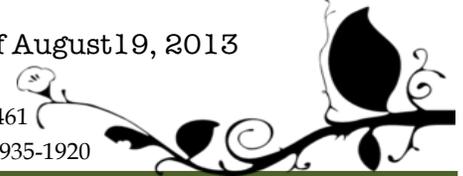


# WINTER GREEN FARM

Box note #11 for the week of August 19, 2013

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## ON VACATION!

Sara is taking a little vacation at the beach with her family, so I am writing the note for her today.....I'm going to just give you recipes. If you prefer a different one for any of the veggies, be sure to visit our website where we have the last few years archived. You will find them under "Boxnotes" under the Community Farm link. Enjoy!

## VEGGIE STORAGE AND PREPARATION TIPS:

**CORN!** Eat your fresh corn as soon as possible! Natural sugars begin to break down soon after harvesting. Corn can keep for a few days refrigerated with the husks on. Corn on the cob is the favorite way to enjoy fresh picked corn. To cook, steam in 2 inches of water for 6-10 minutes, or drop into boiling water and return to a boil, cooking for 4-7 minutes. Older or over-mature corn is great added to cornbread, soups, stews, chili, casseroles, stir-fries, quiches, salads, and bean dishes. It is not uncommon to find a worm in your organically grown corn. Simply cut away the eaten section and cook the rest, it's perfectly fine to eat!

**CILANTRO**~ is an aromatic herb, used in many ethnic dishes, including Indian, Mexican and Asian cuisine. Don't let it's delicate appearance fool you, as it adds a citrus-like punch to any dish and is a key ingredient in Salsa Fresca. Add fresh leaves to soups, stews, & stir-fries for an aromatic touch. Add cilantro toward the end of cooking time to retain fresh flavor and color. Toss leaves into a green salad. Cilantro is sensitive to moisture. For best storage, place bunch in ajar as you would a bouquet of flowers. Place a plastic bag over the jar & keep refrigerated for up to two weeks. You may also pack sprigs loosely between damp paper towels & store in container in refrigerator

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

Corn

Basil

Cilantro

Lettuce

Green Beans

Carrots

Tomatoes

Cucumbers

### Some sites only:

Strawberries

Eggplant

Peppers

Cauliflower

## Mexican Roasted Corn Salad w/buttermilk dressing

- 3 Tbsp fresh lime juice
- 4 tsp olive oil, divided
- 1 1/2 tsp chile powder
- 1/2 tsp paprika
- 1/2 tsp salt, divided
- 5 ears corn, shucked
- 1/2 cup low-fat buttermilk, well shaken
- 1/4 cup grated Parmesean cheese
- 1 cup seedless red grapes, halved
- 6 cups mixed greens
- handful of flowering herbs for garnish



Preheat oven to 450°. Line a rimmed baking sheet with aluminum foil. Whisk together the lime juice, 2 teaspoons olive oil, chile powder, paprika, and 1/4 teaspoon salt in a small bowl. Place the corn on the prepared baking sheet, and brush with the lime mixture. Roast the corn for 30 minutes.

Remove corn from the oven. Adjust oven rack 4 inches from heat, and turn on broiler. Return corn to oven, and broil, turning, for 3 minutes or until browned in patches.

Whisk together buttermilk, grated Parmesan cheese, and remaining 2 teaspoons olive oil and 1/4 teaspoon salt in a small bowl. With a small, sharp knife, cut corn off cobs into a serving bowl; gently toss kernels with grape halves and mixed greens. Divide salad among 4 dinner plates. Garnish each with flowering herbs, if desired, and drizzle evenly with dressing; serve.

This recipe can be found at this website.....

<http://www.health.com/health/recipe/0,,10000001918606.00.html>

## CILANTRO TOMATO CORN SALAD

3 ears fresh corn  
1/4 cup butter, melted  
2 tomatoes, chopped  
1 jalapeno pepper, seeded & finely chopped  
1/2 small red onion, finely chopped  
2 cloves garlic, minced  
1/2 bunch fresh cilantro, chopped  
salt & fresh ground black pepper to taste  
1 pinch salt-free lemon-herb seasoning (opt)



Peel off cornhusks, and cook corn in boiling water for 10 minutes. Cool until cool enough to touch, and then slice corn kernels from the cob, placing them in a serving bowl. Stir in butter, along with the tomatoes, jalapeno, red onion, garlic & cilantro. Season with salt, pepper, and seasoning blend if desired, to taste. Can be served warm, or chilled. Garnish with fresh cilantro.

From: <http://allrecipes.com/recipe/cilantro-tomato-corn-salad/>

## SAUTEED EGGPLANT WITH CILANTRO

5 Tbsp Olive Oil  
1 Medium eggplant,  
cut into 1/2 inch dices  
salt and pepper to taste  
chopped cilantro

In a large skillet, heat the olive oil until shimmering. Add the eggplant and cook over moderately high heat, tossing occasionally, until tender and golden, about 10 minutes. Transfer the eggplant to a bowl, season with salt and pepper, and sprinkle with the cilantro.....serve!

From:

<http://www.foodandwine.com/recipes/sauteed-eggplant-with-cilantro>

## CILANTRO, LIME, AVOCADO, CORN, & TOMATO SALAD

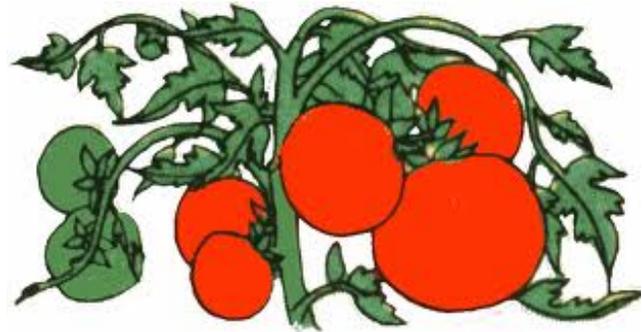
2 cups of tomatoes, cut into bite sized pieces  
1 ripe avocado, chopped  
2 cups corn (fresh off cob is best)  
2 Tbsp fresh cilantro, chopped

### *Lime Dressing:*

Juice of 1 lime (3 Tbsp)  
salt & fresh ground pepper to taste  
dash cayenne pepper

Combine tomatoes, chopped avocado, corn & chopped cilantro in a bowl...set aside. Whisk all the dressing ingredients in a small bowl. Drizzle over salad, then gently mix (to avoid mashing the avocados) until well coated. Let the salad sit for 10-15 minutes prior to serving to allow the flavors to mingle.

From Mindy at The Sisters Cafe



## Roasted Green Beans

1 lb Green Beans 1  
Tbsp olive oil (or just enough to lightly coat the beans)  
1/2 tsp salt  
1/4 tsp fresh ground pepper, or to taste

Preheat oven to 400 degree. Wash, dry well, and trim the green beans. Put the green beans in a large bowl and drizzle with the olive oil. Sprinkle with salt & pepper and use your hands to make sure the beans are evenly coated with the olive oil. Spread them out onto a baking sheet, evenly in one layer. Roast for 20-25 minutes, turning them after 15 minutes, until beans are fairly brown in spots, and somewhat shriveled. Serve hot or at room temperature.



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