



TWO SMALL FARMS

Community Supported Agriculture

September 24, 25, 26 2008

About Piquillo Peppers, by Andy Griffin

Every week we try to put a vegetable in the box that offers something a little different. This week we have the Piquillo pepper to introduce.

If we were a Spanish farm, and you all were Spanish consumers, the Piquillo would be an everyday pepper, but here in the US they're still largely unknown. Sometimes you can find them canned in Mediterranean delicatessens.

Piquillos are somewhat spicy, but hardly overboard with the burn. Don't confuse the Spaniards or their cuisine with Spanish speaking Americans with their "New World" traditions; the Spanish palate is very European and Spanish cookery treats hot peppers with respect and moderation and uses them sparingly.

Piquillos are typically roasted before using. Burn the peppers quickly over high heat, let them cool, then peel off the outer, charred tissue. The seeds are removed, and the roasted flesh is used to flavor soups, or cut into strips and added to salads, draped over crackers, cooked with eggs. If you enjoy the Piquillo peppers and you keep a garden, save the raw seed and plant your own plants next spring. The seeds are not yet widely available, and I had a chef, Bruce Hill of Picco in Marin, smuggle my supply in his socks.

Notes and Recipes

Another Piquillo Pepper Note from Julia:

Piquillo peppers are great for stuffing. I tried cooking them without peeling and it didn't work: they **MUST** be roasted and peeled then used in any way you like: the peel is tough otherwise. These peppers are just a tad spicy (hardly at all, really) 'piquillo' means just a little (just a little heat!) When you roast and peel them, you can then stuff them with a soft cheese stuffing, or a finely chopped fish/smoked fish stuffing, etc. My friends roasted and served them just like that: and we peeled them at the table: it worked great. These peppers have a delicious flavor!

What Jonathan would do with this week's veggies: (Jonathan is a former CSA member and current private chef in Santa Monica): Here's a great little salad I picked up somewhere that is a fantastic meal and works well for taking to work or school the next day:

Everything in your box and the flowers are organically grown. From Mariquita Farm: tomatoes, piquillo peppers, lacinato kale, mystery. From High Ground: lettuce, scallions, fennel, dill, mystery, flowers. From Thomas Farm: some flowers.

Salad

(Veggies used: lettuce, scallions, fennel, dill, tomatoes, cucumber, pepper, carrot)

1 cup beans of choice (last night I used adzuki), soaked 4 hours	1 cup grain of choice (I like to use spelt here)
1 or 2 carrots, diced	1 red pepper, diced
1 small bunch dill, chopped	½ bunch parsley, chopped
1 small fennel, sliced	1 cucumber, diced
1 bunch scallions, chopped	½ cup mayo
¼-1/3 cup cider vinegar	1 cup tofu (or cheese), diced
salt & pepper	lettuce
tomatoes, sliced	

Boil the beans and spelt in separate pots in plenty of salted water until they are cooked to your liking (usually 40-60 minutes). Drain and combine in a bowl; allow to cool. Combine with the remaining ingredients up to the lettuce and mix. Check for seasonings.

Serve on chopped lettuce with some sliced, salted tomatoes on top.

Use for a work/school lunch the next day without the lettuce. Yum.

Kale and Fennel

I like to use my kale with the fennel bulb in a sauté that can then be used in several dishes. Here's the basic sauté, then some suggestions for uses.

(Veggies used: kale, fennel)

1 onion, chopped	1 garlic clove, minced
1 fennel, sliced or chopped	1 bunch kale, chopped
pinch red chili flakes	S & P

In a generous amount of olive oil, sauté the onion until quite soft, but not yet brown. Add the fennel and garlic and cook until soft and the onion is beginning to brown. Add the kale and plenty of salt and the chili flakes. Cook until the kale is cooked to your liking. Season with pepper.

From here you can do any number of things:

- use as basis for a savory bread pudding. Combine with a custard and bread and bake an hour.
- combine with some cooked beans or cooked rice.
- eat on its own or garnish with something exciting like pancetta, tomatoes, cheese, or cornbread croutons
- use as a stuffing for squash or even peppers and serve with polenta or lentils

This Week

Piquillo Peppers ^{MF}

Lettuce (romaine, red leaf or little gem) ^{HG}

Tomatoes ^{MF}

Scallions ^{HG}

Fennel ^{HG}

Dill ^{HG}

Lacinato Kale ^{MF}

Mystery ^{MF}

Mystery ^{HG}

Flowers: Mixed Bouquet ^{HG,*}

Pumpkin Patch October 4th at High Ground Organics

Come out to High Ground's home farm to pick your pumpkins Saturday, October 4th, 11:00 AM to 3:00 PM. We have jack o'lantern and cinderella (French Soup) pumpkins and some baby bears (the squirrels took their share of baby bears this year). Pumpkins will cost 40¢/pound. *CSA members and guests only.* It's a lovely time of year to come out and the pumpkins are tucked between our new apple orchard overlooking Harkins Slough. Wear long pants and close-toed shoes. Please supervise children around the young apple trees. Note: this event is at our home farm, not at the Redman House Farmstand, though we will have pumpkins available to purchase at the farmstand soon. For directions, please go to the website at www.highgroundorganics.com/farmevents.html.

