



TWO SMALL FARMS Community Supported Agriculture

July 28-30, 2010

Some Pictures from the Farm this Week, by Jeanne Byrne



Sunburst patty pan squash



Who needs a horse?!



Peter Pan squash



Starship patty pan

This Week

Onions ^{MF}

Spinach ^{HG}

Red Beets ^{MF}

Sweet Corn OR Cucumbers ^{MF}

Strawberries ^{HG}

Fennel OR Zucchini ^{HG}

Melons (Chantenais, Yellow Honeydew, or Canteloupe) OR

Tomatoes ^{MF}

Cauliflower OR Broccoli OR

Romanesco ^{HG}

Flowers: Mixed Bouquet ^{TF}



Our first pear!



Rescue ducklings flew away this week and made it safely to Harkins Slough.



An octopus stinkhorn mushroom. Is this cool or what?

Recipes and Notes

(see www.mariquita.com/recipes for more recipes)

How I would Cook up this Box by Terri Fellers of UrbanRecipe.com: Sweet corn from the farm is always a treat, I'll probably just steam it and add a pat of plain butter or lime butter for a twist. My son will be thrilled to eat up a melon as well as the strawberries, they rarely get past him. Tomatoes would be used in salads or a caprese layered with

fresh mozzarella and basil with a drizzle of olive oil and balsamic. Beets will be roasted and tossed with a simple vinaigrette and goat cheese. Spinach, onions and tomatoes go into Spinach Chicken Pasta Salad (recipe below). Zucchini will be julienned and steamed for a few minutes and then tossed with hot pasta, parmesan and drizzle of olive oil. Cauliflower we love roasted in the oven with a light coating of olive oil, salt and pepper, it needs nothing else. Fennel as always would be used in homemade pasta sauce.

Spinach Chicken Pasta Salad, from Terri F.

Dressing:

¼ cup olive oil	¼ cup canola oil
4 TBL apple cider vinegar	2 TBL lemon juice
3 cloves garlic	1.5 tsp. black pepper
1 tsp. salt	6 dashes Tabasco
½ cup grated fresh parmesan	

Salad:

Bunch of spinach	8oz Rotini pasta(cooked)
4oz provolone or Mozzarella cheese	Cherry tomatoes or regular, chopped
2 chicken breasts (grilled and diced, rotisserie leftovers work well here too)	

Place salad dressing ingredients in food processor or blender to combine. Prepare salad ingredients. Toss dressing with salad right before serving, spinach will wilt once dressed.

Quinoa Salad, from Chef Jonathan Miller

1 ½ cup quinoa, rinsed	1 bag baby spinach
2 small cans chickpeas, drained	1 large cucumber, seeded and diced
4 tomatoes, quartered	1 small cauliflower (or broccoli) head, cut into florets and blanched
¾ cup mint, chopped	6 oz feta
¼ cup sherry vinegar	2 tsp. smoked paprika
½ cup olive oil	

Bring the quinoa to a boil with 2¾ cup cold water. Simmer, low and covered, until cooked through and the water has been absorbed, about 15 minutes. Drain if necessary and allow to cool. Combine the spinach, chickpeas, cucumber, tomatoes, cauliflower, mint, and feta and toss with the quinoa. Mix the vinaigrette in another bowl, then toss it with the quinoa salad with some salt and pepper. Check for seasoning and serve.

Pizza Dough, from Chef Jonathan Miller

Use this dough with either of the pizza recipes below.

3 TBL milk	3 TBL water
1 ½ tsp. yeast	pinch sugar
1 TBL olive oil	2 TBL rye flour
2 TBL whole wheat flour	½ cup all purpose flour
½ tsp. salt	

Combine the milk, water, yeast, sugar, and oil in a small bowl. Allow the yeast to dissolve and stir well. Whisk the flours and salt together, then pour in the yeast mixture, stirring until the dough comes together. Lightly knead the dough for a few minutes, then allow it to rest and rise in an oiled bowl until doubled in volume, about 90 minutes. Stretch out into a medium sized round, brush the crust with olive oil and sprinkle some grated parmesan on the edges of the crust. Top as you wish and bake.

Zucchini and Tomato Pizza with Mozzarella,

from Chef Jonathan Miller

2 zucchini, sliced into thin rounds	4 tomatoes, sliced into rounds
olive oil	2 garlic cloves, minced
6 oz mozzarella, grated	3 TBL parmesan, grated
small handful basil, julienned	

Sauté the zucchini on each side in some oil with salt until cooked through, but not too brown. Remove to a paper towel. Toss the tomato slices with a bit of olive oil, salt, and the garlic. Spread the mozzarella onto the pizza dough, then top with the zucchini. Layer the tomatoes on top of the zucchini and finish with the parmesan. Bake at 500 degrees for about 10 minutes. As soon as you pull out the pizza, sprinkle the basil on top, then serve.

Fennel Pizza, from Chef Jonathan Miller

2 fennel bulbs, sliced super thin	¼ cup parmesan, grated
olive oil	3 TBL tarragon, chopped

Roast the fennel slices with some olive oil and a hit of salt in a 400 degree oven until soft, but not too brown, about 20 minutes. Toss with the parmesan. Spread the fennel all over the pizza and bake in a 500 degree oven for about 10 minutes. As soon as you pull out the pizza top with the tarragon.

Melon Salad, from Chef Jonathan Miller

Chill your melon and cut it into large bite sized pieces and toss it with some julienned soprasata and some olive oil and white wine vinegar. Finish with some salt and pepper and serve right away. Super with some goat cheese.

Corn with Chipotle Compound Butter, from Chef Jonathan Miller

Chipotle Rub

8 dry chipotle chiles	6 dry pasilla chiles
1 ½ c kosher salt	25 garlic cloves, peeled
3 TBL dry oregano	

In a skillet, heat a thick layer of corn oil until nearly smoking and fry the chiles one at a time for about a second or two on each side. Do not burn the chiles! Drain on paper towels and when cool, stem and seed them. Cut them with scissors into a food processor and add the remaining ingredients. Process to a shaggy, uniform rub. Keeps covered at room temperature for months.

Corn

8 TBL unsalted butter, at room temperature	2 tsp. chipotle rub
6 ears of corn	

Mix the butter and rub together until uniformly mixed. Steam/boil/grill your corn as you like, then rub the butter on it while it is still warm. Eat warm.

You can use the rub without making it into a butter as well. Use leftover rub for seasoning beef, pork, salmon, or anything else you like to have a smoky/spicy flavor.

From Mariquita Farm: onions, tomatoes, cucumbers, corn, beets, melons. From High Ground Organics: strawberries, fennel, zucchini, spinach, romanesco, cauliflower, broccoli. From Thomas Farm: flowers.