



WINTER GREEN FARM

Box note #3 for the week of June 24, 2013

89762 Poodle Creek rd Noti, OR 97461

Email: folks@wintergreenfarm.com (541) 935-1920



News from the Field

Happy Summer Everyone!

Even though looking outside my window today at the clouds and constant drizzle doesn't feel like summer, I have heard that warm weather is on the horizon! The crew is braving the wet and muddy fields to bring you the harvest this week. They have heavy, mud-caked boots but great attitudes and we are so lucky to have such a hardworking, dynamic group of people bringing you your vegetables this year.

The farm is getting into a rhythm these days that matches the energy of the summer season upon us. The long, light days are buzzing with activity. There are crops to harvest, weed and water. Hay to make and store, compost to be made, cows to be moved from pasture to pasture, summer building projects to start and finish, trucks and tractors to maintain and repair, the list goes on!

There never seems to be enough light in the day to get it all done,

even on the longest days of the year!

We have been so happy with the way the boxes are filling out so far, what an amazing growing season we have had! We were so surprised to go out into the zucchini patch and find that we had a decent first harvest! It is very early for zucchini, and we are excited that some of you will be receiving the first of this harvest. If you didn't find any zucchini in your box this week, don't worry, these vigorous plants will continue to produce throughout the season

and you will be seeing many more zucchini in your future boxes!

Another reminder that blueberries are on the way! They will be in your boxes the weeks of July 8th and July 15th. If you would like to order additional

flats for \$38.50 each, you can call the office and place your order by the week before each delivery.

An exciting event is happening in Veneta this **Friday** at the Farmers Market. The first of the "Fourth Friday" events is taking place and there will be music by Etoufee, food from Cousin Jack's Pasty Company, wine from Kandarian Wine Cellars and activities for the kids. We will also have our regular market booth, brimming with beautiful vegetables from

the farm! The hours are 2:00-7pm, come check it out, we would love to see you there!

This Week's Harvest

(subject to variation)

Lettuce

Chard

Carrots

Green onions

Fennel

Napa cabbage

Broccoli

Some sites only

Zucchini

Turnips or radishes



VEGGIE STORAGE AND PREPARATION TIPS:

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.

CHARD: Swiss chard keeps best unwashed & wrapped in a damp towel or plastic bag. Store in the drawer of your fridge. Wash chard before use to remove any soil or insects. Cut celery-like stems away from tender leaves (use stems in soup stocks!) or chop & use entire leaves, including stems.

GREEN ONIONS: Green Onions, also known as Scallions, should be stored unwashed and wrapped loosely in a plastic bag. Put them in the refrigerator, where they will keep for a week. To keep green onions longer, chop off about three-quarters of the tender, green tips: the end closest to the root is less perishable.

You can eat the entire Green Onion. Use them chopped as a garnish, or use as a substitute for chives. Excellent in soups and stews, especially if added late in cooking. Grill, bake, broil, or stir-fry with a little oil to concentrate their sweetness and flavor.

Roasted Vegetable Salad with Goat Cheese

from marthastewart.com

Improvise with different vegetables, and adjust the roasting time (Fennel is delicious roasted!)

- 2 carrots, cut into 2-inch matchsticks
- 1 medium zucchini, quartered lengthwise and cut into 1-inch chunks
- 1 small red onion, cut into wedges, layers separated
- 2 tablespoons olive oil
- Coarse salt and ground pepper
- 1 tablespoon sherry or balsamic vinegar
- 1 small head lettuce, torn into bite-size pieces
- 1/4 cup crumbled goat cheese (1 ounce)

1. Preheat oven or toaster oven to 450 degrees. On a rimmed baking sheet, toss carrots, zucchini, and onion with 1 tablespoon oil; season with salt and pepper.

2. Roast until vegetables are tender and browned, 20 to 25 minutes, tossing once.

3. In a serving bowl, whisk together vinegar and remaining tablespoon oil; season with salt and pepper. Add lettuce, and toss. Top with roasted vegetables and goat cheese.

Balsamic Glazed Carrots

from notwithoutsalt.com

- 1/4 cup (1/2 stick) butter
- 2 pounds carrots, (peeled – if you want) 1/4 – 1/2 inch bias cut
- 2 Tbs. Sugar
- 1/4 cup balsamic vinegar
- 2 green onions, sliced thin
- Salt and pepper to taste

Melt butter in heavy large pot over medium heat.

Add carrots and sauté 5-7 minutes, until slightly tender but still crisp. Stir in sugar and vinegar.

Cook until carrots are tender and glazed, stirring frequently, about 10 minutes longer. Season to taste with salt and pepper. Top with green onions.

Transfer to bowl and serve.



Ingredients

- 1/2 teaspoon salt
- 2 pounds Swiss chard
- 4 teaspoons melted butter
- 1/8 teaspoon pepper
- 1 tablespoon vinegar or lemon juice

Directions

Rinse chard; separate stems from leaves. Cut stems into 2-inch pieces; cut leaves crosswise into 1-inch strips. To a saucepan add 2 teaspoons melted butter. Add stems to pan; sauté about 5 minutes. Add leaves; cook another 5 minutes. Add remaining 2 teaspoons butter and pepper. Mound in center of serving plate and drizzle with vinegar or lemon juice.

Fennel Pilaf With Toasted Cumin and Golden Raisins

from www.culinate.com by Megan Scott from *The Megan Scott Collection*

Ingredients

2 Tbs. olive oil

1/2 fennel bulb. Diced, fronds removed and reserved

1 leek minced (I think you could use a few of your green onions or a small sweet onion instead of a leek)

1 tsp. cumin seeds

1 cup long grain white rice such as basmati or jasmine

1/4 cup golden raisins

2 cups water, chicken or vegetable stock

1/2 tsp. salt

*chopped toasted pistachios or walnuts (optional)

1. In a medium saucepan, heat the olive oil over medium heat. When the oil shimmers, add the fennel and leek. Sauté, stirring occasionally, until the vegetables are translucent, about 8 to 10 minutes.

2. Add the cumin seeds and sauté briefly, until fragrant, about 2 minutes. Add the rice and stir until the grains are coated in oil. Stir in the raisins, liquid, and salt. Bring to a boil, then immediately reduce the heat to low, cover, and simmer until the liquid is absorbed and the rice is tender, about 15 to 20 minutes. Let stand, covered, for 5 minutes before serving.

3. To serve, fluff the rice with a fork. Top with chopped fennel fronds and toasted nuts, if desired.

Sautéed Swiss Chard

from www.foodnetwork.com