



# Winter Green Community Farm

Week of August 3rd & 4th

2010

## This Week's Harvest

(Subject to last minute variations)

### Blueberries

Basil

Green Onions

Carrots

Walla Walls Onions

Lettuce

Summer Squash

Cucumbers

Garlic

Strawberries or Blueberries

### Some Sites Only

Green Beans

Cauliflower

Broccoli

Purple Peppers

Cherry Tomatoes

## Blueberries

- 👉 **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.
- 👉 Cherry tomatoes and Tomatoes are beginning to ripen and will be finding their way into your boxes. It's best not to refrigerate tomatoes, and any tomatoes you receive that aren't completely ripe, will continue to ripen if set on your windowsill or counter for a day or so.
- 👉 Remove Basil leaves from stem. Wrap in damp towel and store in fridge. Wash gently before using. Fresh basil deteriorates quickly, so use promptly.
- 👉 Fresh green beans taste best when eaten soon after harvest. 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 uncut. Cook beans in boiling water for 5-10 min. Watch as beans brighten in color and become tender, but not soft. Cook less for chilled bean salads.
- 👉 Bulb onions will store for several months in a cool, dry ventilated place. Warmth and moisture will cause sprouting. Use sliced on sandwiches, in stir-fries or on the grill.



### Greetings Members!

We're a bit short staffed on the farm, so I will just include recipes for you this week. Also, we are a bit short on bags at the pick up sites...if you have any paper sacks or plastic bags to contribute to the "bag box" please bring them along when you pick up your share this week.....Thanks! Enjoy your veggies!

♥ Linda and all of the farmers

### Blueberry Concoction

Grease an 8x8 square pan. Preheat oven to 375 degrees. Put blueberries in the bottom of the pan and sprinkle with the lemon juice. Set aside. Cream together the butter and sugar. Add the milk, flour, baking powder and salt. Spread over the berries - it will be thick so it needs to be done by the spoonful. Do not stir. Make the topping by mixing the sugar, cornstarch and salt in a bowl. Sprinkle over the batter. Pour the boiling water over it. DO NOT STIR! Bake for 45 minutes. Serve with vanilla ice cream.

Sent in to the Local Harvest website by Debbie Aldridge of Hatch Knoll Farm

#### Filling:

1 pint blueberries  
1 Tbsp lemon juice  
1/4 C butter, softened  
3/4 C sugar  
1/2 C milk  
1 C flour  
1 Tsp baking powder  
1/2 tsp salt

#### Topping:

3/4 C sugar  
1 Tbsp cornstarch  
1/2 tsp salt  
1 C boiling water

### Strawberry-Basil Iced Tea

8 black tea bags  
1 pint strawberries, hulled and halved (quartered if large)  
1 C water, plus more for steeping  
3/4 C sugar  
1 C fresh basil, plus more for serving  
ice for serving

Bring 4 Cups of water to a boil in a Medium saucepan. Add tea bags, and let steep for 5 minutes. Place strawberries in a bowl. Bring water and sugar to a boil in a small saucepan, stirring until sugar dissolves. Remove from heat, add basil, and let steep for 10 minutes. Strain over strawberries: discard basil. Toss to coat. Let stand until cool, about 25 min. Combine strawberries (with syrup) and tea in a pitcher. Refrigerate until chilled. Serve over ice, and garnish with basil.

Makes 2 quarts, serves 6-8

sent in by CSA member Daphne St. John

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## ***Blueberry Buttermilk Scones***

1 1/2 C flour  
1/2 C cake flour  
3 Tbsp sugar  
2 1/2 tsp baking powder  
3/4 salt  
4 oz. cold unsalted butter,  
cut into small pieces

1 C blueberries  
1/2 C buttermilk (or 1/2 C  
plain yogurt, whisked w/2  
tbsp milk)  
1 LG egg, plus 1 LG egg lightly  
beaten for egg wash  
1/2 tsp vanilla extract  
fine sugar for sprinkling

