



# WINTER GREEN FARM

Box note #2 for the week of November 1, 2013

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## EXTENDED SEASON! News From the Field

We are into the second week of the extended season and the weather got cold this week! When it freezes, we can't harvest the greens until they thaw out. One of the colder mornings they even had to wait to harvest carrots because the mechanical carrot harvester was frozen as well!

Even though it was a cold start, we got a lot accomplished this week. All the roots like carrots, turnips, and parsnips are now out of the field and being stored in the big walk-in coolers at the farm. We grew a big crop of carrots this year for our extended season boxes as well as wholesale markets and farmers markets, so we have over 30,000lbs of carrots in storage! All of the fields have been prepped and cover

cropped, so we are in good shape to withstand the winter rains that will surely come.

We wanted to let you know that we have our jars of organic tomato sauce for sale! The sauce is \$7 for a 24oz jar, or \$80 for a case of 12 and can be delivered to your drop site! The sauce is our special Winter Green Farm recipe, canned by our friends over at [Sweet Creek Foods](#). The jars make wonderful holiday presents as well as a quick, delicious meal on a busy school night! Contact Linda in the office if you are interested in ordering.

We hope you all had a safe and happy Halloween, you have a delicious box of veggies coming to you to counter all that sugar! Take Care! -Sara Davies

## This Week's Harvest (subject to variation)

Potatoes

Collards

Radishes

Pears

Parsley

Fennel

Winter Squash

Roots: Golden turnips,  
beets, and carrots

Napa cabbage (some)

Pac choi (some)

Romanesco (some)

## Veggie Handling and Storage Preparation

ROMANESCO: Some of you will be getting this beautifully crazy green vegetable in your box this week. Romanesco can be cooked and prepared in any way you would use cauliflower. Cook in boiling water for about 10 to 12 minutes until tender to the fork, or steam until tender, about 5 to 7 minutes. Trim off any outer leaves before cooking. Store unwashed romanesco in the fridge, in a plastic bag for up to one week.



COLLARDS: Just prior to use, swish Collard leaves in a basin of lukewarm water. After any grit has settled, lift leaves out carefully. Additional rounds of washing may be necessary.

Store preferably unwashed, wrapped in a damp towel or plastic bag in hydrator drawer of refrigerator. Best used fresh, but may last for up to 1 week if properly stored. Keep moist.



Collards can be cooked or eaten raw as a wrap for stir-fries and salads.

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.



\*Special note on your WINTER SQUASH: We recommend washing with soap and water before cutting your squash, as they are kept in our dry storage here at the farm and should be cleaned before cutting, thanks!

# Beet, Turnip and Radish Salad

From *Vegetable Bliss Simple Seed to Table*

Inspiration by Julie Sochacki

- ❖ 1 red onion, thinly sliced
- ❖ 2 garlic cloves, crushed
- ❖ 1 small bell pepper, cored, seeded and thinly sliced
- ❖ ¼ cup extra virgin olive oil
- ❖ ¼ cup white wine vinegar
- ❖ Sea salt and freshly ground pepper
- ❖ 3 tablespoons fresh thyme
- ❖ 4 handfuls of lettuce leaves, washed
- ❖ 5 medium beets, scrubbed, boiled, peeled and cooled
- ❖ 3 small turnips, thinly sliced
- ❖ 5 small radishes thinly sliced

Place onion, garlic, bell pepper, olive oil, vinegar, salt, black pepper, and thyme in a bowl. Toss and marinate for an hour. Meanwhile, Place lettuce in a salad bowl. Top with beets, turnips, and radishes. Pour marinade over salad and toss gently.

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## Braised Collard Greens

From [nytm.es.com](http://nytm.es.com)

The Southern way with collard greens is to cook them for at least an hour, usually more, with a ham hock or bacon for seasoning. This is very nice, but the pork contributes a lot of sodium and some fat to the dish. I find that onion and lots of garlic, along with a little crushed red pepper, are seasoning enough, as collards have a lot of flavor to begin with. An hour of cooking may seem excessive, but you'll see how their flavor changes from bitter to almost sweet over the long simmer. The greens are nice with a squeeze of lemon.

1 large bunch collard greens, about 1 1/2 pounds, stemmed and washed in 2 changes of water  
Salt to taste  
2 tablespoons extra virgin olive oil  
1 onion, sliced very thin across the grain  
2 to 4 garlic cloves, green shoots removed, sliced thin  
1/4 to 1/2 teaspoon crushed red pepper flakes (optional)  
Freshly squeezed lemon juice for serving

1. Bring a large pot of water to a boil. Fill a bowl with ice water. When the water comes to a boil, salt generously and

## FENNEL AND POTATO BAKE

FROM [MARTHASTEWART.COM](http://MARTHASTEWART.COM)

### Ingredients

- 1 1/2 tablespoons butter, plus more for pan
- 2 medium fennel bulbs, (8 ounces each)
- 1 1/2 pounds russet potatoes, peeled
- Coarse salt and ground pepper
- 1/2 cup plus 6 tablespoons grated Asiago cheese
- 1/2 cup heavy cream

### Directions

Preheat oven to 400 degrees. Lightly butter an 8-inch square-baking dish.

Trim fennel bulbs; halve, and core. Slice bulbs and potatoes very thin (1/8 inch thick).

Add potatoes to prepared dish in three layers, alternating with two layers of fennel; season each layer with salt and pepper, sprinkle with 2 tablespoons Asiago, and dot with 1/2 tablespoon butter. (Omit cheese from final layer.)

Pour cream over top. Bake until potatoes are tender when pierced with the tip of a paring knife, about 45 minutes. Sprinkle with remaining 1/2 cup grated Asiago; bake until

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add the collard greens. Blanch for four minutes and transfer to the ice water with a slotted spoon or skimmer. Drain, squeeze out extra water and coarsely chop or cut in thin ribbons. Set aside the cooking water.

2. Heat the oil over medium heat in a wide, lidded skillet or Dutch oven, and add the onion. Cook, stirring often, until it begins to soften, about 3 minutes. Add a generous pinch of salt and the garlic and crushed red pepper flakes, and continue to cook, stirring often, until the onion is tender, about five minutes. Add the collard greens, and stir together for a few minutes, then add 1 cup of the cooking water and salt to taste. Bring to a simmer, cover partially, and simmer over low heat for one hour, stirring often and adding more cooking water from time to time, so that the greens are always simmering in a small amount of liquid. Taste and adjust seasoning. Serve hot or warm, with a little fresh lemon juice if desired.