



# Winter Green Community Farm

Week of July 16th & 17th

2010

## This Week's Harvest

(Subject to last minute variations)

**Fennel**

Lettuce

Collards

Green Onions

Carrots

Napa Cabbage

Broccoli

Strawberries or Blueberries

**\*Some Sites Only\***

Cauliflower

Zucchini

Cucumbers

## 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.
- 🌱 Blueberries have a natural protective coating, so it's best not to wash them until you are ready to eat them. Unwashed berries will keep for about a week in the fridge. When ready to eat, rinse under cool water, and let drain a bit. Berries can be frozen on cookie sheets and then transferred to another container.

### **Risotto with Onions, Carrots & Fennel**

- |   |                                |
|---|--------------------------------|
| 3 carrots, cut into $\frac{1}{4}$ " cubes | 1 C dry rice (arborio)         |
| 1 fennel bulb, diced                      | $\frac{1}{2}$ C dry white wine |
| 3 small onions, diced                     | 1 tsp minced fresh thyme (or   |
| 1 Tbsp olive oil                          | 1/3 tsp dried)                 |
|   | $\frac{1}{4}$ C minced parsley |
|   | 3 Tbsp grate Parmesan Cheese   |

In a Med sized saucepan, bring 4 C water to a boil. Reduce heat to low. Clean and trim carrots, fennel and onions. Add the trimmings to the simmering water to make a vegetable broth. In a LG heavy bottomed saucepan, sauté the vegetables in oil for 2 minutes. Add the rice and sauté for 2 more minutes. Add the wine and stir gently over low heat until liquid is absorbed. Add broth  $\frac{1}{2}$  C at a time, stirring until each is absorbed (strain out the trimmings first!) Continue adding broth and stirring until the rice is moist, but not soupy, about 20-30 min. Remove from heat, garnish with parsley, thyme and Parmesan cheese.

Serves 4

from "Eating Close to Home" cookbook

### **Chilled Carrot Soup**

- |                              |                                  |
|------------------------------|----------------------------------|
| 2 Tbsp butter                | salt & pepper to taste           |
| $\frac{1}{4}$ C onion, diced | 2 T Olive oil                    |
| Bunch carrots, sliced        | $\frac{1}{2}$ C fresh unseasoned |
| $\frac{1}{2}$ " thick        | coarse breadcrumbs               |
| 5 $\frac{1}{2}$ C water      | 2 Tbsp parsley, finely           |
| 1 Tbsp honey                 | chopped                          |

Melt butter in a Med sized saucepan over Med. heat. Add onion and cook until softened, about 4 min. Add carrots, and cook for 2 min., stirring occasionally. Add water, and bring to a boil. Reduce heat, and simmer until carrots are very soft, 25-30 min. Fill a blender halfway and covering with a kitchen towel, puree soup in batches. Stir in honey and season w/salt and pepper. Chill soup for at least 3 hrs. or up to over night. Before serving, prepare breadcrumbs: Heat olive oil in Med sauté pan over Med heat. Add breadcrumbs. Stir in constantly until toasted and golden brown, about 2 min. Transfer to a bowl, and let cool Stir in fresh parsley, and season w/salt and pepper. Garnish each serving w/1 tbsp breadcrumb mixture, and thinly sliced carrots if desired.

Serves 6

from "Martha Stewart Living"

### **Blueberry Cornmeal Pancakes**

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 C flour                            | $\frac{1}{4}$ C milk          |
| $\frac{1}{2}$ C cornmeal             | 3 Tbsp butter, melted &       |
| $\frac{1}{4}$ C sugar                | cooled, plus more for griddle |
| 1 $\frac{1}{4}$ tsp baking powder    | 1 LG egg lightly beaten       |
| $\frac{1}{2}$ tsp baking soda        | 2 C blueberries               |
| 1 $\frac{1}{2}$ C low-fat buttermilk | Maple syrup                   |

Whisk together flour, cornmeal, 2 Tbsp sugar, baking powder, & baking soda. In another bowl, whisk together buttermilk, milk, butter & egg. Whisk wet ingred. into dry ingred until just combined. Preheat oven to 200 deg. Heat griddle or LG nonstick skillet over Med heat. Toss blueberries w/remaining sugar. Brush griddle w/melted butter. Spoon batter onto griddle 1/3 C at a time. Sprinkle w/sugared blueberries, 2 Tbsp/pancake. Cook until edges are set, 3-4 min. Flip, & cook until golden brown, about 2 min. Repeat, adding more butter to griddle as needed. Keep prepared pancakes warm in oven. Serves 4

# News from the Field

Hello Winter Green Farm members!

What a great time of year to be on the farm! With the consistent summer weather now upon us, the rhythm of the farm is settling in. The crew is comfortable in their jobs of harvesting and processing, the irrigation crew is on top of making sure every crop gets the appropriate amount of water at the optimum time, and the CSA drivers have worked out the details of routes and schedules. The hay has been harvested and stored in the barn and this week we will bring in the first basil harvest. The Pesto crew arrives this week to begin processing our Pesto products. It's all happening!

