



# Winter Green Community Farm

Week of August 31st & September 1st

2010

## CORN

### This Week's Harvest

(Subject to last minute variations)

#### **CORN**

Carrots

Broccoli

Tomatoes

New Potatoes

Basil

#### **\*Some Sites Only\***

Cauliflower





Zucchini

Cucumbers

Eggplant

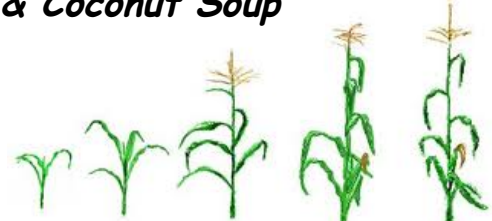
Peppers

Cherry Tomatoes

-  Eat your fresh corn as soon as possible-natural sugars begin to break down soon after harvesting. Corn can keep for a few days refrigerated with the husks on.
-  Corn-on-the-cob is the favorite way to enjoy fresh picked corn. To cook, steam in 2 inches of water for 6-10 min. or drop into boiling water and cook for 4-7 min.
-  Older or over-mature corn is great added to corn bread, soups, stews, chili, casseroles, stir-fires, quiches, salads, & bean dishes.
-  It is not uncommon to find a worm in your organically grown corn. Simply cut away the bad section and cook the rest - it's perfectly fine to eat!

### *Chilled Corn & Coconut Soup*

- 1 jalapeno, seeded & chopped
- 3 C fresh corn kernels
- 1 can coconut milk (14 oz.)
- 2 1/2 C water
- 1 Tbsp fresh lime juice
- salt & pepper to taste



Bring the jalapeno pepper, corn, coconut milk and water to a boil in a Med saucepan. Reduce heat, and simmer until corn is tender, about 20 minutes. Filling a Ibender halfway and covering with a kitchen towel, puree soup in batches. Strain through a coarse sieve into a LG bowl: discard solids (compost them!). Season with salt and pepper. Chill soup at least 3 hours or up to overnight. Stir in lime juice. Garnish each serving with fresh corn kernels if desired, and season with pepper. Makes 4 servings

### *Corn Biscuits*

- 1 C milk (dairy, soy, or rice)
- 1/2 Tbsp lemon juice or rice vinegar
- 1 3/4 C whole wheat pastry flour
- 3/4 C cornmeal
- 4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 3/4 C corn fresh off the cob
- 1/4 C melted butter
- 1 Tbsp maple syrup or honey

Preheat the oven to 450 F and oil a baking sheet or linen it with parchment paper. Combine the milk with the lemon juice in a small bowl and set aside. Combine the flour, cornmeal, baking powder, baking soda, and salt in a large bowl and mix well. Stir in the corn. Add the butter and maple syrup to the milk-lemon juice mixture. Make a well in the center of the dry ingredients and add the liquid ingredients. Stir until a soft dough forms. Add enough flour to make a stiff dough, like a cookie dough consistency. Drop the dough from a spoon onto the prepared baking sheet. Bake until the biscuits are lightly browned on top, about 15 minutes. Serve warm. Store in a covered container at room temperature for up to 3 days or freeze. Makes 9 large or 12 small biscuits from "Northwest Vegetarian Cookbook"

### *Sweet Corn Salsa*

- juice of 2 limes (1/4 Cup)
- 1 jalapeno pepper, seeded & chopped
- 1 clove garlic, minced
- 1/4 tsp salt

- 3 ears sweet corn
- 1 Tbsp olive oil
- 3 Med tomatoes, diced
- 1/2 red onion, finely chopped, rinsed
- 1/2 C cilantro leaves, loosely packed

Cut corn kernels off the cobs. Heat the oil in a Lg skillet over Med heat: add the corn kernels and sauté for 3 minutes. Combine corn and all remaining ingredients in a Med bowl and mix well. Serve warm or chilled. Makes about 2 1/2 Cups from "Real

## News from the Field

Dear Community Farm Members,

The food legislation that is making its way through Congress would have a serious impact on small and medium sized farms, like ours. Please consider contacting Senator Wyden and Senator Merkley asking them to support Senator Tester's amendment to S. 510. Tester's amendment would give exemptions to farms that sell over half of their production directly to consumers (like Winter Green Farm) and to processors whose adjusted gross income is less than \$500,000 (like our pesto business).

