



TWO SMALL FARMS

Community Supported Agriculture

November 19, 20, 21 2008

Notes from the Farmers

From Andy: Thank you all for all your support this year. We end our CSA deliveries in November because we don't feel comfortable making promises to you that the weather may not allow us to fulfill, but the farm never shuts down completely. We'll continue to care for the crops we've already planted for next year's delivery season, like the cabbage, garlic, and onions. To keep our crew employed we'll harvest what we have planted for our wintertime restaurant trade, and of course we'll plant for next spring's CSA season. Usually we don't plant anything during December, but starting on January first we sow crops at every opportunity we're given to get into the ground.

Even so, winter time is a slower season and I'm looking forward to having a bit more free time. I plan on finishing the book I've been working on for five years, taking the kids on a camping trip or two, rebuilding the fences at our home ranch, and playing with my donkeys.



From Julia: Some things I hope to do this winter:

- Make homemade masala chai and share it with friends.
- Clean up every last lingering pile of papers, some of them from my teaching days 14+ years ago!
- Take my children to Death Valley, San Diego, and maybe Palm Springs to hike and visit friends.
- Harvest all the persimmons on the trees outside my kitchen window before the raccoons get them all: Andy's frugal grandmother would be proud if I accomplished that this year! (she planted the trees over 50 years ago.)
- Take Shelley and Caitlyn to the movies!
- Keep the December holiday season truly as simple as possible.
- Play Scrabble with my daughter and mother.
- Continue to search for and create great recipes for vegetables and work on the Recipes portion of the website.

From Steve and Jeanne: Thank you all for a great year. We are looking forward to some less hectic months to work on all our winter farm projects. This year our big project is planting blueberries. Steve visited UCSC last month to learn all about the results of their blueberry trial, and has chosen four successive ripening berry varieties. They are all Southern Highbush varieties, which need less winter chill time than the Northern Highbush varieties grown in Oregon and Washington. Blueberries are in the azalea family and need an unusually low soil pH, between 4 and 5, which is too acid for most vegetables. We have one section of our farm that has sandier soil and a lower pH to begin with; so Steve has been out there spreading load after load of redwood sawdust to help bring it down further. As soon as the pH is low enough enough, we'll plant the blueberries; we'll expect our first crop in 2 to 3 years.

Another winter project is a water recycling system for our packing shed. We use quite a bit of water to wash the vegetables and want a better system to deal with the run-off. Steve met with some NRCS (Natural Resource Conservation Service) engineers last week to design a water recycling system for the wash water combined with roof rainwater recovery. All the water will be used for irrigating our crops. We expect to have the whole system up and running by spring.

We will keep the Redman House Farmstand open through the winter (closed Thanksgiving weekend) and Steve and Zelda will sell at the Mountain View Farmers Market on Sundays. Laura Kummerer will continue to work on the habitat restoration project (come out and help if you like! See volunteer dates below.) We hope you all enjoy the holidays and the winter rains!

This Week

Parsley ^{MF}

Red Chard ^{HG}

Red Carrots ^{MF}

Orange Carrots ^{HG}

Little Gem Lettuce ^{OR}

Salad Mix ^{HG}

Spigariello Greens ^{MF}

Watermelon Radishes ^{HG}

Butternut Squash ^{OR} Long Island

Cheese Pumpkin ^{MF}

Mystery ^{HG}

Flowers: Mixed Bouquet ^{HG,*}

Notes and Recipes, from Julia

Storage notes: Leave the squash or pumpkin on your kitchen counter. Store the rest of your veggies, including the apples if you get them, in your refrigerator. Remove the greens from the carrots and radishes before storing.

The red carrots are great for roasting on their own with a small sprinkle of fancy salt. They aren't extra sweet when raw but are good grated in a yogurt raita, or in any salad. Watermelon Radishes are one of my favorite vegetables! I like them raw in discs to eat like chips, or grated or julienned into a salad on their own with a bit of parsley or cilantro. I like impressing potluck attendees with watermelon radish salad!

Events

Winter Native Planting Days at High Ground, Saturday, Nov. 22 and Saturday, Dec. 13: 10–12:30, followed by potluck lunch. 521 Harkins Slough Rd. in Watsonville. Call Laura Kummerer (831)761-8694 for more details.

Holiday Wreath Making Workshops at the Thomas Farm in Aptos. Workshop dates: November 22nd, November 23rd, December 13th, and December 14th. \$20/wreath. Call or e-mail Jean Thomas to reserve your space: 724-4013 or thomfarm@hotmail.com.

