

Two Small Farms Newsletter  
Issue Number 273 - April 21st, 2004

In your box this week:

Arugula  
Scallions  
Beets  
Dill  
Salad  
Bok Choy  
Strawberries  
Radishes

**Initial Veggie  
Notes from  
Julia**

Storage:  
Everything in  
your box  
should be  
stored in the  
fridge this

week. It will all keep better if kept colder. Separate the radish and beet greens from the roots for storage, the roots keep better that way.

To eat within 1-3 days: Berries, salad, radish & beet greens. Eat the radish & beet greens! You can chop them finely and add to a grain salad, a green salad, or cook them up the way you would chard or kale.

What I would do with this week's box: I will make at least one grain/vegetable salad because I love to put dill in there. The general recipe goes: 2-5 cups cooked grain (brown rice, couscous, orzo, cracked wheat....), cooled, vinaigrette made with a little garlic and Dijon mustard, chopped vegetables, and chopped dill. This week I would put in finely chopped radish greens & radishes, some arugula, definitely chopped green onions, because I love green onions, and possibly some raw, fairly finely chopped bok choy stem for crunch. Other possible additions: dried cranberries, chopped kalamata olives, shaved or shredded parmesan cheese, or feta or blue cheese, marinated artichoke hearts, virtually any toasted nuts, or maybe some marinated chopped dried tomatoes. Play with what you have on hand and what sounds good to you.

**More recipes are below....**

**Our best estimates of pick up times for each pick up site!**

<http://www.twosmallfarms.com/Newsletters.pdf/estimatedtimes.html>

**Colorless, Odorless, and Changing the World** by Andy Griffin

Strawberries are back in season along California's central coast which means food sections of newspapers nationwide will be sugared with recipes for strawberry shortcake, strawberry daiquiris and strawberries sliced and splashed with sweet wine. The strawberry industry will be in the papers, too, on the news pages, as growers make their annual plea to the federal government for an extension to the deadline by which the fumigant methyl bromide must be phased out. Environmental activists bitter over our leader's hesitancy to honor commitments to phase out the use of this ozone-depleting chemical can be expected to express outrage at yet another delay. That some of the fumigants proposed as replacements may prove to be even worse for the environment than methyl bromide will stimulate ironic debate. Domestic critics of the science behind the worldwide agreement to ban methyl bromide will say the US is folding to unfair foreign pressure. Pro or con we've heard it all before. Missing, though, because it is a complex issue that cannot be expressed in tiny sound bytes, will be a discussion of the deleterious effects methyl bromide has on our bay area food shed and on local land rent prices.

To read the entire article, it's lengthy this week:

<http://www.ladybugletter.com/articles/Colorless.Odorless.html>

## Recipes

### Chicken, Wild Rice And Pecan Salad In Romaine Spears

adapted from Bon Appetit serves 6

3 Cups chicken broth  
4 oz. wild rice  
1 pound cooked chicken  
1 bunch arugula – chopped  
1/4 cup green onions -- chopped  
2 tablespoons soy sauce  
2 tablespoons rice vinegar  
2 tablespoons sesame oil  
1 cup walnuts or pecans -- toasted and chopped  
1 large or 2 small heads romaine lettuce, or 3 cups baby lettuce greens

For chicken - roasted chicken, skinned, boned, meat cut into 1/2-inch pieces

Bring broth to a boil in medium saucepan. Add rice and bring to a boil. Reduce heat to low, cover and cook until just tender, about 50 minutes. Drain well.

Transfer the rice to a large bowl. Mix in chicken, arugula and green onions. Mix soy sauce, vinegar and oil in small bowl. Pour over salad and mix to coat. Season with salt and pepper.

Mix nuts into salad. Place salad in center of platter. Reserve outer romaine leaves for another use. Arrange inner leaves on platter around salad.

### LEMON COUSCOUS SALAD WITH ARUGULA, SCALLIONS, & DILL

adapted from Gourmet

2 1/4 cups water  
a 10-ounce box couscous (about 1 1/2 cups)  
1/2 teaspoon salt  
3 tablespoons fresh lemon juice, or to taste  
1/4 cup olive oil  
1 bunch arugula, leaves washed thoroughly, spun dry, and shredded fine (about 2 cups)  
3 large scallions, sliced thin  
3 tablespoons finely chopped fresh dill, or to taste

In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, cover 5 minutes. Fluff couscous with a fork and transfer to a bowl. Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and dill and chill for 2 hours or overnight.

More arugula recipes:

<http://www.mariquita.com/recipes/arugula.html>

Bok Choy:

### SHIITAKE BOK CHOY SOUP WITH NOODLES

Editors' note: The original recipe calls for Chinese wheat noodles, but we also like this soup made with somen (Japanese thin wheat noodles) or soba (Japanese buckwheat noodles).

