



TWO SMALL FARMS

Community Supported Agriculture

July 16, 17, 18 2008

Andy's Pepper Note

Hi everybody. In this week's share box you will receive one of the three following peppers; Pimiento de Padron, Friarelli, or Gypsy. My plan is that over the weeks to come everyone will receive each kind of pepper so they can get to know them all. Today I'll give you some background information on each kind that can help you understand how to use and enjoy them. A picture is worth a thousand words so we're putting some photos on line too. I look forward to pepper season, and I hope you enjoy these as much as I do.

1. Padron is a little town in Galicia in northern Spain. Fifteen years ago Julia and I took our honeymoon in Galicia and we passed through Padron, but at that time I did not know their pepper and I kept on driving. Chris Cosentino, the chef at Incanto in Noe Valley, up in San Francisco, turned me on to growing Padrons. He brought me the seed, taught me how to pick them, and then showed me how to cook them. The town of Padron is at the end of a long, fjord-like inlet from the Atlantic Ocean that the Spaniards call a *ria*. The climate is cool and maritime. The landscape greatly resembles the Monterey Peninsula, and I felt very much at home. Because Galicia has many seaports, the Gallegans were among the first Spaniards to experience the various new vegetables from the Americas that the conquistadores brought back. Spanish food is very different than Mexican, Cuban, or Peruvian food. Spaniards have no marked appetite for the spicy *ajis*, or chiles of the New World. In fact, the name "pimiento de Padron" preserves that Columbian fantasy that a sea route to the Indies had been discovered. Pimiento means pepper, as in black pepper, or *Piper nigrum*, the pepper corns from India that we grind up over scrambled eggs. The fruits we know as chili peppers are in the tomato family, and are only related to peppers to the same degree that you or I are related to butterflies. Yes, we're not rocks, but that's about where it ends. Padron peppers are extremely spicy if they're left to mature on the plant. Spanish farmers in Padron learned to pick these peppers when they're quite small, tender, and immature. Picked young, the pimiento di Padron is barely piquant. The easiest way to cook Padron peppers is to fry them over high heat until they're just blistered, then sprinkle them with salt and serve as an appetizer with a crisp white wine. I like to slice them in slivers, fry them briefly, and then cook them with eggs. I've also enjoyed them grilled over the coals, then salted.

2. I didn't know about the Friarelli pepper until Victoria, from A-16 Restaurant in San Francisco's Marina district, brought me some seeds. Basically, the Friarelli is treated in exactly the same way as the Padron—toasted, or fried, then salted, and serves as an appetizer. The Friarelli is different in that it will never become spicy. When allowed to mature, the Friarelli pepper becomes a long, sweet-fleshed red pepper. We will have some much later in the year and you will barely recognize them.

3. The Gypsy pepper is a sweet pepper, not unlike a small Bell pepper. Gypsies are yellow at first, gradually turning orange, then red, and they're never spicy. I like to take Gypsies and slice them very thin into slivers and cook them alone or with onions. When they're red they roast well over coals, but when they're yellow I have more success cooking them in a skillet. As they cook, the Gypsies caramelize, and they go well with tacos, eggs, fajitas, potatoes, rice, or beans. Later in the year we will have Gypsies that are multicolored, and then they're a feast for the eyes even before dinner is made.

Last Chance to Renew

This week is the last paid week for those on the 9 week cycle. If you have not yet renewed, please send in your check now AND contact Shelley immediately (831/786-0625 or csa@twosmallfarms.com) to reserve your spot. We have begun filling openings with people from our waiting list, but we really don't want to drop anyone who wishes to continue receiving vegetables, so please make sure we know if you want to continue. Thanks!

9 Weeks: \$180 for veggies or \$234 for veggies plus flowers.

18 Weeks (to end of season): \$360 veg./ \$468 with flowers.

This Week

Peppers (Padron, Friarelli, or Gypsy) ^{MF}

Baby Leeks ^{HG}

Lettuce (Red Leaf, Romaine, or Butter) ^{HG}

Cabbage or Cauliflower ^{HG} Bok

Choy ^{HG}

Beets or Red Chard ^{MF}

Onions ^{MF}

Carrots ^{MF}

Summer Squash ^{MF}

Fruit Mystery ^{HG, *}

Flowers: Mixed ^{HG}

Notes and Recipes

Store everything in the fridge this week.

You will receive one of 3 types of peppers this week. Andy plans on flipping it so you'll receive another kind in 2-3 weeks. All three are not at all spicy! Ok, I confess, the padrons are the 'Russian roulette' tapas bar peppers where one pepper in 20 is a bit spicy. The friarelli aren't at all spicy, and neither are the gypsy peppers. The web pages have photos so you can tell what you have (mariquita.com/recipes/peppers.html). We also have gorgeous colored, thick-walled sweet bell peppers that will be ready in a month or so.

What Marguerita from San Jose Would Do with This Week's Box: I'd use the cabbage, onion & carrots for a tangy coleslaw recipe from *Cooking Light* (see below). I'd slice the remaining carrots and serve with hummus for a simple appetizer. For a dessert my boys absolutely love, I'd slice the strawberries, sprinkle with brown sugar & top with a dollop of sour cream. I'd use the bok choy for some sort of stir-fry dish & serve with white or brown rice. Lettuce will be used for salads & the peppers will likely be used in a chili or some sort of Mexican casserole dish. Since I haven't eaten my potatoes from last week, I'll use the leeks to make a Leek & Potato Soup. I know potato soup is typically a fall recipe, but my boys (11 & 13) love potato soup year round. I like the recipe from the *Vegetables Every Day* cookbook from Jack Bishop.

