



# TWO SMALL FARMS

## Community Supported Agriculture

August 13, 14, 15 2008

### Solar Note, by Andy Griffin

Sometimes going backwards is the right direction to be taking, especially if it's the power meter that's in reverse. This week at Mariquita Farm that's exactly what happened. IES, or Independent Energy Solar Systems, just finished installing our six pole mount solar panels. Now, every time the sun comes out our PG&E meter starts running backwards and we sell energy to the grid. At night time we're back on the grid as customers, but the overall flow is in our favor. This is a good thing, because we use a lot of energy at Mariquita Farm and it costs a lot of money. We have a walk-in cooler that's turned on all day and all night long, all year long. There are two pumps on the property, and one of them runs every day to irrigate the herb plantings, the green house, and keep the animals' water troughs full. Also, the Two Small Farm's office is at our home ranch, and it's a tangle of computers, phone machine, and cell phone rechargers. Plus, since the office is in a trailer, when Shelley and Caitlin aren't roasting to death and running the fans, they're freezing to death and running the heater. Then there's the fact that Julia, Graydon, Lena and I live here, and some of us forget to turn off lights. All the facts and figures that have been marshaled to date suggest that our investment in solar power today will pay for itself in five years, assuming energy prices stay the same. Who knows? Maybe power will get cheap all of a sudden and our investment will prove to have been silly and idealistic. If so, we'll just have to suck in our pride and try to feel good for putting our home ranch on solar and doing our part to get America off oil.



### Dinner in the Field This Sunday!

There's still space available for the Dinner in the Field, benefiting Open Space Alliance and Slow Food Monterey, at High Ground Organics in Watsonville, featuring Guest Chef Jozseph Schultz of India Joze. Join us for this rare chance to enjoy Jozseph's cooking, as he prepares his extraordinary cuisine using only locally grown, organic food. We'll dine outside at High Ground Organics Farm, get a private tour of the natural-resource easement along Harkins Slough, and see the latest progress on the habitat restoration projects. Ticket price is \$125 per person (\$75 of it is a tax deductible donation) for a 5-course meal including wine. For reservations contact OSA: (831)423-0700 or [osa@santacruzosa.org](mailto:osa@santacruzosa.org).

### Notes and Recipes

*Storage notes:* Top the carrots and store the orange roots without the tops; they last longer and stay crisper without their greens. Eat the chard within 1-4 days if possible, and the leeks and squash within a week. You will get 'summer stuff' from the Mariquita fields: if you get tomatoes they don't go into the fridge for best results. One suggestion is to store them in a wide bowl on your counter.

#### Pat's Baby Leeks

I lightly braise them in a skillet in a little water. Then, while they are hot, I put them on a platter, dress them in a good vinaigrette and crumble some sheep feta on top with cracked pepper. This is one of my 11 year-old's favorite foods. I learned the recipe in

France, where leeks are the poor man's asparagus.

## This Week

**Erbette Chard** MF

**Baby Leeks** HG

**Potatoes** HG

**Carrots** HG

**Summer Squash or Other** MF

**Strawberries OR Broccoli**

**OR Romanesco** HG

**Mystery** MF

**Mystery** MF

**Flowers: Mixed Bouquet** HG

**Chard in Dijon Mustard Sauce**, from *More Recipes from a Kitchen Garden*, Shepard & Raboff (my favorite chard prep! -Julia)

2½ TBS olive oil	1 lg. bunch green onions, chopped
2 cloves garlic, finely chopped	1 bunch chard, finely shredded, including stems
½ lb. mushrooms, sliced	1 TBS Dijon mustard

Heat the oil in a large skillet. Sauté the green onions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately.

**Zucchini Peanut Noodles**, adapted from *The Mediterranean Way* by Waston and Thelander

Julia's note: the original recipe called for 1.5 pounds of chicken: strips of skinless breast meat. In my own kitchen I rarely/never cook chicken since I can't find a good source: so much chicken, even the 'free range' and 'organic' chicken isn't raised in truly humane ways, I just stay away from all of it. You can add the chicken, or tofu, or another kind of meat or fish if you like. I just upped the veggies in the recipe to soak up all the delicious sauce!

10 ounces dried rice stick noodles	3 TBS peanut or other cooking oil
3 carrots, scrubbed and julienned (can be shredded)	1 onion or large leek or a few small leeks, cleaned and chopped
3 zucchini, julienned (can be shredded)	½ bunch chard or other cooking greens, cleaned and chopped for cooking
2 cups Indonesian Peanut sauce (recipe below, or purchased if you're in a hurry), hot	Optional toppings: chopped peanuts, chopped green onions, chopped cilantro, lime juice.

