

Two Small Farms Newsletter

Issue Number 325 July 13th, 2005

### **In your box this week**

Fresh Dug Potatoes (Red Gold Variety), Onions, White Carrots, Italian Parsley, Mystery, Romaine Lettuce, Broccoli OR Cauliflower; Thurs Summer Squash & Bok Choy; Wed: Chard & Shitake Mushrooms (small ones)

**What's coming in the box** bookmark it if you like to know on Monday during the day what's likely to be in the box:

### **Preliminary Vegetable Notes**

All items should be stored in a plastic bag in the refrigerator, including the potatoes as they are freshly dug and not cured outside. Remove the tops from the carrots to preserve their nutritional value. Mushroom info: they are organically grown in Moss Landing by Far West Fungi.

To eat first: potatoes (actually they will keep about a week but they're so yummy when freshly dug), broccoli or cauliflower, mushrooms, chard or bok choy. To eat second: summer squash, lettuce, parsley. Eat within ten days: carrots, onions.

What to do with white carrots?? Short answer: cook with them anywhere you cook with orange ones: if you don't like the texture of cooked carrots grate them. (I grate carrots into lentil soup, beef stew, etc. because none of us in our family relish the idea of chunks of cooked carrots, but they do add flavor...)

### **Potluck this Saturday in Watsonville and Help Wanted**

CSA Potluck on Saturday July 16th at High Ground Organics in Watsonville 5pm We had a great time last year and look forward to doing it again. At the minimum Steve, Jeanne and Andy will be there. Julia and Zelda are maybes. Call or email Zelda to RSVP: she'll give you more particulars. [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com) 831-786-0625

### **Farm stand Job Available**

High Ground Organics needs someone to sell our produce at our new Redman House farmstand in Watsonville. Hours are Thursday through Sunday 9:45 to 5:15. Start immediately through November. \$12/hour. Contact Jeanne at 831/786-0286 or e-mail: [csa@highgroundorganics.com](mailto:csa@highgroundorganics.com)

**Renewal Time is Here** - This is the last paid week if you're on the every nine week plan. Please confirm with us that you would like to renew so that we can be sure to schedule in your veggies. Nine more weeks is \$180 veggies only, or \$234 veggies and flowers. Call Zelda at 831-786-0625 or send an email to [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com). You can call with credit card info, or mail a check to P.O. Box 2065 Watsonville, CA 95077-2065. Please don't leave checks at your pick up site. thank you

Things to look forward to..... Tomatoes are coming! Not to mention more new potatoes, armenian striped cucumbers and melons. We will continue to have carrots, fennel, salad mix, summer squash, basil, onions, garlic, and greens.

Anyone can sign up for the CSA at any time. Let your friends and coworkers know contact Zelda if you would like to receive brochures or flyers. Thanks!

### **The Case Of The Orange Carrot**

She flung the door open to leave, and for a moment he heard a car alarm honking out on Folsom Street, four stories below. Then she slammed the door and her running footsteps echoed down the hallway.

He remained seated at his desk gazing at the pane of smoked glass in the door to his office and marveled that it hadn't shattered. evitceteD elbategeV lleB reppeP , he read from the window. I've got it all backwards, he

decided. The next client pays me before I do the work..... If there is a next client. Pepper Bell, Vegetable Detective, was having a long day.

She was excited to see him, at first. She'd found the painting, a long lost and half forgotten Dutch masterpiece, in a dusty second hand store in a side street in Paris. The painting, a Flemish farmers market tableaux, was cheaper than Dutch Masters usually are, but the shop keeper had a story.

Hermann Goering, the well known gourmand, oenophile, art collector, and Nazi German air force commander, had looted this painting from a private collection in Holland, then killed the owners. At the end of the war Russian soldiers raided Goering's warehouse and sold the piece onto the black market. Questions of provenance, conflicting claims of rightful ownership, and competition between national art museums made the piece, *Homage to Pomona*, difficult to sell on the open market.

I got it for a steal, she proclaimed as she set the painting on a chair for Pepper to inspect.

A bosomy blonde peasant girl, presumably the allegorical Pomona, the goddess of orchards and gardens, looked unblinking out from the frame of her painting where she was surrounded by fruits and vegetables. Pepper Bell, Vegetable Detective, swivelled in his squeaky office chair and looked back.

She's kinda cute, in a Rubenesque way.

It's not a Rubens, it's a Pieter van Ryck, 1595! And stop ogling the girl. I'm paying you to tell me the correct cultivar name for every variety of fruit and vegetable in the picture. We're going to have a party to celebrate hanging this in our dining room, and I'm going to hire a real model to sit there and we're going to recreate the scene on the lawn by surrounding her with exactly these gourds and melons and cucumbers.

I'd hang her above the pool table next to *Homage To Three Dogs Smoking Cigars*.

What are you hinting at, Mister? Do you want the job, or not.?

