



Winter Green Community Farm

Week of July 10th

2009

This Week's Harvest

(Subject to last minute variations)

Fennel

Lettuce

Collards

Green Onions

Parsley

Carrots

Some Sites Only

Tomatoes

Summer Squash

Cauliflower

Strawberries

Fennel

- Wash Fennel bulb, store in plastic bag in refrigerator, wrapping delicate leaves in moist paper towel, for up to 2 weeks. Fennel can be eaten raw, baked, steamed or sautéed. Tops can be used as a garnish or added to soups at the end. Use the tops as a substitute for dill.
- Green Onions, also known as Scallions, should be stored unwashed and wrapped loosely in a plastic bag. Put them in the refrigerator, where they will keep for a week. To keep green onions longer, chop off about three-quarters of the tender, green tips: the end closest to the root is less perishable.
- **Cauliflower** is best eaten soon after it is harvested but will keep for 1-2 weeks in the refrigerator if wrapped loosely in plastic.
- Wrap **Parsley** in a damp towel or place upright in a container with an inch of water & refrigerate for short-term storage. For longer storage, **Parsley** can be dried. Check your favorite cookbook for dehydrating info.

Baked Orzo w/Roasted Fennel & Red Peppers

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|---|---|
| 1 Med fennel bulb
cut matchstick size,
stalks discarded &
leaves chopped | 1 lb. orzo |
| 1 Med red bell pepper,
cut matchstick size | 2 Med ripe tomatoes,
peeled, seeded &
chopped |
| 1 shallot, sliced thin | 4 ozs. feta cheese,
crumbled (about 1 C) |
| 1 clove garlic, minced | 1/4 C Kalamata olives,
chopped |
| 3 Tbsp Olive oil | 1/4 C parsley, chopped |
| salt & pepper to taste | 1 lb. caners drained |

Preheat oven to 425 F. Combine fennel bulb, bell pepper, shallot, & garlic in 9X13" baking dish. Add 2 Tbsp oil & toss to coat. Season w/salt & pepper to taste. Arrange in shallow layer. Roast for 15-20 min., until veggies are lightly browned & tender, stirring once or twice for even cooking. Remove from oven & reduce temp to 350 F. Meanwhile, cook orzo in boiling salted water until al Dente. Drain well. Add orzo & remaining 1 Tbsp olive oil to baking dish & toss to coat. Add tomatoes, cheese, olives, parsley, capers & 1 Tbsp fennel leaves. Toss together. Taste & adjust seasonings. Cover tightly w/lid or aluminum foil. Bake for 20-30 min., until cheese is melted. Serve hot.

Recipe submitted by CSA member Darla Lesan, Coos Bay

Fennel Crumble

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|------------------------|-------------------------|
| 1 fennel bulb | Crumble topping: |
| 1/4 C lemon juice | 1/2 rolled oats |
| salt & pepper to taste | 1/4 C flour |
| 1 1/2 tsp honey | 1/2 C breadcrumbs |
| 1 1/2 tsp flour | 2 oz butter |
| 3/4 C cream | 1 glic clove, crushed |

Preheat oven to 350 F. Brush LG ovenproof serving dish w/melted butter or oil. Trim fennel & cut into thin slices. Wash & drain well. Bring LG pan of water to boil. Add all but 2 Tbsp lemon juice & fennel slices. Cook over Med heat for 3 min. Drain: rinse under cold water. Place fennel in LG bowl. Add extra lemon juice w/pepper & honey: toss to combine. Sprinkle w/flour. Spoon into prepared dish & pour cream over top. **To make crumble:** Combine oats, flour & breadcrumbs. Heat butter in small pan, add garlic & cook 30 sec. Pour over dry ingred. & mix well. Sprinkle crumble over fennel. Bake 20-30 min. or until fennel is tender & crumble is browned.

Serves 3-4

from "The Essential Vegetarian Cookbook"

Collard Crisps

- 1 bunch collards
- salt
- olive oil

Wash bunch collards. Tear off hard ribs (save for veggie soup stock!). Toss w/salt & olive oil. Arrange on cookie sheet, bake in 250 F oven for 20-25 min. You get crispy chippies. Yum! Our kid's call it "sea weed".

Submitted by CSA member and site host



News from the Field

Greetings Winter Green Farm members!

