



WINTER GREEN FARM

Box note #15 for the week of September 17, 2013

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NEWS FROM THE FIELD

Hello!

It sure feels like fall today as the clouds not only lingered this morning, but also decided to grace us with a huge downpour!

The crew is dressed once again in rain gear and boots, and even though we are sad to see the summer go, we can look forward to cozy evenings, winter squash, potato leek soup, and apple pies.

We wanted to let you know again that Linda is on vacation this week, and Chris Overbaugh will be your go-to guy for all your CSA needs. He is doing a great job, but we would really love your patience as we get through the harvest and deliveries this week. We had some problems with the email that usually goes out at the beginning of the week to let you know the vegetables in your box, we apologize and when Linda gets back you can expect to receive the email once again.

An exciting addition to your box this week is pears! The pears come from Mt. Hood Organic Farms, in Mt. Hood, Oregon. They have high quality, delicious apples and pears that you will be receiving in your box this season. The variety of pears in your box this week is "Bartlett", and they should be set out at room temperature until they are ripe. We hope you enjoy this fruity addition to your box and if you want to know more about Mt.

Hood Organic Farms you can go to their website at: www.mthoodorganicfarms.com



Last week we were able to harvest all of our storage onions, which is a blessing now that the rains are here! We had a bumper crop and I though I would leave you with a picture of a trailer full of red onions that the crew then unloaded into the green house where they were laid out on racks to continue to cure and dry.

We hope you all have a great week, full of delicious meals

This Week's Harvest (subject to variation)

Lettuce

Carrots

Broccoli

Onions

Kale

Pears

Eggplant

Peppers

Tomatoes

Some sites only:

Beets

shared with family and friends from all the vegetables in your box!

-Sara



This week one of your fellow CSA members Darby Shindruk sent in three recipes that she made over the weekend with the vegetables in your box. Thanks for sharing Darby!

Szechwan Eggplant Stir-Fry

Darby wrote: "It was delicious. I would peel the eggplant and make sure to slice them about 1/4-1/2-inch thick so they cook quickly. We didn't get green onions so I used the onion from our box. I served it with stir-fried pork (marinated in lime juice, soy sauce and brown sugar) and brown rice."

Ingredients:

5 Asian eggplants, about 2 pounds
3 tablespoons peanut oil
1 tablespoon dark sesame oil
Kosher salt and freshly ground black pepper
2 green onions, white and green parts, sliced on a diagonal
1-inch piece fresh ginger, peeled and minced
3 garlic cloves, minced
1 fresh red chile, sliced
1/2 cup chicken broth
3 tablespoons soy sauce
1 tablespoon rice vinegar
1 tablespoon light brown sugar
1 tablespoon cornstarch
1 tablespoon toasted sesame seeds, for garnish
Thai holy basil and fresh cilantro leaves, for garnish

Directions:

Cut the eggplants in 1/2 lengthwise and then slice crosswise into wedges, no more than 1-inch wide.

Heat a wok or large skillet over medium-high flame and add the oils; tilt the pan to coat all sides. When you see a slight smoke, add a layer of eggplant, stir-fry until seared and sticky, about 3 minutes. Season with salt and pepper. Remove the eggplant to a side platter and cook the remaining eggplant in same manner, adding more oil, if needed.

After all the eggplant is out of the pan, add the green onions, ginger, garlic, and chile; stir-fry for a minute until fragrant. Add the broth. In a small bowl, mix the soy sauce, vinegar, sugar, and cornstarch until the sugar and cornstarch are dissolved. Pour the soy sauce mixture into the wok and cook another minute, until the sauce has thickened. Put the eggplant back in the pan, tossing quickly, until the sauce is absorbed. Garnish with sesame seeds, Thai basil, and cilantro and serve.

Swiss Chard and Quinoa Salad with Sesame Lime Ginger Dressing

(I might try your Kale bunch in this recipe too!)

Darby wrote: "This one I made up and will be eating it for lunch this week, make the dressing first so the flavors can develop)

Ingredients:

- ❖ Quinoa
- ❖ Broth
- ❖ Shelled edamame
- ❖ Swiss chard
- ❖ onions

- Cook one cup quinoa as per directions using left over chicken broth from the eggplant stir-fry recipe, set aside.
- boil 1 cup shelled soy beans drain and mix in with quinoa
- de vein and chop Swiss chard
- in wok stir fry 1/4 cup chopped onion in oil for a couple minutes then add Swiss chard and cook until desired doneness
- toss with quinoa and dressing

Sesame Lime Ginger Dressing:

2 tbsp lime juice
2 tbsp sesame oil
2 tbsp soy sauce
1 tbsp fresh grated ginger (keep it in your freezer for easier chopping and grating)
1 clove garlic pressed
2 tsp brown sugar

Fresh Tomato and Corn Pasta

Ingredients:

- ❖ 3-4 fresh tomatoes
- ❖ chopped onion and garlic
- ❖ 1 cup corn (fresh or frozen)
- ❖ olive oil
- ❖ chopped basil
- ❖ salt and pepper
- ❖ Parmesan or Romano cheese
- ❖ Bowtie pasta

- bring large pot of water to boil for pasta, before dropping pasta blanch the tomatoes for 1 minute so they are easier to peel, don't bother with the ice bath just put them aside to cool a bit before peeling and chopping, salt water before adding pasta
- meanwhile sauté the onions in a generous amount of olive oil for a couple of minutes then add the garlic and corn.
- add the tomatoes, salt and pepper and heat through
- before draining the pasta save some of the water to add to the sauce if needed
- serve with fresh chopped basil and cheese