and drained
2 C fresh corn kernels, lightly steamed
1 LG carrot, diced
1 green pepper, chopped fine
1/2 C green onions, chopped
1 fresh jalapeno, minced

1/4 C fresh cilantro
1/4 C fresh parsley
1/4 C fresh basil
6 Tbsp olive oil
4-6 Tbsp fresh lime juice
3 cloves garlic, minced
3/4 tsp ground cumin
3/4 tsp salt
fresh ground pepper, to taste

In LG bowl, toss couscous, beans, corn, carrot, green pepper, onions, & jalapeno. Sprinkle cilantro, parsley & basil. Toss until herbs are well distributed. Whisk together olive oil, lime juice, & garlic. Drizzle over salad. Season with cumin, salt and pepper. Combine well. Refrigerate for several hours. Toss again before serving.

Serves 8 *from "Rolling Prairie Cookbook"*

News on the Farm

Hello Winter Green Farm Members!

What a glorious day! We moved our start time to 7:30 AM this week, and it's amazing what a difference that little bit of time can make. For those of us that live on the farm, or not too far from it, it means a few extra minutes to linger over our morning coffee or tea, or read the paper, or meditate. For those making the trek from town, it's an extra half hour before the long drive westward. The warm, almost balmy temps have been welcome, not only for the crops, but for those of us who were not quite ready for fall to make its appearance.

This past weekend we all the pleasure of attending yet another "farm" wedding. Aaron and Melanie have been working at Winter Green Farm for several years. Aaron is one of our "irrigation guys", works with the cow herd, helps with the compost, does numerous projects around the farm, and even gets to help with the harvest now and again. His new bride, Melanie, has worked in the greenhouse, seeding and transplanting, managed the basil crew last year, helps to harvest, and runs the East Bank Market crew this season, as well as does the Portland CSA deliveries.

Their ceremony was held in the fields, surrounded by the vegetables they love so much, as well as their friends and family, including their adorable 21 month old daughter, Adelaide Mae. I was busy following Adelaide around, grazing on blackberries and cherry tomatoes, while the actual ceremony took place, so I didn't have time to get a photo for you all. Hopefully, I'll round one up for a newsletter in the near future.

Their honeymoon will be spent in Minnesota, where Aaron is interviewing for a position on a farm there. Although we will all be sad to possibly see them go, we know it would be a great opportunity for them and a wonderful adventure.

We officially put the zucchini and cucumbers to bed this week, so you won't be seeing them in your boxes any longer this season. We are now beginning to think about harvesting potatoes and winter squash and the later season crops are all coming along very well.

This week the feature veggies will be **Corn**. The crew is out harvesting as I am writing this, and I'm not sure if everyone will be getting corn in the boxes this week, but I wanted to share some recipes and tidbits about it this week, as you will all be receiving corn in the next few boxes. Botanically known as *Zea mays*, all varieties of corn are grass, belonging to the gramineae family, along with wheat, oats, and rye. Corn, often referred to as maize, is one of the ancient staples.

The grain is believed to have been domesticated from *teosinte*, a wild grass that grew in central America. Dried fossil cores, drilled from below Mexico City, have

been found to contain corn pollen grains determined to be over 80,000 years old! The original corn was different than the corn of today, as Mesoamerican tribes improved the grain by systematically selecting desired traits.

The name corn evolved from Indo-European words. The Germans used the word "korn", meaning cereal grain, and the Latin term "granum" meant edible grass. The word "maize" was from the Taino people, who populated the Northern Antilles. It was transmuted from their word "Mahis", which meant "Source of Life". They inhabited the island of San Salvador, where it is believed Christopher Columbus first landed. They gave him the corn to take home to Spain.

Corn was so important to the Pueblo tribes of the Southwest that it was considered one of the Three Sacred Sisters, along with squash and beans. Native American cultures are rich with stories involving corn. The early settlers would not have survived had it not been for the introduction of corn to them by the native peoples. It became so important, they used it not only for food, but for their currency and trade.

The corn crop dominates American agriculture, doubling any other crop. Seventy to eighty million US acres are planted annually, with over a \$30 million value.

This humble kernel finds its way into your life in many different ways, as edible and inedible products. Besides the wonderful, sweet summer vegetable that we all love, corn is made into rubber, plastic that degrades, a fuel called ethanol, clothing (rayon), paper, and so much more. It is one of our chief exports, and a major livestock feed source.

Even though much of the nutrition has been sacrificed through the years in search of sweetness, corn still offers a significant amount of Vitamins A, B-complex, phosphorous, and potassium, along with vegetable protein. Corn, combined with most beans or a dairy source, forms a complete protein, and is an excellent source of complex carbohydrates. What would a summer BBQ be without a few ears of steaming, buttered corn!

I would also like to let you know that we have just sent out the current information for our organic, grass fed beef. If you had previously expressed an interest, you have most likely already received the information. We will give preference to our past customers and our CSA members until Sept. 15th and then we will offer the beef shares to the larger community. If you would like to receive the information about the beef this season, just let me know and I will get that out to you. Hope you all enjoy your veggies this week! Linda and all of the Winter Green Farmers