Preheat oven to 375 deg. Line a baking sheet with parchment paper. Whisk together flours, sugar, baking powder & salt in LG bowl. Cut in butter w/a pastry cutter, or rub with your fingers, until mixture has texture of coarse meal. Stir in blueberries. Whisk together buttermilk, 1 egg, and vanilla. Drizzle over flour mixture and stir lightly with a fork until dough comes together but a small amount of flour remains in bowl. Turn out dough onto work surface and gently knead dough once or twice just to incorporate flour. Pat dough into a 1 inch thick round. Cut into 12 wedges. Transfer to

prepared baking sheet. Brush with egg wash & sprinkle with sugar. Bake until golden brown and cooked through, about 22 min. Transfer scones to wire racks to cool. Scones are best served immediately but can be frozen for up to 1 month. (Thaw, and reheat in 350 oven for 10 min.) Makes 1 dozen  
from Martha Stewart Living

## ***Chilled Cucumber, Basil, & Mint Soup***

1 C sour cream  
1/2 C basil  
1/2 C fresh mint  
1/4 C green onion, sliced  
1 C water

1 cucumber, peeled, seeded  
& chopped - plus slices for garnish  
1 Tbsp lemon juice  
1/2 tsp hot sauce  
salt to taste

Puree sour cream, basil, mint, green onions & water in blender. Add cucumber. Pulse until just combined, but still slightly chunky. Stir in lemon juice and hot sauce. Season with salt to taste. Chill at least 3 hours...best served the same day. Top each serving with thin cucumber slices if desired.

## ***Blueberry Cheesecake***

1 8 oz pkg shortbread cookies  
1/4 C butter, melted  
1 8 oz. pkg cream cheese,  
softened  
2 eggs  
2/3 C sugar  
1 1/2 tsp vanilla extract  
1/2 sour cream  
1 1/2 C blueberries  
1/4 C sugar  
1 Tbsp arrowroot powder

Preheat oven to 350 degrees. Crush cookies into crumbs in blender or food processor. Mix with melted butter & press firmly into bottom of springform pan & 1 1/2 inches up the sides. You can use a glass pie pan that has been lightly oiled, but it may be hard to remove a slice without leaving some crust in pan. With electric mixer, beat softened cream cheese until fluffy. Beat in eggs, one at a time, & gradually add the sugar. Add the vanilla extract & finally the sour cream. Mix until well blended. Spread mixture evenly over crust. Bake until cheesecake is firm, about 60 min. Prepare topping while cheesecake bakes. Combine blueberries, sugar & arrowroot powder in small saucepan. Cook over med-low heat, stirring frequently, until color changes from opaque to clear. Keep stirring until it thickens, then remove from heat and let cool. When cheesecake is done, turn off oven, open door and let the cake sit for another hour. Remove from oven, and gently release from springform pan onto a serving platter. Spread cooled topping over top. Chill for a few hours before serving.  
Makes a 9" pie  
from "The Northwest Vegetarian Cookbook"

## ***Onion Poppy Seed Drop Biscuits***

Oil or butter for  
greasing baking sheets  
2 Lg eggs  
1/2 C canola oil  
2 LG onions, grated over a dish,  
liquid reserved

3 C flour  
1/2 C poppy seeds  
2 Tbsp water  
2 tsp baking powder  
1 1/2 tsp salt  
1 tsp sugar

Preheat oven to 400 degrees. Lightly coat 2 baking sheets w/oil or butter. Beat eggs in a large bowl. Stir in the oil and the grated onions with their liquid. Sift in the flour, then add poppy seeds, water, baking powder, salt and sugar. Stir the ingredients just until they are moistened but not completely smooth. (Do not over mix batter). Drop mixture by the tablespoonful onto the prepared baking sheets. Bake until golden brown, 10-15 min. Serve warm.  
Makes 40 small biscuits from "The Real Dirt on Vegetables Cookbook"

## ***Curried Carrot Dip***

1 lb carrots, washed and cut into  
1/2" chunks  
1/4 C roasted sunflower seeds  
(salted are okay, just add less salt)  
2 tsp veggie oil

1/2 tsp minced garlic  
1 tsp curry powder  
1/2 tsp ground cumin  
1/4 tsp salt  
1 Tbsp lemon juice

Bring a small pot of water to a boil. Boil the carrots for 7-10 minutes, until soft. Drain and let cool just until they are no longer steaming. Place sunflower seeds in a blender or food processor and process into crumbs. Add all remaining ingredients and blend until smooth, scraping down the sides of the processor as you go. Taste for salt and adjust spices and lemon. Transfer to a covered container and refrigerate until ready to use (at least 30 minutes.)  
Makes 2 cups from "Veganomicon: The Ultimate Vegan Cookbook"