Slow Food Monterey Bay Dungeness Crab Dinner Fundraiser for the Freedom School Garden & After School Cooking Program: Sunday, December 7th 5 PM at the Corralitos Community Center, 33 Browns Valley Road. \$45.

Garden Soup with Spigariello and Romanesco,

adapted from *Vegetable Soups from Deborah Madison's Kitchen* by Deborah Madison

2 onions or 2 large leeks, diced	1/2 pound potatoes, diced (a few small or one large)
2 Tablespoons olive oil, plus extra to finish	1 bunch stemmed spigariello greens, or kale, or chard
2 cups (more or less) small romanesco florets	1 garlic clove, minced
Asiago cheese for grating at the end	6 cups broth: homemade or purchased, vegetable, bean broth, or chicken stock
S & P to taste	

Wash the leeks if using. Chop the potato, leaving the skin on if you like if it's organic. Warm the olive oil in soup pot over med. heat. Add the leeks and the potato, give them a stir, and while they're warming up, slice the leaves into short ribbons. Add the greens to the pot along with the romanesco, garlic, and salt. Cook for about 5 minutes. Add the stock, bring to a boil, then lower the heat and simmer until the vegetables are tender, about 20 minutes. Ladle the soup into bowls and drizzle some olive oil into each. Season with pepper and grate a little cheese into the soup.

Cardamom Carrots, adapted from the *Good Friends*

Cookbook

2 lbs. carrots, peeled and diagonally sliced (1/4" thick)	1/4 cup unsalted butter
4 tsp. freshly grated orange rind	8 cardamom pods, hulled and seeds pounded in a mortar (or 1/2-1 tsp. ground cardamom)
salt to taste	

Steam carrots for 5 to 7 minutes or just until tender. Melt butter; add grated orange rind and cardamom. Toss carrots in butter mixture. Add salt to taste. Place in serving dish. May be prepared ahead and reheated over low heat.

Everything in your box and the flowers are organically grown. From Mariquita Farm: watermelon radishes, spigariello, parsley, yellow carrots, butternut squash, pumpkins, mystery. From High Ground Organics: lettuce, salad mix, chard, orange carrots, mystery romanesco, some flowers. From Thomas Farm: some flowers. From Billy Peixoto: mystery apples.

Sign Up for 2009

In order to make sign-ups as fair as possible for 2009, we have instituted the following procedure. Our goal is for our current customers to have priority in signing up, then to allow those who are still on our 2008 waiting list the opportunity to sign up, before opening up registration for all. (Note that while we are asking for checks to hold your spot now, we will not deposit them until after January 1st.) Our 2009 season starts the week of March 18th, 19th, and 20th and ends the week of November 18th, 19th, and 20th. Thanks!

Tier 1 Registration—Current Members Only (you must be receiving vegetables now):

November 10th–December 1st 2008: Send your check now to hold your spot for 2009 (an e-mail or phone call is not enough).

Full year with discount (vegetables only): \$752

First 9 weeks (veg only): \$198

Full year with discount (veg + flowers): \$1026

First 9 weeks (veg + flowers): \$270

Tier 2 Registration—Waiting List and Returning

Members (you must have contacted us before Nov 10 to be on our waiting list, or be in our system as a previous member in good standing):

December 2nd 2008–January 15th 2009: We must receive your check by January 15th for you to have priority in this round. See prices above.

Tier 3 Registration—Open to All, Full-Year Discount Available

January 16th–February 16th: If you wish to get the full-year discount we must receive your check by February 16th. (If your desired pick-up site is full we will return your check and put you on our 2009 waiting list.)

See above prices, plus:

4-week trial for *new members only* (veg only): \$88

4-week trial (veg + flowers): \$120

Tier 4 Registration—Open to All, NO DISCOUNT AVAILABLE

February 17th–end of season: Open to all, as spots are available. Contact the office first to see if there is space available at your pick-up site.

Full year (vegetables only): \$792

First 9 weeks (veg only): \$198

Full year (veg + flowers): \$1080

First 9 weeks (veg + flowers): \$270

4-week trial for new members only (veg only): \$88

4-week trial for new members only (veg + flowers): \$120

Checks should be made out to Two Small Farms and sent to PO Box 2065, Watsonville, CA 95077.

If you have questions about 2009 sign-up policies, e-mail or call Shelley and Caty in the office (csa@twosmallfarms.com or (831)786-0625). We hope to have room for everybody who wants to join in 2009. But please sign up early so that you can have your spot guaranteed. Thank you for being a part of our CSA community!