1/2 pound bok choy  
1/2 pound fresh shiitake mushrooms  
6 scallions  
8 grams katsuobushi (dried bonito flakes; about 2/3 cup) (I've used chicken or vegetable broth instead...)  
6 ounces thin Asian wheat or buckwheat noodles

Cut bok choy crosswise into 1/4-inch-thick slices. Discard stems from mushrooms and cut caps into thin slices. Cut scallions diagonally into thin slices.

In a 5- to 6-quart kettle bring 6 cups water to a boil with katsuobushi and boil 1 minute. Pour stock through a fine sieve into a large bowl and discard katsuobushi. Return stock to kettle and add bok choy, mushrooms, and noodles. Simmer soup, uncovered, until noodles are tender, 2 to 5 minutes, depending on type of noodle. Season soup with salt and pepper and stir in scallions.

Gourmet  
February 1999

### CHOY STIR-FRY

1 1/2 tablespoons low-sodium soy sauce  
1 tablespoon dry Sherry  
1 teaspoon oriental sesame oil  
1 teaspoon cornstarch  
2 teaspoons vegetable oil  
3 large garlic cloves, minced  
1 tablespoon minced peeled fresh ginger  
1/8 teaspoon dried crushed red pepper  
3 1/2 cups thinly sliced trimmed bok choy  
1 5-ounce can sliced water chestnuts, drained  
3 green onions, cut into 1-inch pieces  
10 1/2 ounces extra-firm tofu, drained, cut into 3/4-inch pieces

Combine first 4 ingredients in small bowl; mix well. Heat vegetable oil until very hot in heavy large wok

or skillet over high heat. Add garlic, ginger and crushed red pepper. Stir-fry until aromatic, about 30 seconds. Add bok choy and stir-fry until just wilted, about 2 minutes. Mix in water chestnuts and green onions and stir-fry until onions are tender, about 1 minute. Add tofu and lightly stir-fry until tofu is just heated through, about 2 minutes. Pour over soy mixture. Stir-fry until liquid boils and thickens, about 1 minute.

A western treatment of bok choy:

### **BOK CHOY GRATIN**

The most commonly found Chinese vegetable is also one of the oldest bok choy has been cultivated in China since the fifth century a.d. You can find many kinds of bok choy at Asian markets, all differing in shape and size; this recipe works well with any mature variety.

Active time: 40 min Start to finish: 1 hr

1/4 cup plus 2 tablespoons fine dry bread crumbs  
2 1/2 lb bok choy (not baby), tough stem ends trimmed  
1 shallot, finely chopped  
5 tablespoons unsalted butter  
2 tablespoons all-purpose flour  
1 1/4 cups whole milk  
1/8 teaspoon freshly grated nutmeg  
1/2 teaspoon salt  
1/4 teaspoon black pepper  
2 oz Gruyère, coarsely grated (1/2 cup)  
1/2 oz finely grated parmesan (1/4 cup)

Preheat oven to 425 F. Lightly butter a 2-quart gratin dish and dust with 2 tablespoons bread crumbs.

Cut bok choy stems and center ribs into 1/2-inch pieces and coarsely chop leaves. Cook stems and ribs in a large pot of boiling salted water until just tender, about 5 minutes, then add leaves and cook 30 seconds. Drain in a colander and rinse under cold water until cool enough to handle. Squeeze out excess water by hand.

Cook shallot in 1 tablespoon butter in a 12-inch heavy skillet over moderate heat, stirring, until softened, about 2 minutes. Add bok choy and cook, stirring, until greens are coated with butter and shallot, 1 to 2 minutes. Spread bok choy in baking dish.

Melt 2 tablespoons butter in a 2-quart heavy saucepan over moderately low heat, then add flour and cook roux, stirring constantly, 2 minutes. Add milk in a

slow stream, whisking constantly, and bring to a boil, whisking. Reduce heat and simmer, stirring, 5 minutes. Add nutmeg, salt, and pepper, then stir in Gruyère and 2 tablespoons parmesan and pour evenly over bok choy.

Toss remaining 1/4 cup bread crumbs with remaining 2 tablespoons parmesan in a small bowl and blend in remaining 2 tablespoons butter with your fingertips until mixture resembles coarse meal. Season with salt and pepper. Sprinkle mixture evenly over gratin and bake in upper third of oven until bubbly and golden brown, about 20 minutes.

Makes 6 side-dish servings.