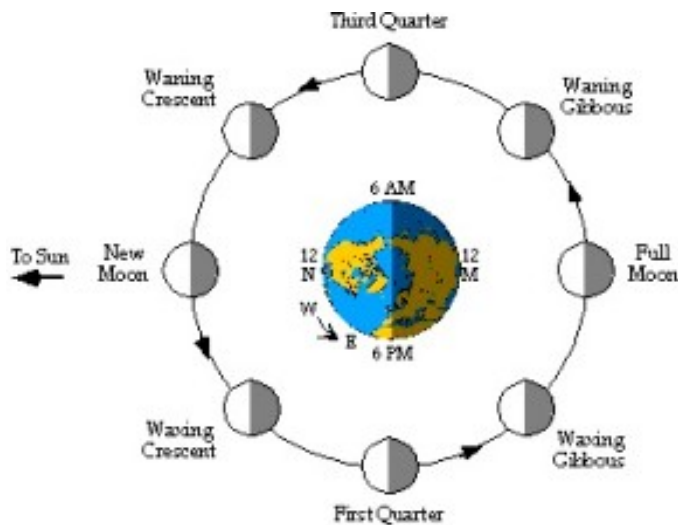
## Field Notes from Farmer Spencer:

"The long wet spring we had meant that the ground stayed wet longer and when it dried, we made BIG plantings – especially Lettuce! This week, 3 weeks worth of plantings came on ....lots of lettuce this year!" Yummm...salads!





This past weekend on July 11th, on the New Moon, there was a full solar eclipse. Thinking about the eclipse, even though we couldn't see it from our side of the earth, made me think about our farm and our use biodynamic methods. Since our farm uses biodynamic methods, we take into account when planetary changes occur. Our Planting Calendar is all about rhythms. These rhythms sustain all life on Earth. Biodynamic farmers strive to bring life back in to the soil, so that the food produced from this living soil has increased life-force, vitality and nutrition, enhancing the quality of human life.


Human life, as well as animal and plant life, is strongly dependent on the rhythms of the Earth. Perhaps the most familiar is the rhythmic movement from New Moon to Full Moon that we witness each month.





Farmer observations and scientific experiments over many centuries have identified noticeable effects of the Moon on plant growth. Based on the Agriculture Lectures of Rudolf Steiner and subsequent scientific research, biodynamic agriculture recognizes the following New Moon and Full Moon influences:


 The element most affected by the moon energies is water (for example, the sap in plants).


 In the 48 hours leading up to Full Moon there appears a distinct increase in the moisture content of the earth. The growth forces of plants seem to be enhanced.


 During the Full Moon period there is quick germination of seeds, fast plant growth, and a rapid re-growth of any cut, mown or pruned vegetation.

 There appears to be a quicker cell division and a tendency to elongation of growth.


 Seed germination is fast but may be soft and prone to fungus attack, particularly in warm conditions and high humidity.

 The influence of the Full Moon appears to provide favorable conditions for the growth of fungus on all plants. This is related to the increase of moisture and humidity.

 There is an increase in insect activity, particularly slugs and snails, and internal worm parasites in humans and animals.

 The Full Moon influence allows good absorption of liquid manures.

 Often there is a tendency for rain at Full Moon.

 Towards New Moon there is more activity underground in the soil and the flow of sap in plants is less strong. Therefore a good time for turning under green manure and cutting hay.

Rudolf Steiner also speaks of the Earth as a living organism with an inhaling-exhaling breathing rhythm, similar to ours. He relates the ascending and descending moon periods to the inhaling and exhaling cycle of the Earth.

The ascending period is much like the warm or hot season of the year, and the Earth breathes out. We see this as an outpouring of growth activity above the soil surface. Growth forces and saps flow upwards more strongly and fill the plant with vitality. Although germination takes place below the ground, it also takes part in this upward striving.

The descending period on the other hand is related to the activity below the soil surface and can be compared with the cool or cold season of the year. The Earth breathes in and draws growth forces back down below the soil surface. The lower parts of the plant, especially the roots, are activated. This is the time for cultivation, composting, planting and making cuttings.

The Daily Planetary Breath is expressed with the dew rising in early morning (sunrise - Earth breathes out) and the dew falling in the late afternoon/evening (sunset - Earth breathes in). "The mechanics may appear complex but the premise is simple. This planet and everything on it is an integral part of both the solar system and the cosmos: every last blade of grass is affected by the whole." If the subject of biodynamic methods interests you and you would like to learn more, you might want to read "Grasp the Nettle" by Peter Proctor and check out the Oregon Biodynamic Assoc. website.

Hope you all enjoy your veggies and have a wonderful week!

Linda and all of the Winter Green Farmers