



WINTER GREEN FARM

Box note #5 for the week of July 8, 2013

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News from the Field

We have another beautiful box for you this week! We are really excited about the blueberries from Sunset Valley Organics, and for the beautiful summer weather that is making the crops grow vigorously! We were amazed at the size of the beets in this week's planting! You will see that these beets are big and

Summer Squash & Zucchini Recipe

from livingbodywellness.com

Ingredients:

- 1 summer squash
- 1 zucchini squash
- Olive oil or ghee
- 1/2 clove of garlic
- 1 tablespoon of pine nuts
- 1/8 cup of cilantro and/or basil
- Sea salt

Directions:

- Peel the skin off your squashes, rinse the peeler, and then continue peeling shavings (with squash resting on a cutting board) of the squash into a bowl until you get to the seedy part. You can get some seedy shavings in there, but once you see it's all seedy then move on to the second squash. (Since the seedy part will be softer, it's less likely to stay firm once you sauté, so save it for something else like veggie stock)
- Chop the garlic. Add some ghee or olive oil to a pan. Add the garlic for 30 seconds, then add the squash ribbons for about 2 minutes, just until you see it soften. (Once you add the ribbons, give them a good stir and then leave them alone for the remaining time. They're ready when they just begin to wilt so don't overcook! They should still have some firmness and be vibrantly colored.
- Transfer to a bowl right away so they don't continue cooking in the pan. Add a little sea salt, add some chopped cilantro and/or basil, mix mix mix.
- Squeeze some fresh lemon over it, toss on some pine nuts or other nuts on top, and serve!

beautiful...but don't be intimidated by their size, they are just as delicious as the smaller ones. You can cut them up and cook them as you would any sized beet, and enjoy that sweet earthy flavor. The zucchini's are growing to be all shapes and sizes, some on the larger side as well. They are delicious stuffed, shredded and baked into sweet bread, or frozen and stored for a cold winter day. Jabrila is working hard, trying to make sure everything is harvested on schedule and the boxes are full of the bounty in the fields. We would love to hear how you are enjoying your vegetables, and hope you all have a great week!

This Week's Harvest

(subject to variation)

Blueberries

Carrots

Sweet onion

Zucchini

Spinach

Chard

Lettuce (some sites only)

Beets

Broccoli

VEGGIE STORAGE AND PREPARATION TIPS:

BLUEBERRIES: Do NOT rinse blueberries before you are ready to eat them (they have a natural coating that protects them from decay!) They will keep well in the fridge for up to 10 days. Freeze on cookie sheet and store in Ziploc bags

To freeze berries, spread them out on a cookie sheet and placed them in the freezer. Once frozen, store them in a ziploc bag or plastic container until ready to use.

Fresh or frozen berries can be used to make cakes, breads, & muffins, as well as added to yogurt, ice cream and smoothies.

BROCCOLI: Wrap Broccoli loosely in a plastic bag & keep it in the veggie bin of your fridge. Don't use an airtight bag, as broccoli continues to respire after being harvested & needs room to breathe. It will keep for over a week, but is firmest & tastiest if used within a few days.

Part of eating organically involves tolerating a few bugs on your produce. Broccoli **sometimes** comes with a few friends tagging along in its depths. Immediately before cooking, soak broccoli, head down, in cold, salted water for 5 min. Any critters will float to the top for you to do with as you like. Broccoli can be steamed, stir-fried, or eaten raw. For salads or veggies platters, try blanching in boiling water for 1-2 min, then chill. Add to soups and stews in the last 10-15 min. of cooking time.

*Some other ingredients you could add at the end: Avocado, Parmesan cheese, heirloom tomato, chives, sesame seeds, cucumber, or sprouts

MEET YOUR FARMER!

This week I want to present our first “Meet Your Farmer” profile of the season. We have done this in the past and received a lot of positive feedback from our members. It is another way to connect you even more to the source of your food, by introducing you to the people who grow it!

Today we would like you to meet Andréa Daly. Andréa is in her second season at WGF. She was born and raised in Kwajalein, Marshall Islands. She farmed for two years on a permaculture farm in Hawaii and loves farming because it keeps her connected with nature and helps her to contribute to her community in positive ways. She wrote, “Farming feeds my soul.” She enjoys making art, wild-crafting herbal medicines, gardening, hiking and dancing to live music, her favorites being bluegrass and reggae. I handed out a small questionnaire to all of the crew to fill out and here is how Andréa responded to some of the questions:



What have you been up to in the last 10 years or so? Like exciting adventures, school, jobs, travel, anything that sticks out in your mind that has impacted your life...

I studied art at The Evergreen State College, before moving to Hawaii. I traveled around Northern Thailand while seven months pregnant, had my son (now 8 years old) and moved to Oregon.

What is your favorite vegetable and your favorite way to prepare it?

Curly kale. My favorite way to eat it is massaged with olive oil, lemon, garlic and salt.

What is a dream or aspiration of yours?

To one day build an off-grid sustainable homestead and run a small CSA.

If you could meet anyone from the past or present who would it be?

Bob Marley

Read any good books lately? What are you reading right now?

I recently read “The Dirty Life: On Farming, Food, and Love” Two thumbs up! Currently reading a novel by Alice Hoffman called The Dove Keepers.

Who is someone who has inspired you in your life?

My parents because they are both service oriented people who have a lot of compassion for people less fortunate than them. They have big hearts full of generosity.

If you could go anywhere in the world, where would you go?

Pohnpei, Micronesia. Been there several times and always discover new treasures with each visit. I love the people and the vast wild jungles to explore.

Anything else you wish to share with the world? (You have an audience!)

If I had to be a tree, I'd be a big leaf maple on the Olympic peninsula.

Blueberry Lemon Parfait

from daydreamkitchen.com

Ingredients

- ½ pint blueberries
- ⅓ cup sugar
- 1 tsp. water
- 3 large eggs
- ½ cup sugar
- zest of 1 lemons
- 3 tbs. unsalted butter
- 1 cup heavy cream
- ⅛ cup confectioners' sugar

Instructions: In a small saucepan, combine the blueberries, sugar, and water and cook over medium heat. Stir occasionally, about 3 minutes. Transfer to a bowl and refrigerate.

Set a fine mesh strainer over a heatproof bowl. In a medium saucepan whisk the eggs with the sugar, lemon zest, and lemon juice. Cook over low heat, whisking constantly for about 3 minutes.

Whisk in the butter, one tablespoon at a time, cook for 3 more minutes. Take off of heat and immediately strain the lemon curd into the bowl. Cover with plastic wrap and refrigerate.

In a large bowl, whip the heavy cream until it begins to thicken. Add the confectioners' sugar and whip until stiff peaks are formed.

Fold the whipped cream into the lemon curd. Place blueberry compote in the bottom of 4 parfait glasses. Top with the lemon cream, then cover and refrigerate until chilled, at least 90 minutes.