Gourmet  
February 2003

More Bok choy recipes:  
<http://www.mariquita.com/recipes/bok%20choy.html>

And a pbs recipe I found that could go with bok choy or arugula:  
<http://www.pbs.org/wgbh/victorygarden/recipes/greens.html>  
(Hint: you can use your own dressing if you like.)

### **DILL:**

Lime Dill Dressing  
from Recipes from a Kitchen Garden  
by Renee Shepherd and Fran Raboff

2 T lime juice      1 T vinegar  
1/2 t sugar      1/2 t dry mustard  
2 T chopped dill      1 T mayonnaise  
1/3 cup olive oil  
salt and pepper to taste

Mix all ingredients together except oil. When thoroughly blended whisk in the oil.

### **Clydes Best Chocolate Beet Brownies**

1/2 cup butter  
4 oz. unsweetened chocolate  
4 eggs  
1 cup brown sugar (packed)  
1 cup applesauce  
1 1/2 tsp. vanilla  
1-1/2 cup unbleached white flour  
1/2 tsp. salt  
1/2 tsp cinnamon  
1 tsp. baking powder  
1 cup mashed cooked red beets

1/2 cup finely chopped nuts, your choice  
1/2 chocolate chips  
Melt butter and chocolate over low heat. Set aside to cool. In a separate bowl, beat eggs until light and foamy. Add sugar and vanilla and continue beating until well blended. Stir in chocolate mixture, followed by applesauce and mashed red beets. Sift together flour, salt, cinamon and baking powder and stir into creamed mixture. Fold in chocolate chips and the nuts. Put into a greased 9x13-inch pan and bake at 350 degrees for 30 to 35 minutes. Cool and then cut into squares.

### **Beet me to death**

Roast golden beets with a splash of water, tightly covered, in 350 degree oven till tender (1/2 hour?). Peel after (or before), then cut in chunks or slivers.

Saute roughly chopped beet greens with onions and garlic in olive oil till tender.

Top the greens with beet chunks. Season with flavored vinegar (I used apple cider vinegar), S & P.  
(We served this with poached salmon (with your dill on top.)

### **Boiled Beets and Wilted Beet Greens with Garlic and Lemon**

from Pasta e Verdura by Jack Bishop  
Best pasta choice: fusilli or other short, curly shape

4 medium beets with their leafy greens  
salt to taste, plus 1 teaspoon  
1/4 cup olive oil  
4 medium cloves garlic  
1 1/2 tablespoons fresh lemon juice  
1 pound pasta

1. Bring 4 quarts of salted water to a boil in a large pot for cooking the pasta.

2. Slice the beet stems where the leaves begin and set the leaves aside. Trim all but the last inch of the stems from the beets themselves. Trim any dangling roots and wash the beets to remove any dirt. The trimmed beets should weigh about 1 pound.

3. Place the beets in a medium saucepan and cover with water. Bring the water to a boil and add salt to taste. Simmer until the beets are tender enough so that a metal skewer slides easily through them, about 25 minutes. Drain the beets and cool them slightly. Use paper towels to hold the beets and rub gently to slip off their skins. Trim and discard the

remaining portion of the stem. Cut the peeled beets into 1/4 inch cubes and set them aside.

4. While the beets are cooking, place the beet greens in a large bowl and soak in several changes of cold water until no grit appears on the bottom of the bowl. Shake the leaves to remove excess moisture but do not dry them. Slice the damp leaves crosswise into 1/2 inch wide strips and set them aside. There should be about 5 cups of shredded beet greens.

5. Heat the oil in a large sauté pan with a cover. Add the garlic and sauté over medium heat until golden, about 2 minutes. Add the beet greens and 1 teaspoon salt. Stir several times to coat the leaves with the oil. Cover and cook, stirring several more times, until the beet greens have wilted, about 5 minutes.

6. Stir in the cubed beets and the lemon juice and cook until heated through, about 1 minute. Taste for salt and adjust seasonings if necessary.

7. While preparing the sauce, cook and drain the pasta. Toss the hot pasta with the beet sauce. Mix well and transfer portions to warm pasta bowls. Serve immediately.

Don't forget to cook and eat the beet greens. Simple preparation = steam and eat with lemon.

### **Cottage Cheese Dip**

1/4 c Green Onion; Diced, use the green part too.  
1/4 c Radish; Diced  
some of the radish greens, washed well and finely chopped  
1/2 Cup Cottage Cheese  
1/2 Cup Sour Cream  
1/4 teaspoon Celery Salt  
1/4 teaspoon Black Pepper

Mix the green onion, radishes, & greens together then blend in the cottage cheese and sour cream. Add the celery salt and pepper blending all of the ingredients well. Cover and chill.

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