Stuffed Piquillo Peppers

Piquillo Peppers are great for roasting, but they are also the perfect peppers for stuffing.

(veggies used: peppers, scallions)

1 cup rice	4 oz fresh goat cheese
1 bunch scallions, chopped	1 garlic clove, minced
4T parsley, chopped	4 red peppers, tops cut off and reserved

Cook your rice. Sauté the scallions and garlic briefly in olive oil to your desired doneness. Combine with the goat cheese and parsley. Add the goat cheese mix to the cooked rice and stuff the peppers with it. Put the tops back on the peppers and roast until the peppers are nice and soft, and are as cooked as you like them. Serve these on some lentils cooked with saffron and some quality pork product like Serrano ham, or pancetta, or just good bacon.

Thai Green Curry with Vegetables (uses broccoli, squash, eggplant)

2.5 tsp coriander	1.5 tsp cumin
1 tsp black pepper	3-4 Thai green chilies or 2 serranos chopped
4 shallots chopped	10 garlic cloves chopped
One bunch cilantro (including stems)	2" fresh ginger peeled and chopped

Blend first 8 ingredients in blender with about ½-¾ cup water. Blend until smooth.

2 cups chicken broth	2 cups coconut milk (unsweetened)
One bunch of cilantro (including stems)	

Combine chicken stock and coconut in sauce pan, boil and reduce by half. Then, add to blender along with second bunch of cilantro to taste. Blend until smooth.

One bunch of Broccoli (bite-size pieces)	Squash, peeled & chopped
Eggplant, diced (bite-sized pieces)	2 TBS-¼ cup fish sauce
Lime juice to taste	S & P to taste
cilantro for garnish	

Blanch vegetables in boiling salted water. Re-heat green curry and then add vegetables. Heat through; add fish sauce to taste. Garnish with cilantro and lime juice. Add salt and pepper to taste. Serves 4-6.

Orzo with Feta, Tomatoes, and Dill, adapted from *Gourmet*

Makes 4 to 6 (side dish) servings

3 TBS extra-virgin olive oil	2 cups chopped tomatoes, or cherry tomatoes: halved
½ cup chopped dill	1 teaspoon grated lemon zest
1 cup orzo	1½ cups crumbled feta (6 ounces)

Toss together oil, tomatoes, dill, zest, and ½ tsp. each of salt and pepper in a large serving bowl. Let stand at least ten minutes. Meanwhile, cook orzo in a pasta pot of boiling salted water (1½ TBS salt for 4 quarts water) until al dente. Drain orzo and toss with tomato mixture. Add feta and toss again.

Tomato and Dill Soup, adapted from Nava Atlas, *Vegetariana*

2 onions, minced	2 TBS chopped green chilies
2 cloves garlic, chopped	2 cups stock
1 tsp. olive oil	2 tsp. fresh dill, chopped
4 cup chopped plum tomatoes	2 TBS chopped fresh cilantro
1 cup diced sweet red peppers	½ tsp. Cayenne
¼ cup diced celery	¼ tsp. cumin

Combine all ingredients except dill, cilantro, cumin, cayenne & salt. Bring to a boil & simmer for 25 minutes. Let cool slightly, then puree. Stir in remaining ingredients with some salt & pepper. Serve warmed or chilled.

Kale or Chard Pie, adapted from *How to Cook Everything Vegetarian* by Mark Bittman

2 TBS butter, plus more as needed	About 8 large kale or chard leaves, thinly sliced
1 medium onion, sliced	Salt and freshly ground black pepper
2/3 cup chopped dill, OR 1/4 cup mixed chopped herbs such as thyme, rosemary, parsley	3 hard-cooked eggs and 3 uncooked eggs
1 c. whole-milk yogurt or sour cream	3 TBS mayonnaise
½ tsp. baking powder	1 1/4 c. flour

Directions: Preheat the oven to 375 degrees. Put the butter in a large skillet, preferably nonstick, over medium heat. A minute later, add the kale and onion. Sprinkle with salt and pepper and cook, stirring occasionally, until the leaves are quite tender, about 10 minutes; do not brown. Remove from the heat, add the herbs, then taste and adjust the seasoning. Shell and coarsely chop the 3 hard-cooked eggs. Add to the cooked kale mixture and let cool while you make the batter. Combine the yogurt, mayonnaise and 3 uncooked eggs. Add the baking powder and flour and mix until smooth. Lightly butter a 9- by 12-inch ceramic or glass baking dish (a 9- by 13-inch would also work.) Spread half the batter over the bottom, then top with the kale filling; smear the remaining batter over the kale, using your fingers or a rubber spatula to make sure there are no gaps in what will form the pie's top crust. Bake for 45 minutes; it will be shiny and golden brown. Let the pie cool for at least 15 minutes before slicing it into as many squares or rectangles as you like. Eat warm or at room temperature. Serves 4 to 6.