

In your box this week:

Mesclun Salad  
Spring Garlic  
Chantenay Carrots  
Rosemary  
Erbette Chard -or-  
Russian Kale  
Strawberries -or-  
Artichokes  
Mystery

### Initial Veggie Notes from Julia

Storage: Everything in your box, mystery and everything, should be stored in the fridge this week. It will all keep better if kept colder.

To eat within 1-3 days: Berries, salad, Broccoli. The salad will keep longer than that, and so will the broccoli, but the freshness can be tasted on the plate if eaten closer to harvest date with these two items.

What I would (and likely will) do with this week's box: Steam the chard and eat with a squeeze of lemon and a few drops of sesame oil. Slice up the chard and add to lentil or split pea soup a couple of minutes before serving. I'd use the green garlic and carrots and celery to make the soup. Artichokes? I will tear a way outer leaves, cut off the tips with a large, sharp knife, then steam. Then they are ready for steaming, braising, etc.

I made green garlic pesto the other day and it was so very yummy. Here's the recipe with photos:

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

### Open Space Meets Farm Space

by Jeanne Byrne

This past Saturday, volunteers from the Open Space Alliance (OSA) came out to High Ground

Organics to do some planting. They weren't planting lettuce, or beets, or broccoli. Instead, they put in native plants along the edge of the farm field that will attract beneficial insects, prevent erosion, and hopefully out compete the nonnative weeds. This planting continues the approximately 2000-foot insectory hedgerow planted two years ago, so that it now stretches along almost the entire western border of our farm.

As many of you know, the land at High Ground Organics is protected by easements. About half of the 40-acre parcel is held in a conservation easement, which means that it cannot be used for anything other than native habitat restoration. The other half of the farm is under an unusual agricultural easement, which stipulates not only that it remain in agriculture forever, but that it be farmed organically. OSA placed these easements on the property before they sold it to us in 2000. The hedgerow is on the border between the two easements, at the edge of our cropped portion and at the top of the ridge that slopes down to Harkins Slough. The slough is a seasonal wetland and, along with the oak woodland on the slope, provides habitat for numerous animals, plants, and birds.

The volunteers planted manzanita, California sage, quailbush, coyote brush, ceanothus (or California lilac), buckwheat, woolly sunflower, Fremontodendron, deergrass, wax myrtle, coffeeberry, lemonberry, sugarbush, elderberry, and California bee plant. OSA bought the plants from Rana Creek Habitat Nursery, Elkhorn Native Plant Nursery, and Native Oak Nursery with a generous grant from Patagonia. We're looking forward to watching them grow.

A photo of Stephen talking to a class from Alianza Elementary School last season about hedgerows and other organic farming practices. He's standing in the hedgerow:

<http://www.mariquita.com/images/photogallery/hghedgerow.jpg>

The photo links are the regular text email newsletter.

## Recipes

Rosemary! It can be dried for future use, you can put a couple of the sprigs into a jar of oil to infuse the flavor. More ideas:  
<http://www.mariquita.com/recipes/rosemary.html>

### Rosemary Cheese Fingers

adapted from The Complete Book of Herbs by Bremness

2 T butter  
1 egg, beaten  
2 C oatmeal  
1 T chopped rosemary leaf  
1 1/2 C cheddar cheese, grated  
pinch of cayenne  
salt

Preheat oven to 350 degrees F. Melt the butter. Mix the remaining ingredients in a bowl with the melted butter. Press the mixture into a greased 8 square pan. Bake for 30-40 minutes. Cut into small fingers.

### Green Garlic Soup Au Gratin

8 Stalks Green Garlic  
1 Tablespoon Olive Oil  
1 Tablespoon Butter  
2 Tablespoons Butter, plus 2 teaspoons Butter  
8 sl Day-old Bread  
1 1/4 c chicken or vegetable Broth  
1/4 teaspoon Salt  
1/4 teaspoon Ground Black Pepper  
1/2 c Parmesan Cheese, grated  
Remove and discard upper third of garlic stalks; (green leaf ends) thinly slice bulb. Heat olive oil and 1 T butter until beginning to foam. Add garlic; saute 1-2 minutes. Reduce heat, cover tightly, and cook 15-20 minutes, stirring occasionally. Spread bread with 2 T butter; oven toast until lightly golden. Add broth to garlic, season with salt and pepper and bring to a boil. Ladle into 2 oven-proof serving bowls; cover with toasted bread and top with cheese. Dot each

with a teaspoon of butter. Bake at 450F for 10 minutes, until cheese has melted and begun to turn golden.

More green garlic recipes:

<http://www.mariquita.com/recipes/green.garlic.htm>

Salad Dressing Recipes:

<http://www.mariquita.com/recipes/salad%20dressings.html>

### Pecel Salad Dinner an Indonesian Feast

adapted from Madhur Jaffrey's World of the East Cookbook

1 pound braising greens, blanched for 3-4 minutes, drained  
tofu and or tempeh, sauted in some oil over hot heat, cooled.  
Hardboiled eggs, cooled, quartered lengthwise  
Carrots, grated raw  
Cucumber, julienned

To serve, arrange small amounts of each item on individual plates. Offer Spicy Peanut Sambal on the side. (You could take the shortcut of purchasing peanut sauce, there are many available now.)

### Madhur's Spicy Peanut Sambal

You can use a blender or a mortar. I remember watching the women making the peanut sauce in the farmers markets in Indonesia when I spent a summer there in 1982. They would make it right there in a mortar, with the whole peanuts turning into paste with just a few quick, strong poundings. -julia

3 to 4 fresh hot green chiles, sliced into thin rounds  
4 cloves garlic, peeled, or 3 stalks green garlic, finely chopped  
1/4 cup roasted unsalted peanuts  
5 teaspoons soy sauce  
4 teaspoons lime juice

4 teaspoons tamarind paste (you could leave this out, or add some ginger instead....)  
4 teaspoons palm or brown sugar

Put everything in a blender with 2+ Tablespoons water. If the sauce seems too thick, add another teaspoon of water. If you're using a mortar, the water isn't necessary.

**Kale recipes:**

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

**Chard Recipes:**

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

**Artichoke Recipes:**

<http://www.mariquita.com/recipes/artichokes.htm>

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**CARROTS CAROLINE**

Grate carrots and saute them lightly in the tiniest bit of butter and sprinkle with ground nutmeg. Delicious!

**MOROCCAN CARROT SALAD**

Peel baby carrots, leaving 1/4 inch of stem attached. Cut them in half lengthwise and boil until tender in salted water with a crushed clove of garlic. Drain and cool to room temperature. Toss them with a little ground cumin, paprika, and salt, and a pinch each of cinnamon and cayenne. Toss together with lemon juice, olive oil and chopped parsley, and set aside to marinate for at least an hour before serving.

Chez Panisse Vegetables, Alice Waters

**Veggie Notes**

From High Ground: Mystery, Berries, Kale, Salad, Flowers

From Mariquita: Mystery, Carrots, Chard, Spring Garlic, Artichokes, Rosemary

From Lakeside Organics: Celery, Broccoli

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