



TWO SMALL FARMS

Community Supported Agriculture

July 9, 10, 11 2008

Little House in the Redwoods, by Andy

My daughter, Lena, would be a complete vegetarian if it didn't mean eating vegetables. Some of the crops I grow she finds acceptable, like carrots. Celery's ok too, in moderation, and she likes the strawberries from High Ground Farm. But it's white wheat flour in its myriad infinity of glorious manifestations that rocks her boat; wonderful flour tortillas, golden brown waffles, lime-green and neon-pink pan dulces, crusty baguettes, saltine crackers, donuts, pie crusts, pancakes, spaghetti noodles... the list could go on forever.

Lena is eleven, an age when the outlines of life's more graphic conditions begin to come into sharp focus. Since she's growing up with a vegetable farmer for a father she has plenty of opportunities to face the earthy nature of life, all the more so because on the home ranch I keep a flock of over seventy goats and sheep, plus a pig, two donkeys, two dogs, a cat, three cows and a calf.

"I'm not going to eat anyone I know," Lena says, "and you can't make me!"

I don't try to make Lena eat meat. I do try to get Lena to eat more vegetables, especially green ones. Lena attends Mount Madonna School, which is run by the Mt. Madonna Center, an Ashtanga yoga ashram in the Santa Cruz Mountains inspired by the ever silent guru Baba Hari Dass. The Mt. Madonna school cafeteria has a Hindu based ethic of vegetarianism, and they provide vegetarian meals for Middle and High School students. Kids who don't want to eat what the school offers can bring whatever they want from home for lunch.

This past year Lena was in fifth grade so she had to bring a lunch from home, and she chose to pack herself vegetarian meals. As a vegetable farmer I'm happy every time Lena eats a vegetarian meal, but I'm especially happy when it contains vegetables. I raise Dexter cattle, which are an Irish dual-purpose meat/milk breed of cows, so I'm no Hindu, but I'm proud that Lena's choice to eat vegetarian lunches reflects the respect and pride she has for her school.

Lena's tired of hearing me remind her that vegetables not only nourish our bodies, but at our house vegetables also pay for the clothes on our backs, put fuel in our car's gas tank, and buy us the bread we crave. Our cows not only eat grass, they consume some of our cull vegetables, so you could say that we even owe the milk we drink to veggies. Maybe Lena would be happier if Julia and I lived in the Dakotas where I could raise grain. That way Julia could grind her own flour fresh out of the combine, but fresh green vegetables imported from California would be so expensive we'd have to carefully ration

Time to Renew

We are approaching the halfway point in our CSA season! The third quarter starts July 23rd-25th. If you're on the 9-week schedule, please send in your \$180 for just veggies or \$234 for veggies plus flowers for the next session. Or send \$360 for veggies/ \$468 with flowers through the end of the year.

Since we have a waiting list, it is important that you let us know whether you are continuing by **Monday, July 14th** and mail your checks in time for them to reach our office by **Friday, July 18th**. E-mail or call Shelley anytime at (csa@twosmallfarms.com or 831/786-0625).

them out. As it stands, it appears as though Lena wants to prove Jesus was wrong and girls can live off bread alone if there's some butter in the fridge. And cheese. Lena likes dairy products.

I milk Kelsey, one of my Dexter cows, every morning, and turn her out into the pasture so that she can suckle her calf, Jezzie, for the rest of the day. "Would you like to learn how to milk a cow this summer?" I asked Lena one evening at the dinner table.

"Do I look like I want to get up at dawn and squeeze a cow?" Lena retorted, as if nothing could be weirder than drinking stuff that drains out of a cow as the sun rises over the redwood trees and the birds sing. I knew she was trying to provoke me into a rant so that she could roll her eyes and pass out from boredom. I obliged her.

"We're lucky we have cows," I started in. Lena took a deep breath to oxygenate her blood so she could remain awake long enough to make a rebuttal. "Because if someday we can't sell our vegetables and we run out of money, or there's a fuel crisis and we can't buy propane for the stove, we can still bake Indian style flat bread over the coals in our

back yard." Lena wasn't expecting this approach. She likes flat bread, but she was on alert.

"Because cows aren't just good for giving milk," I told her. "I can learn how to grow wheat. And in the apocalyptic gloom of super-high gas prices you can learn to get out of bed at dawn, grab a wheel barrow and a manure fork from the barn, and forage in the fields and forests for dried cow pies."

"Eeeew!" she cried out. "That's disgusting!"

"With their four stomachs," I continued, "cows are able to digest roughages like pasture grasses that humans can't utilize. Our stomachs are quite similar in structure to a pig's. But even cows can't convert all the cellulose from the plants they eat into available nutrients, and enough of it passes through in their excrement so that cow manure, when dried, burns with a

This Week
New Potatoes ^{HG}
Romaine Lettuce ^{MG}
Young Spinach ^{MF}
Scallions ^{HG}
Cilantro (Wed) ^{MF}
Greek or Genovese
Basil (Th/Fr) ^{MF}
Baby Turnips ^{MF}
Mystery ^{HG}
Mystery ^{MF}
Flowers: Mixed Bouquet ^{HG,*}

clear, odorless flame that is neither too hot, nor too feeble. Cow pies are not only a cheap, locally produced, organic renewable resource, but they're also an excellent traditional fuel for cooking flat bread!"

"I'm not going to eat anything cooked with poop!" she said. "Normal people with normal families don't have to do that!"

