



Winter Green Community Farm

Week of August 7th

2009

This Week's Harvest

(Subject to last minute variations)

Garlic

*~Some Sites Only~
(More next week)*

Lettuce
Cilantro
Basil
Tomatoes
Zucchini
Cucumbers
Cauliflower
Strawberries

~Some Sites Only~

Blueberries
Green Beans
Eggplant
Peppers
Cherry Tomatoes
Carrots

1 C Greek olives,
rinsed and pitted
2 Tbsp capers
1 garlic clove, pressed
1/2 - 1 C pine nuts

1 eggplant (about 1 1/2 lbs.)
2 LG cloves garlic, sliced thin
grated peel & juice of 1 lemon
1 Tbsp olive oil
1 tsp cilantro, chopped (more to taste)
1 Tbsp thick, unsweetened yogurt
salt & pepper
Cilantro leaves for garnish

Garlic

- ☛ Garlic can be stored in a cool, dark, dry, and well-ventilated place for several months. Warm temperatures will encourage garlic to sprout.
- ☛ No refrigeration is needed, unless storing peeled cloves for a short time. Keeping garlic in an airtight container will avoid garlic odor spreading to other foods.
- ☛ Sauté garlic only until translucent, as it will burn quickly, which produces a bitter, unpleasant taste. Press, mince or slice garlic cloves. One medium garlic clove equals about 1 tsp minced garlic. For easy peeling, press garlic clove firmly against a cutting board with the flat blade of a knife.
- ☛ Fresh green beans taste best when eaten soon after harvesting. They will stay fresh for up to one week refrigerated in a plastic bag. Remove stem end and cook whole, beans will retain more nutrients if un-cut.
- ☛ To cook beans, simmer in boiling water for 5-10 minutes. Watch for the beans to brighten in color and become tender but not soft. Cook less for chilled bean salads to maintain crispness.
- ☛ 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 springs loosely between two sheets of paper towels and then in a plastic bag in the fridge.

Garlic Olive Caper Tapenade

1 Tbsp olive oil
1 Tbsp fresh lemon juice
1/2 tsp dried thyme or basil
1/4 tsp fresh grd. pepper
1 1/2 - 2 C parsley, stemmed

Using a mortar & pestle or food processor, blend all of the ingred. until the tapenade is just smooth enough a spread w/o becoming a paste. Tapenade will keep a week in the fridge & the flavor will intensify w/age.
1 1/2-2 Cups from "Sundays at Moosewood"

Roasted Eggplant with Garlic

Preheat oven to 350 F. With sharp knife, make incisions all over eggplant & insert sliver of garlic into each one. Bake eggplant until thoroughly soft & wrinkled all over, about 1 hour. & set in colander to drain for 30 min. After eggplant has drained, slice open & scrape meat & garlic slivers out of skin. Chop fine w/knife or work in food processor to make coarse puree. Stir in lemon peel, olive oil, herbs, & yogurt. Season to taste w/lemon juice, salt & pepper. Mound in bowl, and garnish w/ cilantro.
Makes about 1 cup from "The Greens Cook Book"

Blueberry Pecan Buckle

3/4 C Sugar
1/4 C pecans or hazelnuts
chopped
1/4 tsp salt
4 Tbsp unsalted butter,
softened

2 LG eggs
1 tsp vanilla ext.
1/2 C flour
1/2 tsp baking powder
1 1/2 C fresh
blueberries

Preheat oven to 375 F. Lightly coat a 9" square pan w/vegetable oil. In food processor, process sugar, pecans & salt until finely ground. Add butter, eggs, and vanilla & process until smooth. Add flour & baking powder & pulse until incorporated, about 5-6 times. Pour into baking dish and sprinkle berries over batter (they will sink during the baking). Bake until golden & the "buckles" begin to pull away from the sides of the pan, 25-30 minutes. Let cool on wire rack for about 10 min. before serving.

