



# TWO SMALL FARMS

## Community Supported Agriculture

October 8, 9, 10 2008

### Psychedelic Caprese, by Julia Wiley

Tonight I was making dinner: beet salad with feta cheese and a Caprese salad with German Stripe tomatoes, basil, and diced fresh mozzarella. Andy was making meat balls in red sauce to go over the whole wheat pasta I insist on for weekday pasta opportunities.

We were chatting about Wall Street and Lehman Brothers as I was dicing the mozzarella. Then I just put all of it into the cooked, chopped red beets and stirred it around. Then I added the green onions, dressing, and mixed. We were still chatting and listening to the radio while answering homework questions, feeding the dogs, catching stray phone calls, and continuing to marvel at the Wall Street Mess. I tasted the salad, but the cheese wasn't right. Too mellow for the beets. OOPS. Feta would be better! Ummm: should have put that Mozzarella in the tomato salad. There was no more fresh mozzarella in the fridge and wouldn't be until I go and provision up tomorrow 'in town'. Drat! I was REALLY looking forward to Caprese salad: fresh mozzarella, in season tomatoes, and basil drizzled with olive oil.

"Would you mind if I fished out the mozzarella and we had pink caprese?" I knew Andy wouldn't care, he's not fussy about such things. So I fished, then composed. WOW. It's a new recipe! Yellow Tomatoes, green basil, and hot pink Mozzarella! Check out the photo (at [www.mariquita.com/images/photogallery/prepared%20food/DinnerOct08.html](http://www.mariquita.com/images/photogallery/prepared%20food/DinnerOct08.html)) and tell me you're not dying to take this exact dish to your next potluck!

### Julia's Caprese Recipe

Chopped Heirloom tomatoes (German stripe in this case)

Chopped basil (I cut the leaves with a sharp knife one way then another...)

Pinked Mozzarella (make some cooked red beets, dice for a future salad, toss mozzarella with the beets, then fish it out.)

Compose, then season with S & P and drizzle with olive oil.

The beet salad was also 'pre shopping': the only feta I had in the house was 'over the hill' and will make the compost that much tastier for our pig tomorrow. Hmm: no gorgonzola either. So I 'dressed' the beets with some sliced kalamata olives and some pine nuts. The green onions were already mixed in so you couldn't see them, this beet salad could have used some chopped Italian parsley. But alas: in my kitchen, I make do!

### Events

Saturday, Oct. 11th: LitQuake in San Francisco. Edible San Francisco Presents A Smorgasbord of Food Writers. Andy will speak for 10 minutes between 6 and 7 p.m. as part of the Edible San Francisco crew. At **18 Reasons**, 593 Guerrero Street, San Francisco. Go to [www.litquake.org/the-festival/lit-crawl-2008/](http://www.litquake.org/the-festival/lit-crawl-2008/) for more information.

Saturday Oct 18, 2008: Community Alliance for Family Farmers (CAFF) presents a Farm to School Event: Farm to School Champion Training, in Watsonville, CA. For more information go to <http://caff.org/champion.shtml> or call (831)454-8507.

*Special basil storage notes:* It shouldn't get too cold, so try to find the 'warmest' place in your fridge. For some that's the door, for others that might be the produce drawer. In my own fridge, the back of the fridge tends to get coldest. Or wrap the

basil bunch in a damp clean cloth (I used an old clean cloth napkin) and put that in the 'vegetable crisper'. It worked for me! If you're not sure about your fridge you can try keeping your basil as a flower bunch in a jar with water at the stems. I don't recommend drying basil: it's best used up or made into pesto and then freezing the pesto if you want to keep the flavor for another week/month.

### Sorrel Ideas

If you've never used sorrel, try adding small amounts to your salads. In any recipe that calls for spinach you can substitute a small amount of sorrel-try ¼ sorrel, ¾ spinach as a start. Place a sprig or two on sandwiches with the lettuce or in place of watercress. Shred sorrel into soups with a tomato or fish base. It is one of the herbs that is best added at the last minute instead of cooking for longer

periods of time. Sorrel does not dry well, but you can puree the leaves and store in the freezer to use as seasoning. For salads and when using raw choose leaves that are less than 6 inches, but save the larger ones for cooking.

When adding sorrel cut back on the amount of lemon and vinegar in the recipe. It's a good herb for those on salt free diets because it adds seasoning without salt.

### Lore and Legend of Sorrel from *The Good Herb* by J. Benn Hurley

Some Irish historians say that sorrel, not clover, may have been the original shamrock, and that it may have been the

## This Week

Tomatoes<sup>MF</sup>

Basil OR Parsley<sup>MF</sup>

Salad Mix OR

Little Gem Lettuce<sup>HG</sup>

Leeks<sup>HG</sup>

Sorrel<sup>HG</sup>

Piquillo Peppers<sup>MF</sup>

Jack Be Little Pumpkins<sup>MF</sup>

Mystery<sup>HG</sup>

Flowers: Mixed Bouquet<sup>HG,\*</sup>

arrow-shaped, three-cornered sorrel leaf that St. Patrick used as a model for the trinity. Early Egyptians and Romans nibbled on fresh sorrel leaves after overeating, both for their soothing effect on the digestive system and for their diuretic properties. In North America, 200 years ago, sorrel was eaten as "lemonade in a leaf." It's a good source of vitamin C, and used to be taken to prevent scurvy.

