

Two Small Farms Newsletter  
Issue Number 285 - July 14th, 2004

In your box this week: Lemon Cucumbers Purple Radishes Chantenay Carrots Scallions Red-Gold Potatoes Rapini 2 mysteries
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It's Time to Renew! This is the last paid week for those on the pay-every-9-weeks plan. Please do let us know if you're continuing or not.. Her phone number is 831.786.0625 or email her Thanks for all your support this season and past seasons!!!

PLEASE TELL YOUR FRIENDS and colleagues and relatives about our CSA. We deliver to many communities around the Monterey Bay and over the hill from Los Gatos to San Francisco and many points between.  
Delivery Site List

What's coming up?? Tomatoes are just around the corner, Andy's predicting two weeks before we start putting them in the boxes. Early girls, pink and yellow brandywines, purple cherokees, green zebras, san marzano paste toms, sungolds, and a bunch of other varieties. We're growing the following sweet peppers: cubanelle, pimento, red, gold & yellow bells, goat horn & bull horn peppers. They were GREAT last summer and we're expecting the same this summer.

from High Ground this summer you can expect romano beans (a fresh shelling bean), and more yummy strawberries, cauliflower, lots of different kinds of potatoes, leeks, broccoli, and salad mix.

AND we plan to have corn and melons because we love them, our friends at two local farms in Hollister grow these items and

Andy's talked with them about getting them for the boxes in a few weeks, stay tuned. Yum!

### **King City Pink** by Andy

*editor's note: Andy wrote this article last week, and although it has nothing to do with the stuff in your box, and we can't grow dry beans without losing way too much money (we don't have the equipment etc.) we thought you would enjoy the story.... -Julia*

Aside from the mythical bean that adorns the tale of Jack and the beanstalk not many beans can claim a literary heritage. The King City Pink is a local bean that boasts a Nobel Prize winner among those to have chronicled a bite of its history. Have you read East Of Eden by John Steinbeck? Do you remember how Caleb tried to buy his father's love by speculating on beans and making a fortune. Those were King City Pink beans. The upper Salinas Valley used to be carpeted with them. In Steinbeck's tale the father rejects his son but I'll bet he wouldn't reject the beans, at least once they were on his plate.

Not many people can push away a full plate of King City pinks once they've tried them. Unlike my father, Jim, a graduate of King City High, or my uncle, George, who worked on ranches around there, I claim a degree of objectivity when it comes to eating beans. They both assured me there was no better bean than the King City pink. By the time I was born the upper Salinas Valley was already phasing out of bean production into higher valued crop. Since I couldn't be sure if the flavor and tenderness they spoke of was in the bean or in their memories I resolved to grow the King City Pink and find out for myself.

It took me a while to find a seed source for King City pinks. Before I ever came across true King City Pinks I planted Pinto beans, Soldier beans, Red beans, Anasazi beans, and fourteen other kinds. What I discovered was that ALL beans taste great if they are fresh and haven't exhausted themselves in storage while some warehouse company

waits for the price to rise. A couple of years of incarceration in a warehouse facility saps any bean's vitality. Some beans are stored for so long they dry to the point they can be hardly be cooked at all.

I suspected that Pink beans tasted so good to my Father and Uncle because they grew up on ranches all along the Salinas Valley and were never far from the bean fields. The beans in their bowls were the freshest of the fresh. Their mother, my Grandma Anna, was often the cook on the ranches where they lived, responsible for feeding hungry crews of farmhands economically. She was tough, but her beans were tender.

Then, in the winter two years ago, I discovered that the L.A. Heame company in King City, where I buy fava bean seeds for my cover crops, still sells real King City Pink beans produced by a local grower. I bought a fifty pound sack of pinks along with my order of favas. On the way back up Highway 101 to Watsonville I thought back over my family's history here in the Monterey Bay area. I recognized ranches my relatives had told me we'd once worked on and saw, too, how many holes there are in my understanding of who we were and where we have been.

My father had already lost his memory from early onset Alzheimer's disease so I couldn't talk to him about the past. I called on my Uncle when I got home. Uncle George, I said, I've found some King City Pinks.

Save me a bag, he said. I want to taste them again.

I'll do better than that, I replied. I bought a 50 lbs sack. After I bring you a bag of beans I'll plant the rest. We can eat some fresh King City Pinks together when I harvest them next fall.

That's good, he said, and hung up. He didn't feel too good.

That evening he suddenly died of a massive heart attack. He left me as my inheritance a massive cast iron cauldron my Grandmother had used to cook beans in when she worked

as a ranch cook. Gold rings couldn't have meant more to me.

