



Winter Green Community Farm

Week of October 3rd

2008

This Week's

Harvest

(Subject to last minute variations)

Kale

Leeks

Tomatoes

Onions

Acorn Squash

Pie Pumpkin

Peppers

Radishes

Some Sites Only

Eggplant

Cauliflower

Broccoli

Kale

- ☛ Wash kale leaves well, by dipping in a sink of cool water several times, to flush out soil and garden stowaways.
- ☛ Remove stems from Kale leaves by folding leaf in half lengthwise, and stripping or slicing away thick stems. Baby or tender young leaves may be cooked stem and all.
- ☛ Steam mature Kale leaves approx. 4-5 minutes, depending on age, size, and amount in steamer. It's ready when limp, but still retains texture.
- ☛ Wrap Kale in a damp towel or in a plastic bag and refrigerate, preferably in a hydrator drawer, for up to 1 week. For long-term storage, Kale can be frozen. Wash, de-stem and blanch leaves for 2 minutes. Rinse in cold water, drain, & pack into airtight containers (ziploc bags) and freeze.
- ☛ Store winter squash in a cool, dry, dark place with good ventilation. They should keep for up to a month or more, depending on the variety. Once squash has been cut, you can wrap the pieces in plastic & store in fridge for 5-7 days.
- ☛ When preparing winter squash & pumpkins, be especially careful. Cutting requires a large knife, and a good amount of force, and any slippage can cause an accident. Be sure to have a stable working surface.

Kate's Kale Salad

1 bunch Kale
2-3 cloves garlic, minced
(or more to taste)
1/4 C olive oil

1/4 fresh lemon juice
salt & pepper to taste
4 oz Feta Cheese
Avocado slices (optional)

Remove Kale leaves from the stem. Discard stem or save for soup stock. Slice the kale leaves width-wise into thin strips. Put into LG mixing bowl. Combine the olive oil, lemon juice, salt and pepper in jar w/lid and shake vigorously until very well combined. Add garlic and shake again. Pour over the Kale leaves and toss well. Add Feta cheese and toss lightly. Add avocado if desired.

Colcannon

1 bunch Kale, chopped fine
1 lb. potatoes
2 carrots (optional)
2 leeks
1 C milk or cream
1/2 C butter

Cook Kale in salted water until tender. Cook potatoes & carrots together & mash well. Add seasonings. Chop up leeks & simmer in milk or cream to just cover, until soft. Add to mashed potatoes mix. Drain kale & blend into potatoes. Blend in till "the greens & leeks mingle like a picture in a dream". Serve in a warmed casserole. Make a well in the middle for the butter.

Serves 6

from "The Green Thumb Cookbook"

Note: This traditional Irish dish is a welcome treat on a chilly evening. Leftovers can be served as potato cakes, sauteed in butter.

No-Fault Pumpkin Pie

3 C Pumpkin puree, or
you can use also
squash puree
3/4 C honey
2 T molasses
1/4 tsp powdered
cloves

3 tsp cinnamon
1 1/2 tsp ginger
1 tsp salt
4 eggs, slightly beaten
1 can evaporated milk,
(or 2 C scalded milk)

Mix ingredients in order given. Pour into whole wheat pie shell and bake 10 minutes at 450 degrees, then 40 minutes at 350 degrees, or until set.

Variation: for a delicious pumpkin/squash pudding, omit pie shell. Bake filling in buttered baking dish and serve w/vanilla ice cream or heavy cream.

from The Moosewood Cookbook

News on the Farm

Greetings Winter Green Farm members!

Hopefully this note finds you all healthy and happy and enjoying the beginnings of fall. It's so hard to believe that the summer has passed and the end of the season is at hand. We have been blessed with such a bountiful year and the upcoming fall crops are looking amazing.

I have been receiving some feedback from several members regarding the earworms found on the corn this season. One member suggested we devote part of this week's note to learning more about the little critters, so I thought I would oblige.

The earworm, or *Heliothis zea*, is the larval stage of a night flying moth, which is grayish-brown, marked with darker areas near the tip of each of the fore wings which have an expanse of about 1/2 inch. The moth is prevalent throughout North America with the exception of Canada and Alaska. The moths are reported to live for 5-15 days, feeding on nectar from fruit trees, but may survive for up to 30 days under optimal conditions. They are mainly nocturnal, and usually hide in vegetation during the day.

Fresh corn silk is the preferred egg-laying location, and the moths can smell the silk from miles away. Moths will, however, deposit eggs near buds and growing tips of young corn as well. These yellowish eggs are laid singly with each female producing some 3,000 eggs during their life span, which hatch in 2-4 days, depending on the temperature.

After feeding on corn silk a short time, the larvae or caterpillars, move to the end of the ear and feed on the maturing kernels. Since caterpillars are cannibalistic, by the time they have entered the "shuck", and reached the kernels, only one of two "worms" survives. (Although some of our members have discovered otherwise!).

When fully grown, the caterpillars are about 2" long, brown to tan or even green in color, and have a light and dark longitudinal stripes. The head is always yellowish and the underside of the body lighter than the back. The larvae drop to the ground and burrow into the soil 2-8 inches to pupate. The insects then over winter as pupae, hatching the following year. For that reason, it's important not to replant corn in the same area the following year.

Other than moving the corn planting from year to year, the ear worm is nearly impossible to control when farming organically. Most often they only damage the tip of the ear of corn, and the only way we could deal with that for you would be to open every ear and cut off the damaged part.

This week your feature veggie is **Kale**, or *Brassica oleracea var. acephola*. Kale is one of the oldest members of the cabbage family. It's Latin name translates as "cabbage of the vegetable garden without a head".

Originally from Asia Minor, this descendant of the wild cabbage was brought to Europe around 600 BC by Celtic wanderers. It was a significant crop during ancient Roman times, popular with the peasant class.

During the 5th century, preference for an ever larger leaved variety led to the development of **Kale**. Actually, all cabbages are the same species, with their only differences being what thousands of years of human cultivation and selective propagating have introduced.

Kale was brought to this country in the 17th century, by the early English settlers. It was found to be easy to grow, very versatile, and able to withstand freezing temperatures. In fact, a few good freezes seem to render Kale sweeter and even more tender.

Today, one of the largest consumers of Kale in this country is Pizza Hut. Unfortunately for those who truly enjoy Kale, it is most often found as a decoration for the salad bar, rather than in it.

Nutritionally, Kale has one of the highest protein contents of all cultivated vegetables. It is very rich in vitamins A, C, and the mineral calcium. B vitamins and other minerals are also in excellent supply!

**Remember to Mark your Calendars for the
Fall Harvest Celebration Potluck
Saturday, October 18th Noon to 4pm
Bring a potluck dish to share
Join us for a Hayride to the Pumpkin Patch to
choose your
Jack O Lantern
Fun events for kid's of all ages
Hope to see you there!**

One last thing....since we are getting close to the end of the season, if you would like to receive some of our strawberry spread, let me know and I'll send it with one of your last deliveries. The jars are \$4 each and a case is \$45.

Hope you all enjoy your veggies this week!

Linda and all of the Winter Green farmers

**Winter Green Farm 89762 Poodle Creek Rd Noti, OR 97461 Phone: (541)935-1920
Fax: (541) 935-3615 folks@wintergreenfarm.com www.wintergreenfarm.com**