### Sorrel Omelet

4 eggs	1 TBS cream
1 cup sorrel, cleaned and trimmed	2 TBS butter, divided
¼ tsp. salt	

Shred sorrel. In a heavy pan, heat half the butter and add sorrel and salt.

Cook for about ten minutes, while stirring. Combine the eggs and cream in a bowl, beating gently. Add the sorrel mixture and combine. Add the remaining butter to a skillet and heat until butter is slightly browned. Add the egg mixture and stir briskly with the back of a fork or spoon until the eggs are evenly spread on the bottom of the skillet. Keep moving the unset eggs around with the utensil smoothly until there is no liquid left. Do not overcook. Shake the pan gently over the heat a few times. Fold the omelet over in half and serve.

### Sorrel Soup

Chop the stems and leaves from one bunch of sorrel. Melt some butter and sweat some chopped onion or leek, then add the stems and leaves of the sorrel. Add a few cups of stock (vegetable or chicken) with a bit of salt and pepper to taste. To get fancier: you can add milk or crème fraiche or half and half and purée this soup... It can be eaten hot or chilled.

### Sorrel Sauce for Fish from *The Peppermill Restaurant* in Clearwater, FL

½ cup chopped fresh sorrel	2 TBS dry white wine
3 TBS minced green onions	1 cup whipping cream
1½ tsp. fresh lime juice	Ground white pepper

Combine sorrel, wine and shallots in heavy small saucepan. Stir over medium heat until sorrel wilts, about 2 minutes. Add cream and lime juice. Boil until reduced to sauce consistency, about 12 minutes. Transfer sauce to blender. Puree until almost smooth. Return sauce to same saucepan. Season with ground white pepper and salt.

### Dijon Vinaigrette, from *Gourmet*, 1991

½ cup extra virgin olive oil	1 TBS Dijon mustard
2 TBS each plain non-fat yogurt, lemon juice and red wine vinegar	2 tsp. fresh herbs: thyme, rosemary, parsley, etc. or a mixture or dried, but use less if using dried.

Combine in a blender at medium-high speed. Chill overnight before serving.

*Everything in your box and the flowers are organically grown. From Mariquita Farm: tomatoes, basil, parsley, piquillo peppers, pumpkins. From High Ground: lettuce, salad mix leeks, sorrel, mystery, flowers. From Thomas Farm: some flowers.*

## Tomato Abundance Day in Palo Alto,

**Saturday, October 11th, 10 a.m.–12 noon**

We still have tomatoes for canning and we've just added Jack Be Little Pumpkins!

*When:* Saturday, Oct. 11th 10am–12 noon

*Where:* Palo Alto at one of our pick up sites, address given when order is made

*What:* Tomatoes and Mini Pumpkins:

—San Marzanos (paste/sauce tomatoes: excellent for roasting too!) 20# for \$28

—Early Girl tomatoes: great for a light sauce, and perfect for salad and just eating 20# for \$28.

—Heirloom tomatoes 10# for \$20.

—Jack Be Little Pumpkins (great for eating and decorating) 10 mini pumpkins for \$8

*How:* only by email orders ahead of time. Please email your orders to [mariquitamystery@gmail.com](mailto:mariquitamystery@gmail.com) before Thursday, Oct. 9th at 9am. (Also email any questions to this address.) The tomatoes will be paid for in cash at the time of pick up.

*Why?* Mariquita Farm is still swimming in gorgeous tomatoes, and our last 'tomato emergency' was a success, so we're continuing to attempt to get great tomatoes to all of you who love to cook.

### Vegetable and Leek Soup

1 cup finely chopped white and pale green part of leek, washed well	¼ cup tomatoes, spinach, cauliflower, broccoli, snow peas, turnips, favabeans, green beans, etc. (pick one)
2 TBS unsalted butter	1 clove garlic, minced
1/3 cup chicken broth	sour cream

In a saucepan cook the leek and the garlic in the butter over moderately low heat, stirring, until the leek is softened, add the chosen vegetable, the broth, and 1/2 cup water, and simmer the mixture, covered, until the vegetable is tender. Puree two thirds of the mixture in a blender until it is very smooth, stir the puree into the mixture remaining in the pan, and whisk in the sour cream and salt and pepper to taste. Cook the soup over moderately low heat until it is heated through, but do not let it boil.

### Creamy White Bean Soup with Leeks,

3 cans (19-ounce) white beans, rinsed well in a sieve	¼ tsp. dried tarragon or 2 tsp. fresh
2 cups broth: chicken or vegetable	2 cups thinly sliced washed white and pale green part of leek
3 cloves garlic, minced	¼ tsp. dried hot red pepper flakes, or to taste
3 TBS olive oil	¾ cup half-and-half
1 TBS fresh lemon juice	

In a blender puree the beans in batches with the tarragon and the broth and strain the puree through a fine sieve into a bowl, pressing hard on the solids. In a large saucepan cook the leek, the garlic, and the red pepper flakes in the oil over moderately low heat, stirring occasionally, until the leek is softened and begins to turn golden. Add the puree, the half-and-half, the lemon juice, and salt to taste and simmer the soup, stirring, for 5 minutes.