

## Two Small Farms Newsletter

Issue Number 285 - July 28th, 2004

**In your box this week:** Carola Potatoes, Genovese Basil, Strawberries, Baby Turnips, Fennel, Early Girl Tomatoes, Tomatillos, Orach

### **What I'll do with my CSA Veggies.** by Stacy Johnson

The Orach will most likely end up in pasta. Saute some onions and garlic in olive oil. Add a cup or so of vegetable stock and heat to simmering. Take the pan off the heat and add some of the Early Girl tomatoes and the Orach. Toss in a pasta such as a penne or farfalle. Top with finely julienne basil and a cheese such as feta, Gorgonzola or bleu.

I have a slightly different twist on pesto for the basil. In a food processor add onions or garlic, depending on your taste, and a couple or more handfuls of walnuts. Process to the consistency of small pebbles. Add the basil, the juice of a lemon, grated lemon rind, one container of non-fat plain yogurt and salt to taste. Process to the consistency of pesto. You can adjust the consistency by changing the amount of nuts and yogurt. Use for salads, dip on sandwiches etc. You can use this same idea but leaving out the nuts and adding more lemon or vinegar to make a low calorie, non-fat dressing. Add any fresh herbs or mustard and honey for a few variations

The tomatillos will either end up in salsa with the tomatoes, if I haven't used the tomatoes on pasta or eaten them with some basil and olive oil, or I will saute them in some olive oil with onions and peppers. Then puree them to make a sauce for rice or beans.

The potatoes will become salsa potato salad. Make a dressing of sour cream, mayonnaise, chili pepper and salsa. Add to cooked potatoes and corn cut fresh off the cob and toss.

The baby turnips and the fennel are going into salads. Perhaps with an orange vinaigrette and orange slices. The strawberries are wonderful just the way they are and would be a delightful addition to French toast or waffles.

I didn't add exact measurements because I do everything by eye and taste. Enjoy your fresh

fantastic food this week. -Stacy

If you would like to try your hand at writing up the what would I do with this week's box paragraph, let me know, thanks! -Julia [julia@mariquita.com](mailto:julia@mariquita.com)

**Tomatoes, Peppers, Strawberries, Oh My!** - note from Jeanne at High Ground

It's summer, and we've got summer produce! But at the summer renewal time a certain percentage of you go on vacation or have bounty from your own gardens, and there's always a drop in subscribers. So now's the time to tell your friends and neighbors about us! We have brochures and 8 1/2 x 11 fliers with phone number tags if you know anyplace good to put them. Contact Katie and she'll send them right out ([csa@twosmallfarms.com](mailto:csa@twosmallfarms.com) or 831-786-0625). Please help us keep our numbers up through the season. And thanks to all of you who have already done so much to promote us to your friends and colleagues--we couldn't do it without you.

### **Recipes from Julia**

Do you still have basil from last week? Make pesto with both bunches. This can be frozen in a small canning jar or ziploc bag.

Turnips:

### **Turnip Carrot and Split Pea Soup**

3/4 c Dried split peas  
2 tb olive oil or butter  
1 Onion, chopped  
1 c Carrots, chopped  
1 c Turnip, chopped  
2 c Vegetable stock  
Salt & pepper to taste

Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the butter in a saucepan and

saute the onion until light brown. Add the carrots and turnip and continue cooking 5 mins. Add the peas and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1 1/2 hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste

### **Turnip Tips** from From Asparagus to Zucchini

Try turnips raw. Slice or create turnip sticks and add to veggie platter or eat alone with or without dip.

Grate raw into salads.

Bake turnips alone for 30-45 minutes at 350 degrees, basted with oil, or bake along with other seasonal roots.

Place turnips alongside roasting meats.

Mash or scallop turnips, just like you would potatoes.

Dice or cube turnips into hearty soups or stews, and thinly slice into stir fries.

### **TOMATILLOS:**

It's all on the website: Tomatillo Recipes  
the short course: make salsa!

