



Winter Green Community Farm

Week of August 14th

2009

This Week's Harvest

(Subject to last minute variations)

Potatoes

Lettuce
Cauliflower
Zucchini
Cucumbers
Tomatoes
Radishes
Strawberries

~ Some Sites Only ~

Green Beans
Peppers
Eggplant
Garlic

New Potatoes

- **New Potatoes** have not been in the ground long enough for their skins to cure, so they are very fragile. We did wash your potatoes for you, so you will need to keep them in the fridge in a plastic bag, and be sure to eat them soon. No need to peel them, as many of the nutrients are close to the skin.
- New Potatoes can be prepared in a number of ways. You can boil or steam them, roast them with other root veggies, or saute them with some onions for breakfast home fries.

Greetings!

I will be helping with the harvest and processing this week, so I will give you more recipes than news this week. Would like to let you know that our blueberries are finished for the season. I have listed two sources below for you, if you would still like to get bulk berries:

Royal Blue Organics, Royal Ave., Eugene 689-1836 \$55/15# flat or \$70/20# frozen ~ call ahead

Green Hill Aire, Royal Ave., Eugene 688-8276 \$15/2 gal - you pick, Sat or Sun, 8-6pm

Hope you all enjoy your veggies this week!

Cauliflower Potato Pie

Butter for greasing pan 3 Tbsp butter
3-4 Med potatoes, about 1 pound 1 C onion, chopped
1/4 C minced green onions 3 cloves garlic, minced
1 Tbsp + 1/4 tsp salt, divided 1 jalapeno pepper, seeded & finely chopped
fresh ground black pepper 3 C fresh spinach, rinsed
1 head cauliflower 1 Tbsp Basil, sliced
juice of 1 lemon (3 Tbsp) 1 egg, lightly beaten
6 ozs. Gruyere cheese, grated

Preheat oven to 375 F. Lightly butter a 9" pie pan. Put potatoes in small pot, cover w/water, bring to boil until tender (10 min). Mash potatoes. Stir in green onions, & add 1/4 tsp salt & pepper to taste. Press potato mix into pie pan & bake 30 min. Bring LG pot of water to boil. Add cauliflower & remaining 1 Tbsp salt & lemon juice. Boil, uncovered, until tender but not mushy, 5-7 min. Drain. Transfer to LG bowl & mash. Heat butter in same LG pot. Add onion, garlic, & jalapeño: sauté 5 min. Add spinach & cover: cook until wilted. Uncover & boil away excess water, if any. Mix in cauliflower, basil, & salt & pepper to taste. Cook 1 min. Remove from heat, stir in egg. Spread mix into potato crust. Sprinkle Gruyere over cauliflower mix. Bake until cheese is lightly golden, 30-35 min.

Serves 6-8 from "Real Dirt on Vegetables" cookbook

Potato Gnocchi w/Tomato Sauce

1 lb. potatoes, peeled & chopped
2 C flour, sifted
1/4 C Parmesan cheese, grated
*extra for serving on top
1 oz. butter, melted
salt & fresh grd. pepper to taste

Tomato Sauce

2 lb. tomatoes, peeled & chopped
2 cloves garlic, crushed
1/2 C red wine
3 Tbsp Basil, finely chopped
salt & pepper to taste

Cook potatoes in pan of boiling water 15-20 min. or until tender. Drain & mash until smooth. Transfer to bowl & allow to cool slightly. Add flour, cheese, butter, salt & pepper. Using flat bladed knife, mix together in cutting motion, to form firm dough. Knead briefly on lightly floured surface until smooth. Do not over handle or gnocchi will be tough. Roll heaped tsp-full of dough into oval shape. Indent one side using back of fork. Cook gnocchi in batches in LG pan of rapidly boiling water 3-5 min. each batch. They will float on surface when cooked. Drain well & keep warm. Serve in warmed bowls with Tomato Sauce. Sprinkle w/extra Parmesan cheese
Tomato Sauce: In pan, combine tomatoes, garlic, wine, basil, salt & pepper. Bring to boil. Reduce heat & simmer gently 15-20 min., stirring occasionally. until sauce reduces & thickens slightly.
Makes 4 servings from "The Essential Vegetarian Cookbook"

Cauliflower Potato Curry

2 Tbsp peanut oil 1 C stock or water
1 tsp ea: curry powder, turmeric, cumin, thyme 2 C cauliflower, chopped
1/4 tsp cayenne pepper 1 med carrot, chopped
2/3 C onion, chopped 2 slices fresh ginger
1 tsp minced garlic 1/4 lb. green beans, chpd
2 C cubed potatoes 1 Tbsp lemon juice
salt & pepper to taste

Heat oil in deep skillet. Stir in dry spices. Add onion & garlic: cook until tender. Add potatoes & stock, cover, cook 10min. Stir in cauliflower, carrot, & ginger. Cover & cook 5 min. Stir in beans. Cover & cook 5 min., stirring often. Remove cover: simmer until most liquid has evaporated. Stir in lemon juice. Season to taste w/salt & pepper. Serve over rice & top w/green onion.
Makes 4 servings. from "Asparaas to Zucchini" cookbook MACSAC

