



WINTER GREEN FARM

Box note #6 for the week of July 16, 2013

89762 Poodle Creek rd Noti, OR 97461

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



News from the Field

What a surprise to wake up to the sounds and smells of rain! It is so refreshing to have a few days like this in the middle of the heat wave of summer. The energy on the farm feels calmer with the cloud cover, although they are calling for a hot afternoon ahead!

The summer crops are starting to trickle in and you might find some of these warm-weather loving veggie surprises in your box this week.

You will notice on the list that only the Tuesday delivery sites will be getting broccoli this week. I thought I would explain how a harvest like broccoli happens here at the farm to give you a better idea how we divide your vegetables.

When a planting starts to ripen we have to harvest what is ready, sometimes it is the whole planting at once, while other times the plants ripen at different

speeds depending on the weather, placement in the fields, etc.

We harvested the broccoli last week on Tuesday and had enough for everyone to have half a pound, but when they went out to the field on Thursday, they harvested so much that the Friday deliveries were able to get over a pound. So yesterday when they harvested, they harvested the last of the planting, so all the Tuesday deliveries can get caught up on their broccoli share, and there will be more on the way!

This is the harvest dance that Jabrila manages every week during the season, and we keep really good records of everything each delivery site has received, so that all will be divided equally.

We hope you enjoy the three pints of blueberries in your box this week! We were really happy with the berries this year and hope you were too!

Have a great week, full of

This Week's Harvest (subject to variation)

Blueberries

Zucchini

Sweet onion

Green onions

Kale

Cauliflower

Lettuce

Broccoli (Tuesday delivery only)

delicious, fresh meals and plenty of time outdoors enjoying this beautiful time of year. If you have any recipes you wish to pass on to your fellow CSA members, I would love to include them in future box notes!

Take care,

-Sara

VEGGIE STORAGE AND PREPARATION TIPS:

CAULIFLOWER

Cauliflower is best eaten soon after it is harvested but will keep for 1-2 weeks in the refrigerator if wrapped loosely in plastic. Remove the outer leaves, rinse, and trim off any blemishes or brown spots.

To cook florets, steam for 15-20 minutes; to cook the whole head, remove the core and steam for 15-20 minutes. (Overcooking will result in a strong odor and flavor)

Stir-fry florets with other veggies; add to Indian or Asian curries; top steamed heads with lemon and butter or Parmesan cheese; serve raw with dip.



CAULIFLOWER WITH CURRY SAUCE

from Moosewood Restaurant Low-Fat Favorites

A snap to make, the curry sauce featured here can add spice and life to any steamed vegetable, but we think it's especially great on mild flavored cauliflower.

1 small cauliflower, cut into florets (about 3 cups)
chopped onions
canola or other vegetable oil
ground cumin
ground coriander
turmeric pinch of cayenne,
1 cup nonfat yogurt
and ground black pepper to taste

Steam the cauliflower for 15 to 20 minutes,
or until tender.



While the cauliflower cooks, sauté the onions in the oil in a small skillet until golden, drizzling in a little water if necessary to prevent sticking. Add the cumin, coriander, turmeric, and cayenne and cook, stirring often, for another 2 minutes. Transfer to a blender or food processor, add the yogurt, and puree until smooth. Add salt and pepper to taste.

When the cauliflower is ready, remove it to a serving bowl, pour on the curried yogurt sauce, toss gently and serve.

Cauliflower Broccoli Salad with Apples and Raisins

from: From Asparagus to Zucchini:

A Guide to Cooking Farm-Fresh Seasonal Produce

1 cup mayonnaise (or Vegemise)
¼ cup sugar
2 tablespoons vinegar
3 cups chopped cauliflower
3 cups chopped broccoli
½ cup raisins
¼ cup finely chopped red onion (or sweet onion)
1 apple, unpeeled, diced
2 tablespoons soy bacon bits (or real)
salt and pepper to taste



Mix first 3 ingredients. Stir remaining ingredients. Serve chilled. Makes 6-8 servings.

Easy Kale and Tomatoes from: From Asparagus to Zucchini: *A Guide to Cooking Farm-Fresh Seasonal Produce*

1 Large bunch kale, stems removed and leaves coarsely chopped
1 large tomato, chopped
1 large onion, chopped
water or tomato juice
olive oil
salt and pepper

Place kale, tomatoes, and onions in pot with just enough water or tomato juice to keep them from burning while it cooks. Cook over medium heat until kale is tender, about 20 minutes. Add a little olive oil, plus salt and pepper to taste before serving.