



Winter Green Community Farm

Week of September 26th

2008

This Week's Harvest

(Subject to last minute variations)

Potatoes

Swiss Chard

Tomatoes

Carrots

Red Onions

Yellow Onions

Some Sites Only

Cherry Tomatoes

Corn

Cauliflower

Eggplant

1 C grated carrots
2 Tbsp (or more) onion, chopped
3/4 C veggie stock or water
1/4 C butter
3 C grated potatoes
2 eggs, separated

1/4 C flour
1/4 C wheat germ
pinch pepper
dash garlic
1 tsp salt
1 tsp baking powder

Potatoes

- ✦ We wash the "field soil" off of your potatoes, but scrub well and cut off any sprouts or green skin when ready to cook. No need to peel. Store in cool, dark, dry place such as a loosely closed paper bag in a cupboard or closet. They should keep for weeks at room temp, or longer if at ideal temp of 40-50 deg.
- ✦ Potatoes are great boiled, mashed, fried, or baked. Use them in soups, hash browns, salads, and stews.
- ✦ Red and yellow storage onions will keep in any cool, dark, dry place with adequate air circulation for several months. Store onions away from potatoes, as moisture given off by potatoes can cause onions to spoil.
- ✦ When the sulfur in cut onions meets the water in your eyes, it turns into sulfuric acid, hence those infamous onion-induced tears. To reduce the sulfur assault, use a very sharp knife, or chill your onions before cutting them. If you're planning to use chopped or sliced onions raw, rinse them in water before use, as this takes away the unpleasant bite.

Potato Carrot Kugel

Cook carrots and onion in stock & margarine for several minutes, until tender. Grate potatoes & add immediately. Remove from heat & stir in beaten egg yolks. Mix together the flour, wheat germ, baking powder, and seasonings & add to vegetables. Beat egg whites until stiff & fold into veggie mix. Pour into a greased baking dish (a loaf pan is good size and cover w/foil for first 45 minutes) and bake at 300 F for one hour.

Serves 2

from "Laurels Kitchen" provided by member

Meg's Scalloped Potatoes

8 Med potatoes, unpeeled
1 SM onion, sliced thin
3 Tbsp butter
12 oz sharp cheddar, grated
3/4 C milk
1/2 C chicken broth
2 Tbsp soy sauce
2 Tbsp Parsley, chopped.

1 tsp garlic powder
1 tsp oregano
1/2 tsp thyme
1/2 tsp salt
1/2 tsp pepper
1/2 C fine bread crumbs
1-2 Tbsp butter

Preheat oven to 350 deg. Butter a 2 1/2 - 3-quart, deep baking dish. Scrub, then thinly slice potatoes into baking dish. Layer w/onion, then dot w/3 Tbsp butter, & cover w/cheese. Combine remaining ingredients, except bread crumbs & butter, and pour over all. Top w/bread crumbs & dot w/butter. Bake, uncovered, 1 1/2 hours.

Serves 8

from "Mrs. Chard's Almanac Cookbook"

Venlainensalaatti ~ Russian Salad

2 C potatoes, peeled, diced, & cooked
2 C carrots, peeled, diced, & cooked
1 C peeled, diced tart apple
1 C minced dill pickles
1/3 C minced onion (to taste)
2 C cooked, peeled & diced beets

Dressing:

2/3 C heavy cream, whipped
or 1 C sour cream or yogurt
2 Tbsp lemon juice or
cider vinegar
dash salt, sugar & pepper
Hard boiled eggs, sliced (opt)

Mix diced potatoes, carrots, apple, pickles, & onion in LG serving bowl. Chill. Combine dressing ingred. & chill. Add beets to the veggies just before serving so salad will be light pink color. Serve dressing in small bowl, mound on top of salad, or fold into salad just before serving. Decorate w/slices of hard boiled egg, if desired.

Serves 6-8

from "Sundays at Moosewood Restaurant"

News on the Farm

Hello Winter Green Farm Members!

This week marks the Fall Equinox, and as if on cue, the fall weather seems to have decided to arrive. Yesterday and today were the chilliest mornings by far, with even the tiniest bit of frost in the fields. With rain expected, the foul weather gear came out of the lockers and gloves adorned our hands as we began the day's harvest.

The change in weather accompanies many changes on the farm. As many of the crew complete their season here at Winter Green and head off on their new adventures, those of us left behind watch the skies with anticipation. The air feels different, the sun shines from new angles, the crops we have been harvesting wither and fade, while the cooler weather crops are bursting forth with vitality. Even though each season brings about an end to something, the unfolding season births anew a wondrous world of promise and continues to give us hope and joy. Can you feel it?

One of our members of several years wrote this week to let me know of the passing of her Mother. Her Mom loved to hear what was in her veggie box each week. She sent along one of her Mom's favorite poems and I thought I would share it with you:

FOR THE GARDEN OF YOUR DAILY LIVING

PLANT 3 ROWS OF PEAS:

1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT 4 ROWS OF SQUASH:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT 4 ROWS OF LETTUCE:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

NO GARDEN IS WITHOUT TURNIPS

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN WE MUST HAVE THYME

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow.

Your veggie of the week is the *Potato*. The potato is the most widely cultivated vegetable in the world. It is grown in 130 countries and at altitudes varying from sea level to over

15,000 ft. While you'll be receiving approximately 10 pounds of Winter Green potatoes this season, the average American consumes 126 lbs each year. chips. It has been an important food source for over 200 years and continues to be today.

The potato was first domesticated in the South American Andes over 4500 years ago. Andean potato farmers are still quite prevalent today, growing hundreds of different varieties in their steep, mountain fields. The potato was first introduced by Spanish explorers in the 16th century. Due to its membership in the nightshade family (along with the tomato), which is home to several poisonous plants, the potato was not widely used in European cuisine until late in the 18th century.

It took the reverse-psychology of a French Botanist named Anotoine-Auguste Parmentier to convince the general European public of the potato's value as a food crop. Parmentier planted 50 acres of potatoes adjacent a residential district on the outskirts of Paris and hired guards to watch over the fields, creating the illusion the something of great value was lurking below the lovely rows of green foliage. Curious peasants fell right into his trap sneaking past the "watchful" eyes of the guards and smuggling potatoes out by the sack full. It didn't take long before potatoes were grown across the European countryside helping to feed the population boom of the 1820's.

The year 1845 saw an entire country addicted to the potato and gave us all an early lesson about the dangers of monocrops (planting only one crop year after year). A blight, for which no control was developed until 1883, wiped out the entire Irish potato crop inciting a mass emigration to the United States.

In the famine, the potato received a setback to its growing popularity that wouldn't be avenged until the 1920s when technological advancements in potato production led to a boom that has continued to the present day in the United States. Presently, the evidence of technological advancement in agriculture can be seen most clearly in the production of potatoes. Of our major forms of conventional agriculture, potato production requires some of the greatest applications of pesticides and chemical fertilizers. It is for this reason that consuming organically grown potatoes is so important for the health of our bodies, fields and water sources.

Two characteristics make the potato an appealing food for a growing population. Not only is the spud a near complete source of a human's vitamin and mineral requirements (especially Potassium), it is incredibly productive (1 acre of spuds can feed 10 people). The potato is also a relatively good source of veggie protein, which can be completed when eaten along with meat, dairy or grains. Hope you all enjoy eating your potatoes this week!

Linda and all of the Winter Green Farmers