I have provided some of our concerns below. If you would like to dig in deeper still, you can check out the following websites:

S. 510 text:

<http://www.govtrack.us/congress/bill.xpd?bill=s111-510>

Senator Tester's Amendment:

[http://tester.senate.gov/Newsroom/pr\\_041410\\_foodsafety.cfm](http://tester.senate.gov/Newsroom/pr_041410_foodsafety.cfm)

Farmer-to-Consumer Legal Defense Fund Opinion:

<http://www.farmtoconsumer.org/news/news-foodsafety.htm>

We are all concerned about food safety. It is a serious issue that needs to be addressed, especially on large industrial farming operations, where farm contamination incidents predominate. The problem is that the way that the legislation is currently written it is a one size fits all proposal. This means huge corporate farms and small and medium size farms that sell directly to consumers and small food processors will be regulated the same way. At first glance this makes sense, but if you probe deeper, the motivations and the consequences are troubling.

Large corporate farms know that they have the resources to implement the letter of the law and smaller farmers do not. The sheer administrative effort would be staggering for small producers. Having to comply with all aspects of the law would put many small growers and processors out of business and force them to abandon certain principles they hold dear.

When the rule making process begins (after the passage of the bill) the large corporate farm lobby will be influential. There are already private food safety certifications that have been developed with heavy input from this sector. It is likely that much of the thinking behind these regulations will be integrated in the federal government's rules. Here's a sampling:

### **1. Open source irrigation is a high-risk practice.**

Frequent and expensive testing would probably be required to continue using water from open sources. (Winter Green Farm irrigates from creeks. Problems generally occur when there are major upstream polluters such as a huge stockyard. This is not the case at Winter Green.)

**2. Wildlife is potentially a dangerous source of contamination.** What IS already happening is that farmers

who are operating under these private food safety certification programs are ripping out wildlife habitat on their farms including riparian areas, wetlands, and trees. Why? Because frogs have been known to carry salmonella, and deer e. coli. Clearly this sort of thinking is moving us in a very backward direction. The way to produce the healthiest and safest food is to create a balanced farm ecosystem. Balanced ecosystems have many more safeguards naturally at work than environments that have been manipulated toward lifelessness. If a deer drops manure on a biologically rich soil the microorganisms digest it. If the soil has been degraded from the denuding of plant communities and the use of chemicals that same manure will sit far longer as a contaminate rather than a part of the an alive biology.

**3. Children are dangerous.** In reaction to migrant children defecating in the fields that their parents are working in, one solution is to allow no children in the fields. Hmm.... How does this play out on a family farm?

**4. Tracking of produce from field to table.** Sounds good on the surface, but again the consequences play out to the large producers' benefit. Currently the thinking is to have every box of food leaving the farm with a bar code on it identifying the field, the crop, and the farm of origin. This would allow much faster tracking of the source of contamination in the case of an outbreak. In other words the entire spinach industry doesn't shut down when one field somewhere has a spot of contamination. Requiring small farms to have the capacity to have a different bar code for each vegetable and each field is absurd and unbelievably costly. If you grow 1000 acres of lettuce it is a whole lot easier than 50 different crops of 1/10 acre each. And of course, for farms marketing directly to the consumer it is simply unnecessary. You are all welcome to just come on out and we'll show you exactly where your produce came from.

**5. Diversified farming operations are high risk.** Certainly livestock is a frequent point of contamination. Yet, simple care and appropriately scaled operations is all that is required. Generally speaking farms that incorporate both animals and crop production (like Winter Green Farm) require far less off-farm inputs (more sustainable) and pose less environmental pollution risks than operations that only raise animals or plant crops. Regulation will likely push growers to be more one-sided in their approach.

S. 510 was introduced March 3, 2009, referred to committee, reported on by committee on November 18, 2009, and placed on the Senate Legislative Calendar on Dec. 18<sup>th</sup> 2009. The next step will be a Senate vote. We need to make sure that Senator Tester's amendment is attached to the bill.

Thanks so very much for your help!

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