Pepper Bell sighed. You got ripped off, Lady. See those carrots by Pomona's right hand. They're orange. Prior to the 17<sup>th</sup> century carrots in Europe had white roots, or yellow. Wild carrots there still do; they call them Queen Anne's Lace and pick the flowers for bouquets. The Arabs brought red and purple carrots from Afghanistan into Spain. The colored carrots eventually traveled from the Iberian Peninsula into the Spanish possessions in the lowlands of northern Europe. Bugs Bunny style orange carrots were developed by the Dutch in the late 17<sup>th</sup> century from crossing the European Whites with the Afghani Purples. Unless van Ryck could see into the agriculture's future as well as he could see into its past your painting is a fake. Oh, and that'll be forty five dollars.

For what? You haven't told me anything I want to hear!

Well Lady, you could've spent forty five dollars for a hardbacked edition of *Heirloom Vegetable Gardening* by William Woys Weaver and read this information for yourself, but you chose to let Pepper Bell, Vegetable Detective extraordinaire, do your research for you.

You creep! , she snapped back.

I detect a tightwad, Pepper Bell replied.

Wad this, she retorted, bringing *Homage To Pomona* crashing down on Bell's head. Then she flung open the door to his office and ran out, slamming it behind her. He sat, wearing the painting like one of those plastic collars that veterinarian prescribe for their doggy patients so they won't lick their wounds, and gazed at the pane of smoked glass in the door. Eventually he rose and removed the busted painting. The blonde was torn in half, but it wasn't anything that tape couldn't fix. He took down last year's complimentary calendar from the Taqueria on the corner and hung *Homage To Pomona* from the nail. The painting seemed to fill the emptiness on the wall. And why not? Pepper

Bell s whole life was an homage to Pomona.

A photo of orange, red and a white carrot:  
[http://www.mariquita.com/images/photogallery/  
carrotcolors.jpg](http://www.mariquita.com/images/photogallery/carrotcolors.jpg)

Copyright 2005 Andy Griffin

## Recipes

Shitake Talk: These are tender baby shitakes: freshly harvested from Far West Fungi. Andy and I have known John and Toby for years through the farmers market, and we re trying to occasionally put interesting things in the box...

Below are a few recipes:

A bit of parsley lore and a few ideas:

Once woven into wreaths that crowned ancient Olympic athletes, parsley has long been used as a decoration. For health, parsley is high in vitamins C and A, histidine (a tumor inhibitor), potassium and folic acid. For cooking, try the following from Robert Wemischner in *Fine Cooking*:

- \*Add chopped parsley to browned butter. Season with lemon, salt and pepper; drizzle the sauce over grilled fish.
- \*Fry parsley for a festive, flavorful garnish. Mix flour with wine to make a thin batter. Coat the sprigs and fry until just golden.
- \*Mix chopped parsley with minced garlic and breadcrumbs to make a savory crust for roast lamb or a baked bean gratin.
- \*Flavor mashed potatoes with a pesto made with parsley, olive oil and garlic.
- \*Toss whole parsley leaves with sun-dried tomatoes, prosciutto and parmesan cheese. Dress with a light oil and vinegar dressing for a different, vividly flavored salad.

### Parsley-Caper Sauce

*Vegetarian Cooking for Everyone*--Deborah Madison

Sharp and lemony, this sauce brightens warm or cold

vegetables, fried  
cheese, vegetable fritters, and grains and beans.

1/2 cup finely chopped parsley  
2 Tbsp. small capers, rinsed  
1 shallot, finely diced  
1 tsp. grated lemon zest  
1/3 cup extra virgin olive oil  
1 Tbsp. white wine vinegar or champagne vinegar  
2 tsp. fresh lemon juice or to taste  
Salt and freshly milled pepper  
Whisk everything together, seasoning with salt and pepper to taste. Let stand for 10 minutes, then taste again and adjust the seasonings, adding more vinegar or lemon juice if needed. Serve right away.

### Potato Parsley Bisque

1 c Raw almonds or cashews  
5 c Vegetable stock or bouillon  
1 lb Red-skinned potatoes scrubbed but unpeeled, -- cut into 1/2-inch cubes  
2 md Leeks; sliced (or other onion)  
1 c Finely chopped fresh parsley  
1 ts Freshly squeezed lemon juice  
1 ts Fine sea salt  
1/4 ts Freshly ground black pepper

Blanch the almonds in boiling water for 30 seconds. Drain, and plunge almonds into cold water. Drain and squeeze the almonds between your fingertips to remove the skins. Compost or discard the skins.

Put the blanched almonds and 1 cup of the vegetable stock in a blender, and blend until smooth, about 1 minute.

In a large pot, combine the potatoes, leeks, and the remaining 4 cups vegetable stock and bring to a simmer over medium heat. Cover and boil until the potatoes are tender, about 10 to 15 minutes.

Stir the blanched almond mixture, parsley, lemon juice, salt, and pepper into the soup.

Bring to a simmer and cook, stirring often, until thickened, about 2 minutes. Transfer the soup to a food processor and process, in batches if necessary, until smooth.

Serve immediately.

