



WINTER GREEN FARM

Box note #1 for the week of October 25, 2013

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Email:



EXTENDED SEASON! News From the Field

Welcome to the first week of deliveries for the extended season! We are so lucky to have had these gorgeous fall days to catch up on all the autumn tasks around the farm.

We have been able to harvest the majority of our winter storage carrots, which we give to you throughout the extended season as well as sell to wholesale accounts and take to our farmers markets. We also harvested half of our burdock crop, which we sell through Organically Grown Company to local and regional markets. Most of the burdock you will see in Eugene area natural food stores is from Winter Green!

A lot of the summer and early fall crops have been tilled in and the fields then prepped for cover crops. We cover crop with a mixture of annual cereal grains and nitrogen fixers like vetch, to promote the fertility of the land.

To give a glimpse into life on the harvest crew today, Tyson Davies reported that while he was harvesting out in the fields this morning he observed a mating pair of Pileated woodpeckers flying around the misty perimeter of the late

season brassica field. They serenaded the crew with their tropical vocalizations and their constant search for insects in the surrounding trees.

We would like to thank all of you who made it out to our farm day on Saturday. It was a beautiful day, full of delicious potluck food, hayrides to the pumpkin patch, face painting, apple cider pressing and general farm merriment. We feel so thankful for the CSA community that sustains us, and we hope to continue to feed many of you in the years to come!

We hope you all can get out and enjoy this amazing weather before the rains of an Oregon winter set in. Enjoy the food in your box this week and thanks for continuing on for 5 more

This Week's Harvest (subject to

Radish

Stir-fry mix

Celeriac

Kabocha squash

Carrots

Lettuce

Kale

Chard

Leeks

Cauliflower



A tractor bucket full of pumpkins from the harvest festival on Saturday.

Cauliflower Marranca

From *The Mooswood Cookbook*

- Oil for the pan
- 1 ½ cups raw millet
- 2 ½ cups water
- 1 Tbs. butter or oil
- 1 lb mushrooms, sliced
- black pepper to taste
- 1 ½ tsp. salt
- 1 tsp. basil
- 1 large cauliflower, in 1-inch pieces or smaller
- 3 medium garlic cloves, minced
- 2 to 3 Tbs. lemon juice

OPTIONAL: 1 to 2 cups grated cheese (your choice)
paprika for the top

Squash and Kale with White Bean Stew

From *Farmer John's Cookbook, The Real Dirt on Vegetables*

- 1 pound white beans (cannellini or Great Northern), soaked overnight and drained
- ¼ cup olive oil, divided
- 1 whole head garlic (stem and roots removed)
- 1 bay leaf
- 1 large onion, diced (about 1 cup)
- 4 cloves of garlic, thinly sliced
- 1 tablespoon minced fresh sage
- 1 teaspoon cumin
- pinch of dried red pepper flakes
- 1 large butternut squash (but a kabocha would be delicious!) peeled, seeded, cut into 2-inch cubes
- 3 cups vegetable or chicken stock or water (more as needed)
- 1 pound Kale (about 10 large leaves), thick stems removed, chopped or coarsely torn
- Salt and freshly ground black pepper

Yield: 4 to 6 servings

PRELIMINARY: Preheat oven to 350 F. Oil a 9x13-inch pan.

1. Place the millet and water in a small saucepan. Bring to a boil, cover, and simmer until tender (15 to 20 minutes). Transfer to a large bowl, and fluff with a fork to let steam escape.
2. Melt butter or heat oil in a large skillet. Add onion, mushrooms, pepper, salt, and basil, and sauté about 5 minutes, until the onions soften. Add cauliflower and garlic, and sauté about 10 minutes more until the cauliflower is tender. Add lemon juice.
3. Stir the sautéed vegetables into the millet, along with the optional cheese and mix well. Spread into the prepared pan, dust with paprika, and bake for 30 minutes.

1. Place the beans in a large soup pot. Add enough water to cover the beans by 2 inches. Add 2 tablespoons of the olive oil, the head of garlic, and the bay leaf; bring to a boil, partially cover, and reduce to a simmer. Simmer until the beans are very tender, 1 to 3 hours (see the bean package for cooking times; all beans differ). Drain, rinse, and drain again. Remove the garlic head.
2. Heat the remaining 2 tablespoons of oil in a deep baking dish or Dutch oven. Add the onion; sauté until translucent, about 5 minutes. Stir in the sliced garlic, sage, cumin, and red pepper flakes; sauté for 1 minute more.
3. Add the squash; stir to combine. Add the stock or water (if it does not cover the squash add a little more to cover). Bring to a simmer. Add the kale; cook until the squash and kale are tender, about 20 minutes. Season with salt and pepper to taste.
4. Stir in the beans; simmer until the beans are heated through