What Alice E. Might Do with the Box This Week: I'm on a special diet right now, so many of the things that I cook are two different versions: one for my husband and one for me. We both like stir fries, so I'll chop the bok choy, 1/2 head of cabbage, onions, and shred some carrots. That will all go into two "holding tank" bowls, one for hubby and one for me. I'll cube a pound of extra firm tofu for his version and stir fry that with his bowl of vegetables very quickly so that the veggies are still crisp. For my stir fry, I'll slice up a chicken patty and stir fry that with my bowl of veggies, also very quickly to retain crispness of veggies. Both get finished with a mixture of soy sauce, garlic chili paste, two TBS cornstarch, and 2 tsp. sugar, split between his and my skillet. Cook briefly to cook the cornstarch and serve over steamed brown rice.

Lettuce will be used either in dinner salads or wrap sandwiches for my husband's lunchbox. I make those with sun dried tomato tortillas spread with low-fat garden vegetable cream cheese then layered with lettuce leaves and sliced turkey. Roll them up and slice in two on the bias. I like to put leeks into risotto, and that's probably where those will go. If not risotto, then probably they'll go into squash casserole (my sister-in-law's recipe), along with the summer squash.

Strawberries will get washed and sliced. I toss those lightly with a little bit of Splenda. I don't know why it does it, but Splenda keeps the strawberries nice longer than leaving them without it or putting sugar on them. It doesn't draw out moisture and leave them limp like sugar does, but it does mix with the juice nicely. We'll divvy these up between the two of us. I'll eat mine with a crumbled Nutrisystem white chocolate chip cookie and some homemade vanilla yogurt. Hubby eats his with some Chessmen cookies crumbled and a whole truckload of whipped cream.

Leek & Potato Soup, adapted from *Vegetables Every Day*, by Jack Bishop

4 med leeks or 1 bunch small	2 TBS extra virgin olive oil
1 lb potatoes (peeled & cut into 1/2" dice)	4 cups stock
1 bay leaf	salt & freshly ground pepper
2 TBS minced fresh parsley	

Wash thoroughly, cut lengthwise, and thinly slice leeks. Sauté leeks in oil over medium heat until tender & golden (not browned) for about 10 min. Add potatoes, stock, bay leaf, and salt & pepper to taste. Bring to boil, reduce heat & simmer until potatoes are tender, about 25min. Remove bay leaf. Puree with an immersion blender or crush potatoes with the

back of a wooden spoon, leaving some potatoes chunks intact. Stir in parsley.

Tangy Mustard Coleslaw, *Cooking Light*, June 2008

7 cups finely shredded green cabbage	1/2-1 cup thinly sliced onion
1 cup grated carrots	

Combine above ingredients in a large bowl.

For the dressing, combine:

1/4 cup white wine vinegar	2 TBS sugar
2 TBS whole-grain mustard	2 TBS reduced-fat mayo
1/8 tsp salt	1/8 tsp ground black pepper
1/8 tsp ground red pepper.	

Stir well with a whisk. Toss with cabbage mixture, toss well to coat, and chill for 20 min. Stir before serving.

Alice's In Law Squash Casserole Recipe

3 cups cooked chicken	4 cups cubed zucchini (you can use any summer squash)
1/2 cup water chestnuts (this is optional, and I never put it in)	1 cup shredded cheddar cheese
1 can cream of chicken soup	1 cup sour cream
2-3 large leeks (or 1 bunch small), sliced or chopped (my own addition to the recipe, and I think it's a good one)	1 package stuffing mix (prepared according to package directions)

Place chicken, squash, and water chestnuts in casserole dish. Mix cream of chicken soup and sour cream together. Spread on ingredients in casserole. Top with prepared stuffing mix and shredded cheese. Bake at 375° for 40 to 50 minutes.

This is not health food, but it is good eats. You can slim it down by using the reduced fat/sodium cream of chicken soup (or make your own béchamel), use reduced or non-fat sour cream, omit the butter when preparing the stuffing mix, and use 2% cheese instead of whole fat. I don't recommend non-fat cheese; it doesn't melt and brown up right.

Kim Chi, adapted from *cooks.com*

1 large head bok choy (or cabbage)	1 head garlic, chopped (yes, that many cloves!)
1/2 cup chopped dried red pepper	3 bunches green onions, tops separated from bottoms
1/4 cup sugar	1/4 cup white vinegar
3/4 cup soy sauce	3 TBS sesame oil
3/4 cup toasted sesame seeds	

Cut cabbage as for coleslaw. Slice bottoms of green onions lengthwise. Mix cabbage and onions thoroughly. In a separate bowl add tops of green onions already chopped with remaining ingredients. Pour into cabbage mixture.

Important: Do not use metal. You can let it set at room temperature until it ferments. I don't like it fermented so I keep it in the fridge. It's up to you. Also you can adjust the peppers in it for however spicy you want it.

Everything in your box and the flowers are organically grown. From Mariquita Farm: peppers, beets, chard, onions, carrots, summer squash. From High Ground: lettuce, leeks, cabbage, cauliflower, bok choy, most mystery, flowers. From Thomas Farm: some mystery (plums).