

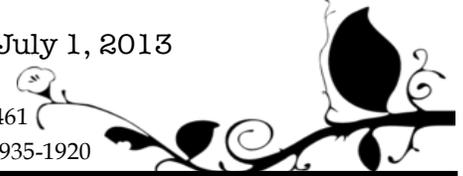


# WINTER GREEN FARM

Box note #4 for the week of July 1, 2013

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## News from the Field

It's amazing to me that last week's box note talked about muddy boots and a misty morning, while this week couldn't be more opposite!

The crew got to work early this morning to try to beat some of the heat and harvest the lettuce and bunched greens to get them into the cooler and out of the sun. Some of the vegetables love this heat and will grow before our eyes! The warm-weather crops like tomatoes, peppers, eggplant, and basil will soak up all this warmth and we will hopefully be seeing signs of them in your boxes soon! You will notice that the zucchini is in all shapes and sizes this week. As Winter Green Farm owner and CSA manager/choreographer extraordinaire Jabrila Via put it, "The plants went crazy in this heat!" Jabrila also said that the greens harvest was one of the "crispest" she has ever seen in the kale and collard patch. There are

beautiful bunches of these tasty greens in your box this week, and if you have any delicious recipes to share we would love to hear from you!

In other news around the farm, the haying is coming to a close, and we are happy with the quality and amount we harvested this year. We

would like to thank our hay crew for all their hard work!

We still have CSA memberships available! We have found that word of mouth is the best marketing tool for us, so we like to share our marketing dollars with our members and offer \$25 off the cost of your share if your recommendation signs up for the season. Thank you for helping us share the harvest!

We hope you all have a safe and

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

Lettuce

Cabbage

Carrots

Zucchini

Kale

Collards

### Some sites only:

Radishes

Broccoli

Green onions



## VEGGIE STORAGE AND PREPARATION TIPS:

**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.

**CABBAGE: (green)** Remove outer leaves, trim the stem end, and halve or quarter the head for easier handling. Store in plastic in the crisper drawer of your fridge. Cabbage will keep for 2 weeks (and well over a month at cold temperatures and high humidity). Chop or grate raw cabbage and add to salad or slaw. To steam, cut 2-3 inch wedges off the core and steam about 10 minutes. Serve with lemon, butter, salt, and pepper for a simple yet delicious side dish.

**SUMMER SQUASH:** 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. Summer squash is very versatile. Try it raw, steamed, baked, broiled, fried, grilled, sauteed or stir-fried. Slice thinly for a great pizza topping, oven fry in sticks, or try in quiche or omelets. Grated squash mixes beautifully into your favorite chocolate cake or muffin recipe. A simple way to prepare squash is to half, top with minced garlic, herbs & olive oil, sprinkle parmesan cheese over the top, and bake until tender.

# Collard Greens for Prosperity

From [biscuitsandsuch.com](http://biscuitsandsuch.com)

- 3-4 large collard leaves
- 1/2 white onion
- 2 garlic cloves
- Salt & pepper
- Red pepper flakes
- 1 tsp nutmeg
- 2 cups mushroom broth (or vegetable stock)
- 3 tbsps butter



In a medium size pan, melt butter. Mince garlic and chop the onion, and sauté both in butter until soft. Add salt, pepper, nutmeg, and red pepper. Chop the collards into 1/2" strips. Add the collards a handful at a time, wilting them before you add more. Use tongs to toss the greens with the butter and onions. Add broth, cover. Simmer on low heat for 45 minutes to an hour.

Uncover and allow the broth to reduce. Serve and enjoy a year of prosperity!

## Mama's Collard Greens Recipe

from [www.mamas-southern-cooking.com](http://www.mamas-southern-cooking.com)

This collard greens recipe is the ultimate in southern vegetable comfort food. Serve it with some cornbread, and you've got a meal!

- 1/2 pound ham hocks (you can use smoked turkey wings, or smoked neck bones)
- 1 tablespoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon hot pepper sauce
- 1 teaspoon garlic powder
- 1 large bunch collard greens (if using frozen, you'll need 2 - 16 ounce bags)
- 2 - 14.5 ounce cans of chicken broth.

In a large pot, bring chicken broth, ham hocks, salt, garlic powder and hot sauce to a boil. Reduce heat and simmer for 1 hour.

Make sure you wash the collard greens thoroughly. Remove the stems that run down the center by holding the leaf of the collard in your left hand and striping the leaf down the stem with your right hand. Discard the stems. The small leaves in the middle of the collards don't need to be stripped.

Stack the leaves on top of one another, a few at a time, roll them up, and then slice into 1/2 to 1-inch strips. If you want, you can dice the strips by cutting the strips cross ways. Put the greens in the pot with the meat. Cook for 45 to 60 minutes, stirring occasionally. You may need to adjust seasoning when they're done.

Turn this into a mustard greens recipe just by substituting mustard greens for the collards, or you can use a variety of greens and have what's known in the south as a mess' o greens! \*Did you know? The juice from greens is chock full of vitamins. It's known in the south as "potlikker". Folks use their cornbread to sop it up!

# Carrot Ginger Rice from

[naturallyella.com](http://naturallyella.com)

## Ingredients

- 1 tablespoons olive oil
- 1½ cups shredded carrots, about 2-3 large carrots
- 1½ cup cooked brown rice (about ¾ cup uncooked)
- 1 tablespoon minced ginger
- 2 cloves garlic, minced
- 2 tablespoons tamari (soy sauce)
- 1 tablespoon honey
- 1 tablespoon rice wine vinegar
- 1 tablespoon sesame seeds, toasted
- Unsweetened coconut flakes, toasted

## Instructions

1. In a medium skillet, heat oil over medium low heat. Add in garlic and ginger, cooking until they both become fragrant-roughly two minutes. Stir in shredded carrots and cook for 1-2 more minutes.
2. Whisk together soy sauce, honey, vinegar, and sesame seeds. Pour over carrot mixture and cook until heated through.
3. Finally, stir in rice and cook for 3-4 minutes or until rice is warm.
4. Serve with toasted coconut.

## Notes

Other ideas I had: stir in spinach when adding the rice for a little extra color and veg. Fry an egg to go with it as well. Also, I think this would be delicious with any type of left over grain: quinoa, bulgur, etc!

## Tangy Coleslaw

*This recipe is from [The Joy of Cooking](#) and is a favorite recipe of one of our crew members, Jennifer Ludwig (She usually omits the scallions, green pepper and watercress), you are all getting a big head o' cabbage this week and with this hot weather, what could be better than some tangy slaw? Enjoy!*

## Combine:

- 3/4 to 1 cup mayonnaise
- 4 scallions, chopped
- 2 teaspoons rice or cider vinegar
- 1/8 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon sugar



Place in a large bowl, dress and toss lightly:

- 3 cups shredded cabbage
- 3 cups shredded watercress or arugula
- 1 carrot, grated
- ¼ to ½ green bell pepper, cut into strips