

WINTER GREEN FARM

Box note #13 for the week of September 3, 2013

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NEWS FROM THE FIELD

Greetings!

This week Winter Green Farm owner Jabrila Via wrote an article for the box note to give you some background on the pepper varieties that have been in your boxes these last few weeks. So here it is:

It is time for peppers! If you have not yet received one in your box you will soon. Last year we grew and loved the variety "Gypsy." Unfortunately, we weren't able to find "Gypsy" seed this year that wasn't grown by Monsanto or a Monsanto grower. Because Monsanto is pushing the development of genetically modified seed and even sues farmers when their patented GMO varieties show up in the farmer's fields from pollen drift off the farmer's property, we refuse to buy seed from them. If you want to learn more about Monsanto and GMOs I have listed a few web sites you can check out:

www.centerforfoodsafety.org

<http://articles.mercola.com/sites/articles/archive/2013/05/28/gmo-dangers.aspx>

<http://www.runningthecountry.com/dr-vandana-shiva-march-against-monsanto/-UjPCF4U8IbU>

So this year we are trialing some very interesting new pepper varieties. Some are open-pollinated (non-hybrid) seeds,

which means that we could save our own seed.

The earliest maturing variety we are growing this year is "Tollie's Sweet," a red cow horn type. Then there are two varieties that were developed to specifically replace "Gypsy;" "Flamingo" and "Crème Brulee" (neither open pollinated). They are both oblong orange to red peppers and seem to be wonderful varieties, thus far. Our other varieties are "Jolene's Red" from Wild Garden Seeds, a local seed grower and friend in Philomath Oregon. "Chervena," "Chuska," and "Maconi Red" are the other new cow horn types that are turning red now and taste really sweet. Last year and again this year we grew "Stocky Red Roaster." It is later maturing but is sweet and of good size.

We hope you enjoy your peppers. Before eating them, do take a moment and look at the beauty of color of these little wonders.

Thanks to Jabrila, for sharing the pepper insight!

We also wanted to remind you again that we are taking orders for our Organic grass-fed beef. The **Beef Open House** is on **this 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 also still have a few shares left in our late season CSA. The late season goes from October 25th to

This Week's Harvest (subject to variation)

Corn

Carrots

Onions

Cucumbers

Green beans

Tomatoes

Peppers

Basil

Some sites only:

Cauliflower

Eggplant

Lettuce

Beets

November 22nd. The late season shares will be full fall crops like carrots, beets, parsnips, turnips, winter squash, storage onions and potatoes, leafy greens, leeks, and more! If you are interested in either ordering beef or signing on for the late season please call Linda in the office and she can help you out!

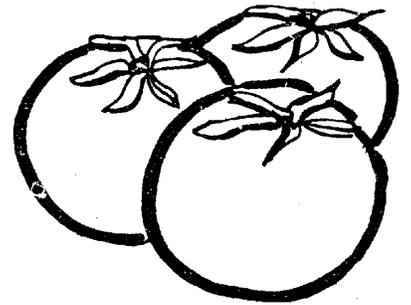
I hope you all had a safe and happy long weekend, and the new school year gets off to a great start for all the students young and old!

Enjoy your vegetables! -Sara

Pasta with Fresh Tomato Sauce from marthastewart.com

Ingredients:

- 2 1/4 pounds unrefrigerated ripe tomatoes
- 1/4 cup fresh basil leaves
- 1 tablespoon flat-leaf parsley
- 1 tablespoon chopped garlic (from 2 garlic cloves), plus more if desired
- 1/4 cup extra-virgin olive oil, plus more for drizzling
- Coarse salt and freshly ground pepper
- 1 pound spaghetti or spaghetti
- Grated Parmesan cheese, for serving (optional)



Directions:

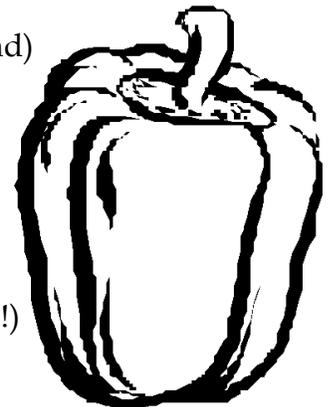
1. Finely chop tomatoes, basil, parsley, and garlic, and mix together with oil (or pulse ingredients, including oil, in a food processor to blend).

2. Bring a large pot of salted water to a boil. Add pasta, and cook until al dente. Drain pasta, and toss it in a serving bowl with the raw sauce. Transfer to 6 shallow bowls, and drizzle with oil. Serve with cheese.

Tomato and Roasted Red Pepper Salad From Marthastewart.com

Ingredients:

- 3 ounces crusty bread, torn into bite-size pieces (2 cups)
- 2 teaspoons plus 3 teaspoons extra-virgin olive oil (for toasting of bread)
- Coarse salt and ground pepper
- 2 teaspoons sherry vinegar
- 1 garlic clove, minced
- 2 tablespoons coarsely chopped natural almonds
- 2 medium tomatoes, cored and cut into 1/2-inch wedges
- 2 roasted red bell peppers, cut into 1/2-inch strips
- 1 tablespoon chopped fresh parsley leaves (basil would taste good too!)



Directions:

1. Preheat oven to 450 degrees. On a rimmed baking sheet, toss bread with 2 teaspoons oil and season with salt and pepper. Spread bread in a single layer and bake until golden brown, about 7 minutes. In a large bowl, combine remaining 3 teaspoons oil, sherry vinegar, garlic, and almonds. Season with salt and pepper and stir to combine. Add tomatoes, roasted peppers, parsley, and toasted bread. Toss to combine.

Green beans with Lemon and Garlic from foodnetwork.com

Ingredients:

- 2 pounds green beans, ends trimmed
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons butter
- 2 large garlic cloves, minced
- 1 teaspoon red pepper flakes
- 1 tablespoon lemon zest
- Salt and freshly ground black pepper

Directions:

Blanch green beans in a large stockpot of well-salted boiling water until bright green in color and tender crisp, roughly 2 minutes. Drain and shock in a bowl of ice water to stop from cooking.

Heat a large heavy skillet over medium heat. Add the oil and the butter. Add the garlic and red pepper flakes and sauté until fragrant, about 30 seconds. Add the beans and continue to sauté until coated in the butter and heated through, about 5 minutes. Add lemon zest and season with salt and pepper.