



WINTER GREEN FARM

Box note #9 for the week of August 6, 2013

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News from the Field

Greetings Members,

Can you believe that we are already into August! The summer is flying by, and we are now right in the middle of the standard CSA season! The crops are all growing beautifully in this heat, and DJ, the irrigation manager here at Winter Green is keeping them well watered so they can take full advantage of this sunlight and warmth.

We hope you all enjoyed the Pesto we recently sent with your CSA Share. We are at the height of our Pesto production here on the farm this summer and in preparation of the incoming 2013 inventory, we would like to make an **exclusive** offer to our CSA members this season. In addition to the retail 6.5 oz Pesto Sauce you received, we also pack a wholesale Quart size (1.75lb containers). There are 6 to a case, and they typically sell for \$90/case. We would like to offer them to you for \$40/case. We would

have them available for you in early September, and you would have to pick them up at the farm. They are sold as a frozen product, and we would not be able to bring them to the pickup sites, as we do not have refrigerated trucks. If you have an interest in participating in this offer, or have any questions, please call/email Linda at the farm office to reserve your case.

If you are interested in ordering garlic from Keith Walton, it is still available and we are more than happy to bring it to your drop site for you, call 541-689-3672 to order your garlic for the season! We hope that you are all enjoying this beautiful summer weather, and eat outdoors as much as you can! If you have any favorite recipes you have found, we always love to share them in the box note or on the blog, we really appreciate it!

Have a great week!

-Sara Davies

This Week's Harvest

(subject to variation)

Lettuce

Carrots

Sweet onion

Cucumber

Tomatoes

Broccoli

Some sites only:

Eggplant

Strawberries

Zucchini

Peppers



Veggie Storage and Preparation Tips:

TOMATOES: *DO NOT* refrigerate tomatoes. Place them out of the sun at room temperature. Some of our tomatoes are a day or two from being fully ripe, but will be perfect with a little patience.

To remove tomato skins, place the whole tomato in boiling water for 30 seconds. Remove with a slotted spoon, dip in cold water, and remove skins.

Tomatoes can be frozen whole. Core tomatoes, place on cookie sheet, & freeze. When solid, place in a freezer bag & replace in freezer. Remove as many tomatoes as needed at a time. Thawed tomatoes are good for cooking and pureed dishes. Salsas, sauces, & purees also freeze well.

EGGPLANT: Eggplant is best when it's fresh. Store un-refrigerated at a cool room temperature, or in a hydrator drawer of the fridge for up to 1 week. Eggplant can be peeled, but it's not essential. To remove any acrid flavors & excess moisture, lightly salt slices and allow them to sit in a colander for 10-15 min. Gently squeeze out any liquid. Eggplant should always be cooked to eliminate solanine, a naturally occurring toxic substance.

Zucchini-black bean-quinoa burgers with tzatziki

These recipes were sent in by your fellow CSA member Eryn Cangi, they sound delicious and a great way to use up zucchini this time of year! Thanks for sharing with us Eryn!

Burgers:

Ingredients:

- ❖ 2 average zucchini or yellow squash or both, grated, water removed (squeeze in a tea towel)
- ❖ 2 large eggs
- ❖ 2 tsp garlic powder
- ❖ 1/2 large sweet onion, finely chopped
- ❖ 1 cup whole wheat flour
- ❖ 1/2 cup panko breadcrumbs
- ❖ 2 Tbs chopped fresh mint
- ❖ 1/4 cup Feta cheese, crumbled
- ❖ 1 cup black beans, cooked
- ❖ 1/2 cup quinoa, cooked
- ❖ Kosher salt
- ❖ Ground black pepper
- ❖ Cooking oil for frying

Preparation:

Remove the excess water from the zucchini after grating by placing the grated material in a tea towel and wringing it out over the sink.

Mix all ingredients in a large bowl until well incorporated and moist enough to hold together. If the mixture is crumbly, add another egg.

Heat a frying pan over medium-low heat. When hot, add a bit of oil (vegetable or peanut would be best). Use a #16 disher (or a spoon if you don't have one) to scoop the mixture into the pan. You should be able to fit 3-4 in a 10-12" pan. Press the mixture down with a spatula to make it flat--then carefully remove the spatula (you may have to wiggle it a bit to convince the burger to let go) Fry 3-5 minutes on a side or until nicely browned. Flip once, repeat process and remove from pan. Serve as a burger or just by itself with the tzatziki sauce above.

Roasted Tomato- Bread Toss

- ❖ 2 lb. cherry or grape tomatoes, or smaller slicing tomato (about 6 cups)
- ❖ 6 cups torn baguette or Italian bread
- ❖ 2 to 3 Tbsp. olive oil
- ❖ 1/2 cup pitted Kalamata and/or green olives
- ❖ 2 Tbsp. balsamic vinegar
- ❖ 4 cloves garlic, minced
- ❖ 1/2 tsp. kosher salt
- ❖ 1/2 tsp. freshly ground black pepper



1. Position one oven rack in upper third of oven. Preheat oven to 400°F. Line 15x10x1-inch baking pan with parchment paper. Wash tomatoes; pat dry with paper towels. Arrange tomatoes in single layer in prepared pan. Place bread in large bowl; drizzle 2 to 3 tablespoons oil over pieces. Toss to coat. Arrange bread in single layer on second large baking pan.

2. Roast tomatoes on upper rack, bread on lower rack for 20 to 25 minutes. Roast tomatoes just until skins begin to split and wrinkle, gently stirring once. Roast bread until lightly toasted, stirring once.

3. Transfer bread and olives to tomato pan. Combine remaining 2 tablespoons olive oil, balsamic vinegar, garlic, salt, and pepper; drizzle over tomatoes, olives and bread. Toss gently, transfer to serving bowl. Makes 8 side-dish servings. *Recipe from Better Homes and Gardens*

Tzatziki sauce:

Note: For 2+ people you may want to double or triple the recipe.

Ingredients:

- ❖ 8 ounces plain Greek yogurt
- ❖ 1/2 medium cucumber, peeled, seeded, and finely chopped
- ❖ Pinch kosher salt
- ❖ 2 cloves garlic, finely minced
- ❖ 1/2 Tbsp olive oil
- ❖ 2 tsp red wine vinegar
- ❖ 5 to 6 mint leaves, finely minced (dried is okay if you don't have fresh--use half as much)

Preparation:

Combine all ingredients in your favorite jar or tupperware. Stir well.

Store in the fridge for about a week. The oil may separate while in the fridge; this is normal, just stir it again.