



# Winter Green Community Farm

Week of July 23rd & 24th

2010

## This Week's Harvest

(Subject to last minute variations)

### Beets

Carrots

Swiss Chard

Lettuce

Broccoli

Kale

Cucumbers

Blueberries or Strawberries

### \*Some Sites Only\*

Green Onions

Cauliflower

Summer Squash

## Beets

- ☞ **Beets** will last up to two weeks. They do not need to be peeled, just scrub them clean before using (there are many trace minerals just beneath the skins.) The skins can be slipped off after cooking. **Beets** can be boiled, steamed, grated, roasted, or put into soups and stews. Store the unwashed roots in an unsealed plastic bag in your veggie drawer.
- ☞ **Beet** greens are very nutritious and delicious, and how you prepare them can make or break a dish. Cut the greens from their roots and store separately. Keep dry, unwashed greens in a sealed plastic bag in the refrigerator. These tender greens should last about a week. Just prior to use, swish leaves in a luke-warm water. Greens can be sautéed, blanched, or added to soups and stews.
- ☞ 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.
- ☞ To clean summer squash (or zucchini), rinse or wipe with a damp cloth (peeling is not necessary). Store in the refrigerator in a closed plastic bag to prevent dehydration. Use within a few days of harvest.

## Roasted Rosemary Beets with Horseradish Sauce

- 1 bunch beets
- 2 Tbsp olive oil
- 1/2 - 1 tsp dried rosemary, crushed salt & pepper to taste
- 1/2 C soft silken tofu or plain yogurt
- 1 Tbsp lemon juice (if using tofu)

- 1 tsp finely chopped lemon zest
- 1/2 tsp Dijon mustard
- 1 tsp prepared horseradish
- 1 tsp sugar or honey
- 1 tsp olive oil

Preheat oven to 350 deg. Cut beets into small cubes & combine w/olive oil and rosemary in baking pan, blending well. Season w/salt & pepper to taste. Bake until fork tender, 35-45 min., stirring occasionally. While beets roast, prepare horseradish sauce. Blend tofu (or yogurt), lemon juice, (if using tofu), zest, horseradish, sugar or honey, and olive oil in a blender or w/a hand blender until smooth & creamy. When beets are tender, serve w/a dollop of sauce on top.

Serves 6 from "Northwest Vegetarian Cookbook"

## Secret Meatballs

- 1 cup grated carrots
- 1 bunch Swiss Chard
- 1 egg white
- 2 whole eggs
- 1 Cup oatmeal
- 3/4 Cup milk
- 1 tsp salt
- 1/2 tsp pepper
- 2 cloves garlic, minced
- 1/4 cup minced fresh parsley
- 1 tsp Italian seasoning
- 1 lb. ground turkey (could also use ground beef or chicken)
- 1 lb. turkey Italian sausage (could use regular sausage instead of turkey)



Preheat oven to 425 degrees and cover two baking sheets or jelly roll pans with foil, then spray with nonstick spray for easy clean-up. Set up steamer basket in a large pot over an inch or two of boiling water. Place the grated carrots in the basket and put on the lid while you wash and remove large stems of Swiss chard. Lay the chard on top of the carrots, put the lid back on and steam for about 5 minutes, until the chard is limp. While the veggies steam, beat eggs and egg white and place in large bowl. Add oatmeal, milk, salt, pepper, garlic and parsley and stir to combine. When veggies are steamed, remove chard, wrap in paper towels and squeeze out excess moisture (careful - it will be hot!). Chop the chard leaves pretty small and add to bowl along with steamed, grated carrots. Mix well, then add ground turkey and Italian sausage to bowl. Mix this well but be careful to use a light touch so meat is not compacted. I usually grab some plastic gloves and just do this with my hands. Pour mixture out onto a large cutting board, form into a rectangle and use knife to cut into six by eight pieces to make 48 meatballs. Using your hands, gently form each square into a meatball and place on a baking sheet. Bake for 12-14 minutes or until done. For spaghetti and meatballs, combine with spaghetti sauce and heat. Serve over spaghetti.

Submitted by CSA member Lisa Plumb.....enjoy!

Winter Green Farm

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## News from the Field



Greetings Winter Green Farm members!