Soak the rice noodles in boiling water for 10 minutes, then rinse under cold water and set aside. Heat a large skillet (or wok) over med/high heat then add the oil. Cook the onion/leek for 1–2 minutes, until beginning to soften. Add the carrots and toss with the onions for 1 minute or so, then add the zucchini for another minute of cooking and tossing around. Add the chard and noodles all at once and toss to combine and heat through. (The chard will cook quickly.). Pour in the hot peanut sauce, mix, and serve. Add optional toppings if you like!

**Indonesian Peanut Sauce**

1 TBS cooking oil such as peanut or canola	2 cloves garlic, finely chopped
½ tsp. shrimp paste OR 1 TBS fish sauce	1 cup coconut milk
1 cup water	6 TBS natural peanut butter
4 TBS soy sauce	4 tsp. brown sugar
½ tsp. sambal oelek (Indonesian chile sauce), or ¼ tsp. chili powder	1 TBS freshly squeezed lime or lemon juice

Heat the oil in a skillet over medium heat. Add the garlic and shrimp paste and cook, stirring constantly to dissolve the shrimp paste, for 1 minute. Add the coconut milk, water, peanut butter, soy sauce, sugar, and sambal oelek and bring to a boil. Reduce heat and simmer, stirring regularly, until the sauce reaches a creamy consistency, 10 to 12 minutes. Add the lemon juice, and stir to combine.

**Unfried French Fries**, adapted from *In the Kitchen with Rosie* by Rosie Daley

2 lb potatoes	oil cooking spray
2 egg whites	1 TBS cajun spice, or chile or curry powder

Preheat oven to 400 degrees. Slice each potato into ¼ inch ovals lengthwise then each oval into matchsticks. Coat a baking sheet with 3 sprays of the oil spray. Combine egg whites and spice in a bowl. Add the potato sticks and mix to

coat. Pour the coated potatoes onto the sprayed baking sheet (I use a jelly roll pan) and spread them out into a single layer, leaving a little space in between. Place baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately.

**Rumpledethumps** (also known as Colcannon), adapted from *Sundays at Moosewood Restaurant*

2–2½ pounds potatoes	2½ cups chopped cabbage
2 leeks, washed and chopped	2½ cups coarsely chopped broccoli
6 TBS butter	¼ tsp. mace
salt and pepper to taste	¾ cup milk
1½ cups grated cheddar cheese	

Peel the potatoes, cut them into chunks, and boil them in salted water for 15 minutes. Meanwhile, steam the cabbage, leeks, and broccoli. Melt 2 TBS of the butter and stir in the mace. Mix the seasoned butter and salt and pepper to taste into the steamed vegetables. Drain the potatoes and mash with 2 TBS butter, milk and salt and pepper to taste. Stir in the seasoned veggies and mix evenly. Spread in an oiled 13X9 inch baking pan. Melt the remaining 2 TBS butter and drizzle it over the potato mixture. Sprinkle the top with the grated cheese. Place under the broiler for 3–4 minutes or until the cheese is browned and bubbly. Serves 6.

**Carrot Salad with Lime and Cilantro**, from *Gourmet*, April 1999

4 medium carrots	1 tablespoon fresh lime juice
1/8 teaspoon finely grated fresh lime zest	2 tablespoons finely chopped fresh cilantro leaves
1 teaspoon vegetable oil	Garnish: fresh cilantro sprigs

Finely shred carrots and in a bowl toss together with remaining ingredients and salt and pepper to taste. Serve salad garnished with cilantro. Serves 4.

**Broccoli and Carrots in Lime Dressing**, from *Moosewood Cooks at Home*

Slice 2 carrots thinly on the diagonal. Take 3 stalks broccoli and cut the heads into florets. Peel and slice the stalks on the diagonal. Bring about 2 inches of water to a rapid boil in a covered pot. Add the vegetables, cover, and simmer for about 5 minutes, until tender but firm.

Mix together 1 TBS dark sesame oil, 1 TBS soy sauce, 2 tsp. honey, 3 TBS fresh lime juice (1 lime), salt and pepper to taste, and a dash of chili oil or Tabasco (optional).

Drain the vegetables, plunge into cold water, drain again, and chill until ready to serve. Toss with dressing just before serving.

*Everything in your box and the flowers are organically grown. From Mariquita Farm: chard, zucchini, two mysteries (tomatoes, eggplants, summer squash, cucumbers, cranberry shelling beans, sweet peppers). From High Ground: potatoes, leeks, carrots, strawberries, broccoli, romanesco, flowers.*