** submitted by CSA member & site host Jennifer Martin

from "America's Test Kitchen Family Cookbook"

News from the Field

Hello Winter Green Farm members,

We are all happy to see that this week is starting off a lot cooler than last week. I'm not sure how we all made it through the heat from last week, but one thing I do know....our crew is amazing! Nothing like something out of the ordinary to bring out the absolute best in people. Our crew gave more than 100% last week, and did everything humanly (even under in-humane conditions!!) to get your veggies to you in the best possible condition. It wasn't an easy decision each morning, as to which vegetable or fruit needed to be harvested the earliest, and hopefully, we made the right call on most of them. The crew stayed overtime to finish the processing and packing each day, and we feel very blessed to have these spirited, dedicated young people here sharing the farm with us this season.

One crop that did not like the heat very much (one of many!), was the blueberries. Sorry to say, this will most likely be the last week we will have them available, and it doesn't even look like we'll have much to offer for gleaning either this year. Our new plants are looking good, and we are all hoping that our harvest will increase in the coming years.

Garlic is our vegetable of the week, but you won't all receive it this week, so please don't be disappointed if you open your share, and you don't spy the tasty little globes. Processing the garlic takes quite a bit of time, so we will process a bunch each week and send them to you, a few at a time, until we reach your promised amount.

The botanical name of garlic is *Allium sativum*, and it belongs to the *Allium* genus of the *Alliaceae* family. Garlic is derived from the old English term "garleac", which means "spear leek". Garlic has been used for over 60 centuries, especially in Asia, as a medicinal and culinary ingredient.

Generally, garlic has been so extensively domesticated over so many thousands of years that there no longer are wild forms found anywhere in nature related to the type of garlic humans now use. It is believed that, as a variant of the lillie family of plants, it originated probably somewhere in Central Asia, and spread rapidly in all directions -- westward to the Mediterranean, eastward throughout China, and southward into India. In all of these areas it has since the beginning of recorded time been used as both a food and a medicinal product.

Garlic has been employed for medicinal purposes by more cultures over more millennia than any other plant product or substance. The first recorded use was by the Sumerians of Mesopotamia, in the now Mid-East regions of the Tigris and Euphrates rivers.

Garlic was of great medicinal importance in nearby Egypt. It has been found in the tombs of the ancient Pharaohs dating back to 3,200 B.C. Its use by the pyramid builders, who believed garlic gave them strength, is inscribed on the Great Pyramid of Cheops. The only slave revolt in Egypt (beside the Jewish Exodus) was by laborers over a lack of garlic one year when the Nile flooded the garlic fields. In the Egyptian "Ebers Codex," written in 1550 B.C., there were 22 different medical formulations that included garlic.

The ancient Israelites were fond of garlic long before Moses led them out of Egypt. In the Mishnah, a collection of Jewish traditions incorporated into the Talmud, the ancient Hebrew writers refer to themselves as "the garlic eaters." In the Bible (Numbers 11:5), still on their way to the Promised Land, the Jews lamented the absence of garlic, as well as other foods from Egypt.

The Greeks used garlic to bring strength their athletes at the Olympic games and in other contests, and employed it, as well, to help heal battle wounds. Hippocrates, who lived 460 to 370 B.C. and is considered the father of western medicine, recommended garlic for pneumonia and other infections, for cancer and for digestive disorders, as well as a diuretic.

Another Greek, Dioscorides, who lived in the first century A.D. and is held in esteem as the founder of the modern pharmacy, dispensed garlic to treat rabid dog bites, snake bites, infections, bronchitis and cough, leprosy, and clogged arteries, as well as other conditions.

As more science began to enter the picture, Louis Pasteur demonstrated, in 1858, that garlic could kill infectious germs. Albert Schweizer, in the early and mid-20th century, used garlic in Africa to cure typhoid fever and cholera. Garlic was used throughout World War I to treat battle wounds and to cure dysentery. During World War II, garlic was known as "Russian penicillin" because it was so effective in treating wound infections when adequate antibiotics were not available.

Multiple scientific studies indicate that garlic can lower cholesterol and triglycerides levels, improve the outcome of coronary heart disease, reduce high blood pressure, improve claudication (leg muscle cramps on exertion), prolong infant feeding time for breast nursing, reduce or cure the fungal infection of Athlete's foot, and reverse some middle ear inflammation. And, it can do much more. There may even be some value, in addition, for garlic in the potential reductions of certain cancers, especially those of the colon and stomach. All of that, and it tastes good too!!

Hope you all enjoy your veggies this week!

Linda and the Winter Green Farmers



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