Source: May All Be Fed - by John Robbins

### **CHICK-PEA, GARLIC, AND PARSLEY DIP**

a 19-ounce can chick-peas, rinsed and drained  
2 garlic cloves, chopped and mashed to a paste with 1/2 teaspoon salt  
1/2 cup packed fresh parsley leaves, washed well and spun dry  
1/4 cup water  
3 tablespoons fresh lemon juice  
1/4 cup extra-virgin olive oil

Accompaniment: toasted pita wedges or toasted French bread slices

In a food processor blend all ingredients except oil until smooth. With motor running add oil in a slow stream. Season dip with salt. Serve dip with toasts.

Makes about 2 cups.

Gourmet July 1995

Try this with the white carrots:

### **Heavenly Carrot Soup**

Recipe By Smith & Hawken The Gardeners' Community Cookbook edited by Victoria Wise  
Serves 4

1/2 stick butter  
1 small onion, finely chopped  
1 pound carrots, peeled and finely chopped  
1/2 cup white wine  
1 1/2 teaspoons ground coriander  
4 cups chicken broth  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
parsley springs

In a large soup pot, melt the butter. Add the onion and saute for 5 minutes, or until slightly wilted. Add the carrots, wine, and coriander. Cover and cook over low heat for 30 minutes, stirring occasionally, until the carrots are soft enough to mash. Remove from the heat and let sit until cool enough to handle.

Puree the carrot mixture and 1 cup of the broth. Return the puree to the pot and stir in the salt, pepper, and remaining 3 cups of broth. Reheat and server immediately if serving warm, or chill if serving cold. Garnish with the parsley just before serving.

### **Carrot and Lentil soup** Sharon s Own

4 large carrots; 4 ounces of orange lentils; 1 large onion; 1 large tin of tomatoes; 2 pints of vegetable stock.

Method:

Chop the onion into medium size pieces and place into a saucepan. Use non stick - you don't need to add any oil so its healthier.

Fry the onions until they are soft and translucent then add the carrots you may want to add a little stock just to wet them and carry on cooking until you have them warmed through. Add all the stock and bring to the boil. Turn the heat down to a simmer and add the lentils, cover with a lid and leave to simmer for 15 minutes.

The lentils will go soft and absorb most of the liquid. Blend the soup in the saucepan with a hand blender and then add any extra liquid (either water or stock) to the thickness you want.

Add the tin of tomatoes and carry on blending until you have a smooth orange soup. The soup now is complete and should be brought back to the boil for a few moments to ensure the tomatoes are heated through.

If you wish this is the time to add any extra flavourings that you may like such as garlic or herbs but do taste the soup beforehand as the flavor is so good it doesn't really need much else.

To garnish you could add chives and a little blob

of crème fresh but again that is optional.

Serve with your favorite bread either hot or cold and you have a filling, nutritional and healthy meal.

#### Andy's New Potato Blurp:

True new potatoes are a rare treat. A new potato is not a small potato but a fresh potato harvested from a green, growing potato plant. A somewhat scuffed, frayed appearance to the potato skin is a frequent consequence of harvesting such tender spuds and is unavoidable because the skin has not yet hardened. If left to mature new potatoes would get a little bigger and the skins would get tougher making for typical potatoes that are easier to harvest and ship. Unfortunately for the potato connoisseur the potato, once cured, always loses some of its tender moisture. New potatoes wilt and must be treated like green vegetables and stored in a bag in the fridge. When I get them as a first treat of the potato crop I never store them at all but eat them promptly. I like to steam them briefly and then roll the hot little potatoes in a little butter, a pinch of salt, and twist of pepper and voila! Do potatoes get any better? A friend from Idaho said when she was a girl they would eat new potatoes raw. I've tried it - the experience is not unlike jicama.

#### **Patchwork Roasted Potatoes**

*The Grains Cookbook* by Bert Greene

3T toasted wheat germ  
3T fine fresh bread crumbs  
3T fresh grated Parmesan cheese  
generous pinch of grated nutmeg  
4T unsalted butter  
1 pound potatoes  
salt and pepper to taste

Preheat the oven to 400 degrees. Lightly butter a baking dish. Combine the wheat germ, bread crumbs, cheese and nutmeg in a shallow bowl. Melt the butter in a medium-size saucepan. Remove from the heat. Peel the potatoes and cut each in half lengthwise. Then cut each half lengthwise into 4 crescents (a total of 8 slices per potato). Pat the potatoes dry with paper

towels, And toss them in the melted butter until well coated. Then roll the potatoes in the wheat germ mixture, and place on the prepared baking dish. Bake until crisp and tender, 45-50 minutes. Sprinkle with the salt and pepper, and serve.  
Serves 4

9) Unsubscribe/Subscribe From/To This Newsletter  
<http://www.mariquita.com/news/newsletter.signup.html>

#### **Our Contact Info:**

[Two Small Farms](#)

[Mariquita Farm/High Ground Organics](#)

[Organically Grown Vegetables](#)

[831.786.0625](#)

<http://www.twosmallfarms.com>

<http://www.mariquita.com>

<http://www.highgroundorganics.com>

PO Box 2065

Watsonville, CA 95077-2065