"You should check in with billions of Indians and Africans," I told her. "Or even with your own pioneer ancestors who lived in little sod houses on the Canadian prairies and cooked flapjacks over buffalo chips. Besides, "normality" changes with the times. It used to be normal in the United States to eat a diet based on beef from cows that had been fattened on corn in feedlots. Now that's changing, and more people are recognizing how eating more vegetables every day is good for our bodies and the environment."

"Snore," she said.

"Look, kiddo, "I said. "There are moms all over America who'd love to feed their children delicious organic vegetables like the ones on your plate if they could only afford them." Lena's head rolled back in agony but I was having too much fun to stop. "And anyway, I only gave you a spoonful of spinach, so buck up! It's like Michael Pollen says; 'Eat food. Not too much. Mostly plants!' Kelsey and Jezzie do, and if you won't, you don't get any cookies for dessert."

copyright 2008 Andy Griffin

Veggie Notes and Recipes

Store everything in the fridge, including new potatoes. Top the turnips for storage, the roots store better without the greens. Eat turnip greens in the first day or two: they are a great cooking green but they don't hang out for long. Wash the spinach. Eat the potatoes within a week; they are 'new' potatoes, so the skins haven't hardened.

Basil storage: Try to find the 'warmest' place in your fridge—maybe the door or be the produce drawer. In my own fridge, the back of the fridge tends to get coldest. I've tried recently wrapping the basil bunch in a damp clean cloth (an old clean cloth napkin) and putting that in the vegetable crisper. It worked for me! You can also try keeping your basil as a flower bunch in a jar of water. I don't recommend drying basil: it's best used up or made into pesto and frozen.

What Elizabeth from San Jose Would Do With This Week's Box: Julienne fennel and toss in a spinach salad with a bit of sliced apple, some toasted pecans and a basic vinaigrette. Grill summer squash or peppers and new potatoes with a bit of olive oil, salt & pepper; maybe use the peppers as crudités.

Whatever herb is in the box will go into green goddess dressing, using any herb in place of chives in the recipe below. There's only one thing to do with romaine: Caesar salad with my mom's dressing recipe (fish-haters may want to cut down on the anchovies but they aren't really noticeable as "fish" once they've been pureed with everything else).

Elizabeth's Mom's Caesar Salad

1 large clove garlic	¼ cup olive oil
4 anchovy fillets from tin (freeze remainder)	2 TBS grated Asiago cheese (or Parmigiano)
2 TBS lemon juice	1 raw egg yolk
1½ tsp Worcestershire sauce	1/8 tsp ground pepper

Blend all of the above ingredients in food processor or blender. Toss with 1 head of Romaine lettuce, broken and garlic croutons.

Green Goddess Dressing, *Bon Appetit*, March 1997

½ cup mayonnaise	½ cup sour cream
1/3 cup coarsely chopped chives (or cilantro or basil!)	1 green onion, coarsely chopped
1 garlic clove, peeled	1 TBS tarragon
1 tsp. chopped fresh tarragon or ½ tsp. dried	1 tsp. sugar
1 tsp. Worcestershire sauce	white wine vinegar

Combine all ingredients in blender and blend until smooth. Season dressing to taste with salt and pepper. (Can be prepared 3 days ahead. Cover and refrigerate.)

Spinach Recipe from Spanish chef, Jose Andres, submitted by Natalie Sierra

2 TBS extra virgin olive oil	1 golden delicious apple, peeled, cored and cut into small cubes
¼ c. pine nuts	~10 oz. baby spinach, washed
¼ cup seedless raisins	½ tsp. salt

Heat olive oil in a large pot over a high flame. When the oil is very hot, add the apple cubes and cook until they are browned (takes only a few minutes). Add the pine nuts and let them toast (about 30 seconds). Add raisins and salt and stir. Add the spinach, mix and sauté very quickly until the spinach starts to wilt. Remove the pot from the heat; spinach will continue to wilt. Add salt as needed. Serve immediately. Yum!

Turnip French Fries adapted from Mr. Neep

Chop the turnip into french-fry strips and lightly coat with oil. Place on a flat baking sheet and sprinkle with sea salt. Bake at 350-375°F for 20 minutes. Try different seasonings: basil, parsley, sea salt or a touch of cayenne and sea kelp.

Basil Pesto

Julia's note: I like cilantro pesto at least as much as basil pesto. Try simply making the recipe below but use cilantro, it's just really good! You can also change the type of nut and or cheese you use, find your favorite combination. I've tried macadamia nuts, goat cheese, feta cheese... etc.

3 TBS pine nuts or almonds, lightly toasted	1 Cup lightly packed basil leaves
2 TBS Italian parsley leaves	1 lg. clove garlic, thinly sliced
1/3 Cup olive oil	parmesan cheese
salt	

In a food processor (or blender), combine nuts, basil, parsley, and garlic. Pulse, until well chopped. With motor running, add oil in a stream. Transfer mixture to a bowl and stir in cheese and salt to taste. Store with a thin layer of oil to keep fresh and green. (The parsley helps keep the bright green color too.)

Everything in your box and the flowers are organically grown. From Mariquita Farm: spinach, basil, cilantro, turnips, mystery (peppers or squash). From High Ground: romaine, potatoes, scallions, mystery (cauliflower, strawberries, or summer squash), flowers. From Thomas Farm: some flowers.