



Big Leaf Farm Newsletter Week #19

October 4 – 10, 2009

Farm News

We had our first frost here at the farm – when I went out to harvest on Tuesday morning there was a sparkling white layer on all our winter crops. Winter is coming, although you wouldn't guess it from these warm sunny days! Hopefully you are able to get out and enjoy it.

Here are a couple of quick business items: First, we'll have the farm open this Sunday from 12:-4:00 for anyone who wants to come for a visit and pick up a pumpkin for Halloween. It looks like the weather will be great. Our address is 29644 SE Weitz Lane, Eagle Creek, 97022. A map can get you to Eagle Creek, but the last little bit won't show up on internet mapping sites. Turn right off of Hwy 224 onto Weitz lane just south of Eagle Creek, go down past the first house on the left, and turn onto the gravel drive just before the second house on the left (mailboxes on the right). Follow this drive down to a T and take a left onto the farm (You'll see our large plastic-covered greenhouse). Follow the driveway past the house and chicken coop and park in the grass near the barns. We'll see you on Sunday! Bring a lunch and a blanket for the grass if you wish. If you have problems finding us please call Chris at 503-367-8124.

Secondly, many of you have been asking about our winter shares. We're still nailing down a few of the particulars, but here is the gist: The winter season will be seven weeks long, from December 3rd to January 28th, excluding the week of Christmas and the Week of the new year. The price will be the same per week: \$13/week small share, \$23/week large share. What are we looking forward to? Celeriac, parsnips, cauliflower, kale, potatoes, radicchio, winter squash and more! Once we finalize the details we'll send out an email note, by the end of the week, we promise! There will be a spot available for everyone who is currently a member.

Cast of characters

- **Scallions:**
- **Lettuce:** More 'Mascara'
- **Carrots:** Notice any weird looking carrots in your bunch this week? Do they taste any different?
- **Tomatoes:** The summer's flood of tomatoes has turned into a trickle meaning... winter is coming....
- **Potatoes:** This week's potato is 'Burbank Russet'. This is the potato that built the reputation of Luther Burbank, the famed plant breeder, and made Idaho potato king. Best as a baked potato.

- **Kohlrabi:** Great raw or cooked – peel it first.
- **Salad mix:** This week's mix is a combination of lettuce, beet greens, chard, arugula, mizuna, and mild mustards. WOW!
- **Mustard Greens:** We grow mustard greens in addition to all the other greens we grow because their flavor is like nothing else. This one is called 'Osaka purple' and it is very mild. Mustards are often very spicy when raw, but not these fall grown beauties. Enjoy!
- **Jalapeños:** Here's a lost shot of spicy peppers before winter sets in. Remember, these are great frozen whole in a zip-lock and doled out over the winter to add zest to those winter meals. Or you can make pepper sauce for garnishing greens.
- **Sweet peppers:** Likely the last for the season.
- **Beets –or- Broccoli:** Unfortunately, we only have enough broccoli for half of you, so Portland folk get some beets. We have many large plantings of broccoli for this fall, but the first one is forming heads early (or, should I say, half of the first planting is maturing early). We'll do a switch of these two items in 1-2.

Recipes

According to Deborah Madison, a splash of vinegar or lemon juice or some hot chile heightings the intense flavors of cooked greens. This recipe combines both elements in a single jar! This is a staple in our fridge.

Pepper sauce

There is nothing quite like this simple condiment to add some zing to those wintertime hearty greens that have been steamed or fried. This is a quintessential southern condiment.

Several (2-6) small hot peppers like jalapeño, serrano, or cayenne.
1 cup white vinegar

Wash the peppers in cold water and drain. Then drop them into a clean bottle or canning jar that you have a lid for. For greater convenience, a jar with a narrow lid is nice because it allows you to sprinkle the sauce out in drops. We just make our sauce in a quart jar and use a spoon to dispense it.

Boil the vinegar in a pot and then add it to the jar. Let it sit, uncapped, until cool. Then cap and place in the cupboard or fridge. The vinegar will be ready to use in 6 weeks.

From "Vegetarian cooking for everyone" by Deborah Madison

Smoked gouda with sautéed greens

Adding lots of cheese makes greens palatable to anyone!

4 cups mustard greens, rinsed and dried in a salad spinner
2 T olive oil

2 garlic cloves minced or pressed
¼ t salt

ground black pepper

4 slices good bread, such as pumpnickel

2 cups grated smoked Gouda cheese (substitute with mozzarella)

Chop the greens into small pieces, then add them to a hot pan in which the oil has been heated. Sauté them for about 3 minutes, until limp and tender. Sprinkle with salt and pepper and remove from heat. Lightly toast the bread and top each with ½ cup of the grated cheese. Broil the sandwiches for 3-5 minutes, until the cheese is bubbly and beginning to brown. Then remove them and add the sautéed greens and serve immediately.

From "Mooswood Restaurant New Classics" by the Mooswood collective.