



**Wildberry Organics**

45245 NW Wildberry Lane  
Forest Grove, OR 97116

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### This Week's Harvest

- ❖ Turnips
- ❖ Collards
- ❖ Spinach
- ❖ Salad Greens
- ❖ Radishes
- ❖ Purple Sage, Chives, Oregano

**May 27, 2008**

**Week 4 of 24**

Due to cool weather,  
we've extended the  
subscription period a  
week!

### Wildberry Organics CSA: Still growing

We welcomed another new member last week. Thank you for your support! We still have a couple of memberships available. The price for a 1-2 Adult Membership is \$305.00 for the remainder of the season.

### What's happening at Wildberry Organics

While our moment in the sun was brief, it created quite a stir in the veggie patch. The peas shot up and are flowering. We expect snow peas in two weeks. Swiss chard, kohlrabi, and spinach will be ready for next week's CSA delivery.

Greg and Nora have been transplanting gorgeous, healthy vegetable starts like wild people. The tomatoes are in their summer homes, as are the broccoli, nasturtiums, and bachelor buttons.

The roughly bazillion varieties of squash we have will be transplanted soon. The sweet corn made its appearance as promised. A strong cover crop of buckwheat is turning the lower part of the garden into a mat of green. It will eventually be turned under as a natural soil enhancer.

**Greg's '08 melon crop** is happening. Black plastic is down and the drip irrigation is in. The first of 3 successive plantings is completed. Mid-July can't come soon enough around here for that first super-sweet taste treat.

**Wildberry Organics** focuses on how to grow the very best, chemical-free produce while minimizing labor and resource consumption. Mulch is the answer! We use composted leaves extensively. They are carefully spread over the established planting beds and around each plant in a thick layer. This, in turn, shades out weeds and holds in moisture.

### Where to see Wildberry Organics

It was great seeing all of you at the **Farmers' Market** on **Main Street** in **downtown Forest Grove** these past 2 weeks. Be sure to stop by every **Wednesday, 4:00 PM – 8:00 PM**.

And don't forget, starting **Saturday, June 14, 2008**, we'll be at the **Tillamook Farmers' Market**, in Tillamook, OR. Did you see the Travel Section in last Sunday's **Oregonian**? Low Tide Tables were posted for the Oregon Coast. We hope to see you there.

### Turnips: Even better this week

A 3.5 oz. serving of turnips has 23 calories with virtually no fat and contains 35% of the U.S. Recommended Daily Allowance of vitamin C.

Here's what we did with them this week. Even Nora loved it – was that really THREE helpings at dinner?

### Turnip Puff

Adapted from a recipe  
by Diana Rattray on About.com

Cook Time: 35-40 minutes

**Serves 4**

#### Ingredients

- 2 cups cooked, mashed turnips, cooled
- 2 eggs, separated: whites in a small mixing bowl, yolks in a medium mixing bowl
- 1 cup bread crumbs
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper
- 1/2 cup melted butter or margarine
- 1 teaspoon of finely chopped raw onion

#### Directions:

1. Scrub, peel, and cube one pound of turnips.
  2. Cook until tender in as little water as possible until tender – about 20 minutes.
  3. Meanwhile: Separate the 2 eggs. Put the whites in a small mixing bowl and the yolks in a medium mixing bowl.
  4. Whip the whites with a clean, dry hand mixer until stiff peaks form – about 3-5 minutes.
  5. Whip the yolks in the medium bowl until frothy. (You can use the same hand mixer without washing in between steps.)
  6. Melt the 1/2 cup of butter or margarine.
  7. Drain the cooked turnips well and mash. I put mine in a food processor and whirled until smooth.
  8. In the medium mixing bowl, combine the egg yolks with the mashed turnips, bread crumbs, sugar, salt, pepper, teaspoon of finely chopped raw onion, and melted butter or margarine.
  9. Fold in the whipped egg whites.
  10. Spoon the turnip mixture into a buttered 1-quart casserole. Dot top with butter if desired.
  11. Bake Turnip Puff at 350°F for 35-40 minutes.
  12. Serve with additional butter or margarine.
- Suggested additions: 1/2 teaspoon each of finely chopped fresh oregano, sage, and chives.