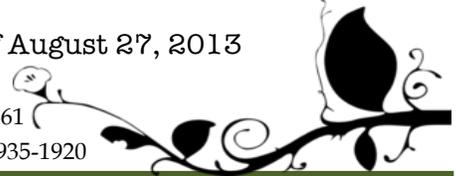


WINTER GREEN FARM

Box note #12 for the week of August 27, 2013

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NEWS FROM THE FIELD

Hello! For those of you on an academic schedule I hope you are all enjoying these last days of summer before school begins again. There is already a change in the air (and in the leaves too!) and the sun just doesn't seem to hold quite the same intensity as it did weeks ago.

The boxes are looking as bountiful as ever, and you will all find beautiful peppers in your box this week, as well as an abundance of cauliflower! The peppers are sweet and some will be getting the red variety "tollis" which I talked about in a previous box note, but some will be getting the orange variety that is either "Flamingo" or "Crème Brulee" We hope you enjoy them!

We are getting ready to send out our beef information for this year. We offer organic free-range grass fed beef and if you are interested in receiving our information you can call Linda in the office and she will be happy to get you on the mailing list.

We are also having a **Beef Open House on Saturday, September 7th**. There will be hayride tours, leaving at 10:00am and 1:00pm, which will take you out to view our cows and answer any questions that you might have. We hope to see many of you there and if you know anyone who might be interested, spread the word!

Have a wonderful week and enjoy your vegetables!

This Week's Harvest (subject to variation)

Corn

Carrots

Cauliflower

Cipolinni Onion

Cucumber

Tomatoes

Lettuce

Peppers

Some sites only:

Eggplant

Green beans

Cauliflower Quiche with Onion & Gruyere

- ❖ One 9-10" pastry shell
- ❖ 2 Tbsp butter
- ❖ 2 medium onions, halved and thinly sliced
- ❖ Salt and pepper
- ❖ 1 ½ lbs. cauliflower, divided into large florets
- ❖ 3 eggs
- ❖ ½ cup milk
- ❖ 1 cup heavy cream
- ❖ Fresh grated nutmeg

In medium skillet, melt butter over low heat. Add onions and pinch of salt and pepper, and cook, stir often, about 10 minutes, or until soft, not brown.

Meanwhile, in large saucepan of boiling salted water, cook cauliflower uncovered over high heat for 3 minutes. Remove gently to colander and rinse with cold water. Remove stalks and divide large florets into smaller ones.

In a bowl, whisk eggs with milk, cream, salt, pepper and nutmeg to taste.

Spoon onions into cooled shell. Arrange ring of cauliflower around the edge with the flower end facing outward, on the next row, rest the

flower on the stem of the first row and continue filling the pastry shell with Cauliflower in this fashion until full. Sprinkle with the ¾ cup of grated gruyere cheese.

Return shell to baking sheet in oven and ladle the egg mixture slowly over the cauliflower and sprinkle with the rest of the cheese. Bake for 30 minutes at 350° or until puffed and set. Do not over bake or filling may separate. Let cool 10 minutes. Serve warm or at room temperature.

MEET YOUR FARMER!

This week I realized that I had included this “Meet Your Farmer” profile on the blog, but never printed it out for you all who get the paper copy of the box note. So this week I would like to introduce you to Kevin Melia. This is Kevin’s fourth season at Winter Green Farm. He worked his first three seasons in our pesto-processing kitchen, and this year he is working full time on the crew as well as working in our pesto kitchen. He was born and raised in Eugene and comes to us with previous farming experiences. He “WWOOFed” (the acronym stands for World Wide Opportunities on Organic Farms) in Huelo, Maui for three months, worked for Tell Tale Farm in Eugene, and also took two Permaculture courses at Aprovecho in Cottage Grove, Oregon. When asked why he loves farming he wrote, “I love to be outside and to be with plants and animals, which helps make farming feel good to me.”

Here is how Kevin answered some of the questions on our “Meet Your Farmer” questionnaire:



What are your hobbies/interests?

I love to be in the forest, Bryce Creek is one of my favorite places right now. I like to learn about wild edibles, and to cook and play music with friends and family.

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

My favorite veggie changes hourly. However, lately I’ve loved zucchini. I like slicing it no more than a centimeter thick, oiling and seasoning it, then baking or Barbequing. They turn into something like a zucchini chip and have been much appreciated by others and myself.

If you have worked on a farm before, what is your favorite job?

I love making the pesto because of how much I love the product. That is saying something because seldom do I prefer to be indoors. The pesto is loaded with basil and top-notch ingredients. I love to load it on the bread of a sandwich or burger, but mostly use it as a chip dip (it’s also great on quesadillas).

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

I’m going to go with Rumi or Sasquatch.

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

I’m reading multiple books right now. One of which is by Susan Cain called, Quiet: The Power of Introverts In a World That Can’t Stop Talking. I highly recommend it.

Who is someone who has inspired you in your life?

Family, friends, and many random people I’ve met along the way

What music are you listening to right now? Who is on your playlist?

I’m listening to Mamuse, Brooks Robertson, Jim Croce, and loving Lake Street Dives version of “I want you back.”

Cucumber Raita

from Moosewood Cookbook

1 medium cucumber

3 cups yogurt

1 tsp. cumin seeds

1 tsp. salt

Dash of cayenne

1. Peel, seed and coarsely grate the cucumber.
2. Roast the whole cumin seeds in a heavy skillet, or under the broiler for about 5 minutes.
3. Grind them in a spice grinder or mortar and pestle.
4. Combine everything and chill. Garnish with fresh mint leaves.