I hope you all enjoyed the Fourth of July holiday weekend! Whether you traveled or spent the time at home, we were sure blessed with glorious weather. This morning's cool weather and overcast skies are almost welcome, especially for the crew who endured the sun and heat of last week's harvests. Luckily, we have a nice swimming hole close to the farm, and everyone went directly there at the end of the day to cool off.

Today we welcomed our blueberry picking crew for the first of the blueberry harvesting. I'm sure you will all welcome the pint of little blue jewels in your boxes this week, and look forward to many more to come. I have already received a few calls about flats of blueberries! I'm afraid I might have created some confusion in last week's notes, when I was encouraging members to order bulk berries. I did mean *strawberries* and not blueberries, and I apologize for getting your hopes up. The blueberries are just coming on, and we are still unsure whether there will be enough to offer bulk flats this season. We'll just have to wait and see. If we have an abundance, I promise to let you know.

I would like to take this opportunity to mention something that is becoming quite a problem at several of the pick up sites. If you are sharing with another member, please be very diligent about marking the box if you are picking up your portion separately. We have had several members who are not sharing come and pick up a box that only has half the amount of veggies that are offered that week. Please use the tape and marker provided (in the boxnote box) to mark your share with your partner's name and set it aside. Thanks for your consideration on this matter!

This week the feature veggie is Fennel. Fennel, or *Foeniculum vulgare*, belongs to the *Umbellifereae* family and is therefore closely related to parsley, carrots, dill and coriander. It is a perennial or biennial herb and was one of the nine sacred herbs of the Anglo-Saxons. In ancient Greece, the word for fennel was *marathon*. This name is based on the Greek victory over the Persians in 470 B.C. at Marathon, which was fought on a field planted with fennel. In Greek mythology, knowledge came to man as a gift from the gods in the form of a fiery coal held in a fennel stalk, and it was also believed to increase strength. In ancient Greece, it was considered a symbol of success. Fennel is one of the oldest cultivated plants and much valued by the Romans. Warriors took it to keep good health, while their ladies took it to stave off obesity.

The Romans also believed that serpents sucked the juice of the plant to improve their eyesight prompting Pliny to recommend the herb for "dimness of human vision". In Medieval times, fennel was considered a sacred herb used to treat disease. Fennel was hung from the rafters to bring good luck, and put in keyholes to keep out ghosts and evil spirits.

In American history, the Puritans thought of fennel as a "meeting seed." Meeting seeds were seeds of various herbs,

which parishioners chewed during church meetings to stay awake. Fennel was considered to be an appetite suppressant by the Puritans, and they would chew fennel seeds during periods of religious fasting to keep themselves from growing hungry.

Virtually all of the fennel plant is edible: the roots and stalks can be cooked and eaten as a vegetable; the stems chopped and added to salads; the bulb may be eaten raw or cooked, the chopped leaves used in soups, with fish or added to salads, the fennel seeds are used in pickles, liqueurs, tomato sauces and sausages, and fennel oil is used in candy, liqueur and perfume.

While every part of the plant is edible, it is mainly the seeds and essential oil that are used medicinally. Fennel was thought to cure many different medical problems including snakebites, toothaches, earaches, and colic. The primary use for the herb is for digestive upsets and settling stomach pain while stimulating the appetite. The seeds are soothing for



Foeniculum vulgare Mill.

the digestive system.

The seeds also promote milk flow during breastfeeding. When an infusion is used by nursing mothers, it also helps relieve colic in the baby. In Chinese medicine, the seeds (*hui xiang*) are thought to be a toner for the spleen and kidneys, and are also used in urinary and reproductive disharmonies. German health authorities also recommend giving fennel seeds to hyperactive children, as the seeds appear to have some sedative effects. Used with honey, fennel clears upper respiratory congestion.

One quick note about last week's boxnote. I gave you some info about herbs growing commonly that you could use in your herbal first aid kit. One of the CSA members thought I should caution you about confusing Yarrow with Water Hemlock, which is quite poisonous. Just be sure before you go out to harvest herbs or make preparations from them, or any herb for that matter, that you are sure of what you are harvesting by researching what the herb looks like before you begin to collect them. Also, be careful not to harvest from areas where there is a lot of traffic or where pesticides might have been used. Otherwise, have fun!

I hope you all enjoy your veggies this week!

Linda and all of the Winter Green Farmer