Recently I got a chance to take the old bean pot out for a spin. We had a big dinner for 50 invited guests. My kids and I cleaned 15lbs of the King City Pinks I had grown for my Uncle. We cooked them simply. The beans were brought to a roiling boil then cooked at a simmer until tender. For seasoning we used several pounds of chopped onions, twelve heads of fresh red garlic, some laurel leaves, with salt and pepper added towards the end. Maybe it was the smoke of the oak wood fire in the air, maybe it was the fact I had grown everything but the salt and pepper, or maybe it was a sudden loss of objectivity; anyway, those were the best beans I have ever eaten. I know what my Father or my Uncle would have said.

You can't beat a King City Pink.

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A photo of the cauldron from the benefit dinner we had last week

### **Recipes from Julia**

RAPINI, also known as Broccoli Raab, broccoli rabe, cime de rape, rape and brocoletti. It's a form of turnip green. The greens can be blanched before cooking to help mellow a bit of their sharpness. Cook in boiling water for 1-2 minutes before proceeding with the following recipes....

#### **Broccoli Raab with garlic and red pepper flakes**

2 T extra virgin olive oil  
3 medium garlic cloves  
1/4 teaspoon red pepper flakes  
1 bag washed broccoli raab greens

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until

garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add greens, and cook, stirring to coat with oil, until heated through, about 1-4 minutes. Season to taste with salt, serve immediately.

### **B. Raab with Sun Dried Tomatoes and Pine Nuts**

Follow recipe for Rapini with Garlic and Red Pepper Flakes, adding 1/4 cup oil-packed sun-dried tomatoes, cut into thin strips, along with garlic and red pepper flakes. Add 3 Tablespoons toasted pine nuts to skillet along with rapini greens.

### **MICRO-QUICK HOT-SWEET SALAD OF BROCCOLI RAAB AND CARROTS**

I'm not a big fan of microwaving, but in this case, it preserves both vegetables' deep color and nutrients as it speeds cooking. The honey and sweet sherry accents temper the bitter broccoli raab for a side dish that's fast, fresh, pretty.

1 hearty bunch broccoli raab (1 pound plus)  
About 1 pound fairly thin medium carrots (weighed without tops)  
1 tablespoon sweet sherry or sweet vermouth  
1 tablespoon cider vinegar or balsamic vinegar  
1 1/2 tablespoons honey  
1/2 teaspoon kosher salt  
1/8 to 1/4 teaspoon ground hot pepper  
2 tablespoons peanut or corn oil  
1 tablespoon Asian (dark) sesame oil

1. Cut a slice from broccoli raab base and taste to determine toughness. If fairly tender, trim only 1/2 inch or so from stalks; if tough, trim more. Wash vegetable in several changes of water, lifting out so debris settles. Without drying, spread in microwavable serving dish. Cover with plastic wrap and cook for 2 minutes. Toss,

then continue cooking until not quite done, 1 to 2 minutes more. Pierce plastic and allow to cool.

2. Peel carrots. Place in microwavable dish. Cover with plastic wrap. Cook just until carrots lose their raw crunch but are not cooked through 1 1/2 to 2 minutes. Pierce plastic and cool slightly.

3. In a small dish, mix sherry, vinegar, honey, salt and hot pepper to taste, stirring to blend. Add peanut and sesame oils.

4. Line up broccoli raab stems on cutting board. Cut apart from tops (the florets and leaves). Squeeze tops dry, then blot with towel. Cut into very thin shreds; return to dish. Slice stems on a sharp angle to form long oblongs 1/8 inch thick; add to dish. Cut carrots the same way and add to dish. Toss with dressing. Season. Chill.

Makes 4 servings.

### **A tasty, simple, main-dish entree: a winner! BROCCOLI RABE AND CHICK-PEA PITA PIZZAS**

2 large garlic cloves, sliced thin  
1/4 cup extra-virgin olive oil  
a 19-ounce can chick-peas, rinsed and drained  
1/2 cup water  
1 pound broccoli raab, cleaned and roughly chopped  
1/2 teaspoon dried hot red pepper flakes  
three 6-inch pita loaves, halved horizontally to form 6 rounds  
1/2 cup freshly grated Parmesan cheese (about 2 ounces)

Preheat oven to 400 F.

In a large heavy skillet cook garlic in oil over moderate heat, stirring, until pale golden. Transfer garlic and 1 tablespoon oil to a

food processor. Add chick-peas, 1/4 cup water, and salt and pepper to taste and blend mixture until smooth.

