

Two Small Farms Newsletter

Issue Number 291 - August 25th, 2004

1) In your box this week: Sungold Cherry Tomatoes, Mixed Heirloom and Early Girl Tomatoes, Anaheim Peppers, Mystery, Ruby Crescent Fingerling Potatoes, Basil, Strawberries

Tomato Upick Days Come visit us at Mariquita Farm in Hollister and pick a few or lots of tomatoes, and basil too. Thursday, August 26th from 10am-3pm, Saturday *September* 4th 10-3pm.

More Information

Can't come to the upick days but you want lots of tomatoes? We're selling our popular

15# flats of early girls for \$15.00

Call or email Katie to make an order...
csa@twosmallfarms.com or 831-786-0625

What to do with this week's box: next week I hope to have a guest again, I didn't get the veggie list in time so you'll have to make do with what I'll do with the box this week! -julia

Andy and I will eat the cherry tomatoes and strawberries, and hope my children will eat some too. Below are cherry tomato recipes for cooking them in case you're not a raw tomato fan. I will likely use the basil and larger tomatoes to make a simple salad. So easy and delicious. I will likely make a soup out of the squash and a few of the potatoes, here in Watsonville it's summer so it's cold! Lots of fog. Our son Graydon will steam the rest of the potatoes and eat them with a bit of butter and salt. His favorite. For the peppers, I like roasting them and eating them as an appetizer or on a sandwich. You can also put them in lots of different kinds of salads, or in a salsa of course.

veggie notes

Storage: Everything in fridge except the

tomatoes and the basil. The peppers aren't spicy at all, but Andy said after eating a couple dozen of the peppers, one of 20 or so was quite spicy, so watch out a little.

Tomato Water by Andy Griffin

The Honorable Willie Brown was mayor of San Francisco when the City hosted a nationwide conference of mayors. One morning the mayors gathered for a prayer breakfast down on the waterfront next to the Ferry Plaza Farmers Market where I was selling my vegetables. A number of protesters drawn to the event by all the dignitaries approached me hoping to buy overripe, organic tomatoes real cheap to throw at the mayor. I declined this potential sale out of a deep reverence for the dignity of the democratic process.

This year, with national elections drawing near and a million tomatoes in the field an evil fairy in my skull suggested I hit the campaign trails for some quick sales.

Don't you think the level of political debate has already sunk low enough without sacrificing the honor of an honest red tomato? asked a good natured voice.

I decided to follow my better judgement and see what happens.

Wednesday morning I found myself driving from restaurant to restaurant around San Francisco delivering my harvest. I asked every cook I encountered what they would do with excess tomatoes. I was surprised by what I learned.

Luxurious restaurants must practice tight-fisted economies if they wish to stay in business. The best chefs have tricks to help them get the most out of their food budget. Extra tomatoes, soft

tomatoes and tomatoes that are too damaged or cosmetically challenged to be of other use can be used for tomato water. Ripe tomatoes are first chopped, then put in a cheesecloth bag over a pot and left to drain. The clear liquid that is captured has the clean, flavorful, essence of tomato without any distracting catsup notes or pizza tones. Tomato water can be used to give character to vinaigrettes, sauces, broths, juices and bloody marys. Why waste tomatoes?

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found on the web about tomato water:

Tomato "water" - the clearish liquid that dribbles out of a sliced tomato, can be used as a low-acidity stand-in for lemon juice. This can be used in marinating raw fish.

Recipes from Julia

Julia's cherry tomato notes:

-I like these as a snack as is.

-Basic (cherry) tomato sauce: Wash cherry tomatoes, then put

in a pot with onion, garlic and oregano and cook down for about 1/2 hour

over medium heat. (olive oil can be added if you like). Let it

cool some, then put through a food mill, and voila: tomato sauce!

-Add cherry tomatoes halved to a grain salad such as couscous, rice, orzo

or other pasta. I find them to be an essential ingredient!

Here s a recipe from a 35 year old cook book called America s Best Vegetable Recipes from the editors of The Farm Journal:

Try cooking cherry tomatoes. Saute them in a skillet in butter for only 2-3 minutes. Season with salt and pepper and a sprinkle of sugar to make them shine. A bright and tasty addition to a dinner plate.

Cherry Tomato & Avocado Salad

1 cup (approx.) chopped (halved) cherry and small tomatoes

2 Tablespoons chopped scallion or other mild onion

1 cup (approx.) chopped avocado

2 tablespoons chopped herb (such as parsley, cilantro, basil, dill...) optional

vinaigrette to coat (whirl 2 T lemon juice or vinegar, 1 small clove garlic, 1 t mustard, pinch salt and

pepper, with 1/2 cup olive oil in blender.)

Gently mix all ingredients. Serve. (The avocado is optional but delicious)

Fingerling Potatoes: Excellent steamed or roasted. Can be used in soup or other potato applications as well. They can also be cooled after steaming then dressing for a potato salad of your choice, here s some notes about how to make the potato salad from Cook s Illustrated:

Potato Salad

For the best potato salad, use low-starch potatoes, boil them in their skins, and drizzle vinegar both on the potatoes and in the dressing.

Roasted Fingerling Potatoes with Herbs

1 pound fingerling potatoes

2 teaspoons olive oil

kosher salt to taste

1 tablespoon chopped, fresh parsley or other herb such as thyme, rosemary, etc.

1. Preheat the oven to 450 F.

2. Toss the potatoes, olive oil and salt together and spread them out on a baking sheet.

3. Roast the potatoes on the top rack in the oven until they are tender when pierced with a knife, about

20 minutes.

4. Sprinkle The potatoes with the parsley and serve.

Anaheim Peppers: These aren t too spicy, they can be used in many places a bell pepper might be used, or as a mild pepper in Mexican or other

cuisine.

Ten Minute Stir Fried Chicken with Nuts
adapted from The Minimalist Cooks at Home by
Mark Bittman

1 Tablespoon peanut or vegetable oil
2 cups sweet pepper strips, onion slices, or a
combination of the two
1 pound boneless skinless chicken breasts, cut
into 1/2 inch chunks
1 cup halved walnuts, whole cashews, or other
nuts
3 Tablespoons hoisin sauce

1) Heat oil in a large nonstick skillet and heat on
high for one minute. Add the veggies in a single
layer and cook, undisturbed, until they begin to
char a little on the bottom, about one minute.
Stir and cook one minute more.

2) Add the chicken and stir once or twice. Cook
one minute until the bottom begins to char.
Cook and stir another minute or two, then check
a chicken piece to make sure it s done. Lower
heat to medium.

3) Stir in the nuts and the hoisin sauce. Cook
about 15 seconds then add 2 T water. Cook,
stirring, until it s bubbly and glazes all the
chicken and veggies. Serve with rice.

Tomato and Sweet Pepper Salad

adapted from The Vegetable Market Cookbook
by Robert Budwig

3 sweet peppers
4 ripe tomatoes
1/4 preserved lemon(or 2 teaspoons grated zest
with some of the lemon s juice)
2 cloves garlic peeled and crushed
pinch sweet paprika
1/2 teaspoon ground cumin
1 tablespoon olive oil
1 tablespoon lemon juice
1 teaspoon salt
1/2 black pepper

Grill or roast peppers, remove skins, cut into
small cubes and set aside. Blanch tomatoes for

15-20 seconds in boiling water. Drain and
remove skins and stems. Cut in half and remove
seeds. Cut into small cubes. Rinse the preserved
lemon under running water and remove the pulp.
Cut the rind into fine dice. Arrange peppers,
tomatoes and lemon in a dish. Mix remaining
ingredients to make a dressing and pour over the
salad. Mix well.

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