### **LOOSE TOMATILLO SALSA RECIPE:**

(first remove the papery husks then wash the tomatillos) I roast them, along with onion, garlic, tomatoes and poblanos to make a roasted chile salsa, with toasted then soaked dried chiles (guajillos, anchos, negros, chipotles--mix 'n match). Puree it all with some cider vinegar, lime juice, salt and cilantro, then slow cook the puree for a couple of hours. Awesome

### **Orach Salad**

This tender purple cooking green can also be enjoyed in a salad on its own or with a green lettuce for dramatic presentation.

### **Dressing:**

Whirl in a blender:

1 clove roughly chopped garlic

pinch salt

1 teaspoon (scant) dijon mustard

2 teaspoons plum jam or any other jam available

4 Tablespoons rice wine vinegar

1/2 cup extra virgin olive oil

Dress washed orach leaves with dressing. Add other chopped vegetables as desired.

### **Orachy Green Sauce**

Green sauce is a common and ages-old early spring recipe, adapt to what you have on hand.

2 cups mixed greens, you can use orach, scallion tops, beet greens, chard, arugula, dandelions, lightly steamed nettles, radish greens, nasturtium leaves, almost any other green herb from your garden... The sky's the limit.

1 clove garlic or 1 shallot or 3 scallion bottoms, chopped fine

1/2 cup cottage cheese

1/2 cup yogurt or sour cream

S & P & lemon juice to taste

Put all ingredients in a mortar and pestle or a food processor and mash/whirl til desired consistency. This sauce can be a soup embellishment, a potato topper, a risotto flavoring, etc. Experiment and enjoy.

## Orach Pasta

This is a mainstay and most tender cooking greens work.

2 cups cleaned and lightly chopped orach leaves

1 onion, chopped (you can use chopped garlic instead, but add it later so it doesn't burn)

S & P to taste

Olive oil to taste

2 cups hot cooked pasta, twirly shapes work best, the greens don't mix well with long straight spaghetti and fettucine

fancy but optional additions: roasted pine nuts or walnuts, crumbled blue or other cheese, grated parmesan, etc.

Saute the onion in the moderately hot oil (about 1-2 Tablespoons) til soft, add the greens and the S & P. Add garlic now if you're using it. Cook until the greens are wilted, about 2 minutes, depending on how hot your pan is. Mix with the hot pasta, and optional additions if you're using any of them. Serve.

## Basil Pesto:

### Julia's Perfect Pesto:

1/4 cup toasted nuts: pinenuts, walnuts, almonds...

3 medium garlic cloves, blanched for 1 minute or used raw

2 cups packed fresh basil leaves, rinsed thoroughly

2 tablespoons fresh flat Italian parsley leaves (optional)

5-7 tablespoons extra-virgin olive oil

Pinch salt

1/4 cup finely grated Parmesan cheese

Whirl everything in a food processor, or pound it in a mortar and pestle.

## Fennel:

Fennel is high in vitamins A and E, calcium and potassium. Fennel and ginger make a good digestive tea. (Steep the fresh leaves with a bit of sliced ginger for 5 minutes in boiling water.)

### SOME IDEAS from The Victory Garden Cookbook

Sprinkle chopped fennel leaves on hot baked oysters or clams.

Add cooked fennel to omelets, quiches, stuffings or sauces.

Add stalks to stocks for their flavor.

Add sliced sauteed fennel to fish chowders.

Cook fennel in your favorite tomato sauce.

Place stalks and leaves on barbecue coals as they do in France. The fennel scent permeates the grilled food.

Slice steamed or blanched fennel, cover with a vinaigrette and serve chilled.

Chop raw fennel and add to tuna fish sandwiches.

Slice fennel thin and layer with raw potatoes, cream and cheese to make a potato au gratin.

Fennel and Cheese for Dessert adapted from The Victory Garden Cookbook by M. Morash

### Fennel bulbs

One great cheese, such as blue cheese or a local goat cheese

best olive oil S & P

Wash and trim fennel bulbs. If small, cut in half; quarter larger ones. Serve with slices of cheese and pass the oil, salt, and pepper.

## [Fennel Recipes](#)