Heat oil remaining in skillet over moderately high heat until hot but not smoking and cook broccoli rabe, turning it with tongs, until wilted. Add remaining 1/4 cup water and pepper flakes and simmer, covered partially, until broccoli rabe is crisp-tender and almost all liquid is evaporated, about 2 minutes.

Spread rough sides of pita with chick-pea purée and top with broccoli rabe and Parmesan.

Arrange pita pizzas on a large baking sheet and bake in middle of oven 10 minutes, or until edges are golden.

Serves 6 as an entrée or 10 to 12 as an hors d'oeuvre.

Gourmet  
December 1994

Broccoli Raab  
James Peterson, Vegetables  
Serving Size : 4

2 pounds broccoli raab  
1 tablespoon salt  
1 tablespoon white or brown pale miso  
1/4 cup mirin or 6 tsp sugar dissolved in 3 Tbsp hot water  
1 teaspoon Asian dark sesame oil  
2 teaspoons white sesame seeds

Cut the broccoli raab flowers and leaves away from the larger stems. Discard the stems. Rinse and drain the leaves and flowers in a colander.

Bring about 4 quarts of water to a rapid boil with the salt.

Boil the broccoli raab for five minutes, uncovered, over high heat, and drain in a colander. Immediately rinse the broccoli with cold water and pat it dry in towels or spin it in a lettuce spinner to get rid of excess water.

In a mixing bowl large enough to hold the broccoli raab, work the miso, mirin and, and the sesame oil to a paste with a whisk. Just before serving, tossed the broccoli raab with the the paste. Arrange the broccoli on one large plate and sprinkle with the sesame seeds or arrange it on individual plates and sprinkle each serving within the sesame seeds.

Tzatziki Cucumbers  
from the Madison Area CSA Coalition  
1 medium cucumber, chopped  
2 garlic cloves, chopped  
2 Tbs. olive oil  
1 Tbs. lemon juice  
8 oz. yogurt  
1 Tbs. chopped fresh mint or 1/4 tsp. dried

Combine all ingredients, chill and serve.  
Makes 2-3 servings.

Refrigerator Pickles  
from the Madison Area CSA Coalition

cucumbers  
vinegar  
salt  
dill seed & garlic clove (optional)

Slice cucumbers; place in bowl. Cover with weak dilution of water, vinegar and salt (dill seed and garlic optional). Cover bowl and refrigerate. They are ready to compliment your next meal. These are not meant to be very tart or salty, but just enough to keep them crispy and give them a refreshing tang. As cucumber slices disappear, slice more into brine. Change brine every week or so.

### **Julia s Refrigerator Cucumbers**

Several cucumbers  
Several Onions  
dill, garlic, peppercorns, bay leaf  
salt  
Rice Vinegar, alone or mixed with white vinegar

Slice the cucumbers and onions. Layer in a large glass bowl or jar with the dill, sliced garlic, a few peppercorns, and a couple of bay leaves. Mix the vinegar(s) & salt (about 1/2 teaspoon per cup of vinegar) and then pour over cucumbers. They can be eaten within the hour or in several days. Keep in refrigerator. (Disclaimer: I make this recipe a little different each time: experiment with a salt/vinegar ratio and spices and flavorings that work for you.)

a no-cook radish lunch dish, yummy and simple  
Open-faced Radish Sandwiches

4 bagels cut in half or 8 slices black bread  
8 ounces low-fat cream cheese  
6 small globe radishes  
chopped chives or green onions  
S & P to taste

Spread bagels or bread slices with 1/4 inch cream cheese. Using s sharp knife or mandolin, slice radishes very thin. Overlap

radish slices on top of the cream cheese. Sprinkle each sandwich with salt and pepper. Cover with damp paper towels until serving.

For those of you in the fog belt who WANT to turn on the oven:

**Unfried French Fries** adapted from *In the Kitchen with Rosie* by Rosie Daley

2 pounds potatoes  
oil cooking spray  
2 egg whites  
1 tablespoon cajun spice or chile powder or curry powder....

Preheat oven to 400 degrees  
Slice each potato into 1/4 inch ovals lengthwise then each oval into matchsticks.

Coat a baking sheet with 3 sprays of the oil spray.

Combine egg whites and spice in a bowl. Add the potato sticks and mix to coat. Pour the coated potatoes onto the sprayed baking sheet (I use a jelly roll pan) and spread them out into a single layer, leaving a little space in between.

Place baking sheet on the bottom shelf of the oven. Bake for 40 to 45 minutes, until the fries are crispy, turning them every 6 to 8 minutes with a spatula so that they brown evenly. Serve immediately