It's hard to believe that this is the sixth week of deliveries already! Especially hard to believe with these cool mornings we have been having....we're all still wearing sweatshirts and beanies at the early morning circle these days....thank goodness the sun bursts thru by lunchtime. Actually, the cool mornings are great for harvesting, especially the greens, which don't like the heat very much.

By the time lunch rolls around, the sun is warming our backs and the dew has evaporated off of the strawberries. Pon and her crew are once again joining us on the farm, picking lots of blueberries. Wali has been working hard, cutting green chop to make the compost piles, which nourish your crops so wonderfully each season. Pretty soon there will be rows of towering piles of steaming compost, quietly creating their magic nutritious goodness.

We will all be working together this week to make the farm look especially and tidy clean for the wedding this weekend. Sam Gray, Jack and Mary Jo's oldest son, will be getting married on the farm this weekend. The ceremony will be down by the oak pond and the reception under the stand of oaks, overlooking the fields where Sam spent his youth growing and exploring. Next week, I'll share some photos with you all.



The little "potato foot" Joe found in the field last week harvesting for Farmers' Market!

It's the time of year when Dudley, our resident bull, makes his way back to the farm. He spends part of the year here on Winter Green Farm and part of the year with our neighbors, the Cooks. He and the ladies are having fun frolicking in the pastures and we're all confident in his abilities.....

We have been bringing lots of strawberries in out of the fields, so if you would still like to order a bulk flat, please do. That brings to mind an important point I would like to share with you all.

When we bring bulk flats of berries to the sites for members, we cover them with brown paper to protect them and label the flat with the member's name. These flats are not for sharing, as that member has paid for all of the berries in the flat. Please respect your fellow members and leave those flats alone. If you would like order a flat, just give me a call at the office and I'll be happy to send one for you. Also, if you arrive at your pick up site before your driver, or at the same time, please give him time to unload the shares before you take your


share. He does need to count the boxes to make sure he is leaving the correct amount so we don't have a shortage at the site. This would really make his job a little easier. Thanks in advance for your cooperation!


**BEETS!** Lovely, delicious beets are the feature veggie of the week. Beets (*Beta vulgaris*) are a member of the order of flowering plants called Caryophyllales, which also includes bougainvillea, cacti, amaranth, carnations, spinach, and venus fly traps. Beets are loaded with vitamins A, B1, B2, B6 and C. The greens have generous portions of Vitamin C, calcium, and iron. They are also an excellent source of magnesium, copper, phosphorus, and sodium.


Its iron content, though not high, is of the highest and finest quality that makes it excellent food for blood building. This renders it highly effective in treating many ailments caused by our toxic environment.


As Farmer John, of Angelic Organics says in his cookbook: *"Beets! You either love 'em or hate 'em! As far as popularity goes, beets are the most polarizing common vegetable. Most CSAs find that about half their shareholders want beets and half don't. When surveyed, many of you indicated that beets were your "least desired" vegetable, yet we put them in your veggie box fairly often. Big beets - big bunches of beets. Giving you beets when you say you don't desire them seems a little insensitive of us. So why do you get beets if you don't want them? Because so many of you do want them!"*


### **Some Fun Beets Facts.....**


 Red beets get their color from a pigment called "betalain." Betalain is also responsible for the red color of bougainvillea and amaranth.


 The Romans spread beets throughout the Roman Empire and considered beet juice to be an aphrodisiac.

 In 812 AD, Charlemagne issued a "Regulation concerning landed property" that registered beets as something to be cultivated on the Imperial estates.

 In 1975, during the Apollo-Soyuz Test Project, cosmonauts from the USSR's Soyuz 19 welcomed the Apollo 18 astronauts by preparing a banquet of borscht squeezed from tubes and other treats.

 Some people are susceptible to "beeturia," the passing of red colored urine and stools after eating beets. Beeturia is harmless but is often mistaken for the dangerous conditions of blood in the urine or stool.

 Since the 16th century, beet juice has been used as a natural red dye. It was even used as a hair dye.

 Aristophanes mentions beets in two of his comedies, Acharneans and Peace, both of which were performed in 420 BC and the Greeks presented beets to the sun god Apollo in the temple at Delphi.

One last thing....we do still have some standard season shares, as well as some late season shares available, so please contact the office if you are interested or know someone who might like to participate and share in the bounty!

Hope you enjoy your veggies this week.....

Linda and all of the farmers!