Eggplant Timbale

1 LG eggplant
1 1/2 C Parmesan cheese, grated
2 eggs
6 Tbsp butter, melted & cooled
1/4 C parsley, chopped fine
salt & pepper to taste
2 Tbsp butter
1 C bread crumbs

Preheat oven to 375 F. In rapidly boiling water to cover, cook eggplant whole for 30 min. Drain & peel. In a mixing bowl, mash pulp until smooth. To the eggplant pulp, add cheese, eggs, & butter. Stir in the parsley: season mixture to taste. Using rotary beater, blend mixture thoroughly. Spoon into 1 1/2 qt. buttered ovenproof serving dish. In a skillet, melt butter & toast bread crumbs, stirring frequently. Sprinkle crumbs in an even layer over eggplant. Bake timbale for 30 min or until set.

from "A Celebration of Vegetables" cookbook

Crunchy Zucchini Slices

1 med zucchini
1 egg, beaten slightly
1/4 C milk
1 tsp oregano
1/2 C wheat germ
2 Tbsp olive oil
salt & pepper to taste
mozzarella or choice cheese

Thinly slice zucchini. Combine egg, milk & seasonings. Dip zucchini into egg mixture, then into wheat germ. Sauté in oil until tender, about 5-10min. Top w/cheese & run under broiler briefly, to melt cheese.

makes 4-6 servings

from "The Green Thumb Cookbook"

Mint Cucumber Soup

1 med onion, chopped
1 clove garlic, chopped
3 Tbsp butter
3 med cucumbers, peeled
& thinly sliced
3 Tbsp flour
2 C chicken broth
2 Tbsp fresh mint, chopped
1 C plain yogurt
1 C light cream
salt & white pepper to
taste

In LG skillet, over med heat, sauté onion & garlic in butter until soft. Add cucumbers & cook until soft: about 5-8 min. Stir in flour, cooking 1 min. Add broth, increase heat to med high, & bring to boil. Reduce heat & simmer 5 min. Puree cucumber mix in blender in batches. Pour into bowl w/chopped mint. Cover & chill. Before serving, blend in yogurt & cream. Season w/salt & white pepper. Garnish w/mint sprigs or chopped mint leaves.

Serves 4-6

from "Hollvhocks & Radishes" Cookbook

Eggplant & Zucchini Pizza w/Basil & Cherry Tomatoes

Favorite Pizza Dough Recipe
1 med zucchini
1 eggplant
4-6 Tbsp olive oil
salt & pepper to taste
12 cherry tomatoes, halved
1 clove garlic, chopped fine
2 ozs. mozzarella cheese, grated
2 ozs. Fontina cheese, grated
3 Tbsp basil, finely chopped
Parmesan
Thyme and basil, fresh, chopped fine
or dried

Prepare pizza dough & let rise in warm place. Slice zucchini & eggplant diagonally into pieces 3-4" long & 1/4" thick. Heat 2 Tbsp of olive oil in LG skillet, add a layer of the veggies & turn over immediately to coat both sides w/oil. Fry on each side until lightly browned - eggplant will take longer than zucchini - then set on paper toweling to drain. Cook all zucchini & eggplant this way, making sure oil is hot at start of each batch. Season well with salt & pepper. Dress tomatoes w/Tbsp. of oil, the garlic, & salt & pepper. Drain tomatoes before putting on pizza. Preheat oven to 500 F and if using pizza stone, warm in oven 20 min. Shape dough & place on pizza pan, & brush w/olive oil. Distribute most of mozzarella & Fontina, then basil. Arrange zucchini & eggplant slices in overlapping layers w/tomatoes in and among them. Finish w/rest of cheeses. Slide pizza onto stone or bake on pan in upper third of oven for 8-12 min, or until edges & bottom are well browned. Remove from oven & garnish w/grated Parmesan & herbs.

Makes one 10" pizza

from "The Greens Cookbook"

Chicken ~ Eggplant Sate

1/3 C plus 2 Tbsp vegetable oil
1/2 C onions, minced
1 hot chili pepper, seeded & minced
1 clove garlic, minced
1/2 C tomato paste
1/2 C peanut butter
1/2 C water or stock
1 small eggplant
1 tsp soy sauce
juice of 1/2 lemon
1 whole chicken breast,
bone & skinned

Heat 2 Tbsp oil in small saucepan. Add onions, chili pepper, & garlic, and slowly sauté until veggies are tender, but not browned. Stir in tomato paste, peanut butter, & water or stock. Sauce will be rather thick. Heat slightly, but do not overheat, as sauce will separate. Peel eggplant & cut into about 24 cubes. Combine remaining 1/3 C oil, soy sauce, & lemon juice in small bowl. Toss eggplant cubes in oil mix until most has been absorbed. Cut chicken into about 245 cubes & place in another bowl. Add 1/2 C peanut butter sauce to chicken & toss cubes until well coated. Allow to stand 30 min. Spear 1 cube eggplant & 1 cube chicken on wooden skewer. Repeat until all cubes are used. Place on broiler pan & broil rather slowly, about 8-10" from heat.* Serve hot w/bowl of remaining warm sauce for dipping.

Makes about 2 dozen from "Rodales Basic Natural Foods Cookbook"

*you can try grilling on a BBQ