

In your box this week:

Spinach
Romaine Hearts
Mystery
Red Radishes
Green-tailed Onions
Summer Squash
Peppercress

Initial veggie Notes from Katherine

Greetings from Portola Valley--here's what I would do with this week's list:

Steam the SPINACH, and season with a little salt and pepper.

For a simple salad with great flavor: Take a somewhat large salad serving bowl and rub the entire bowl with 1 to 2 cloves of fresh garlic. Wash and chop ROMAINE HEARTS and throw into salad bowl, along with sliced RED RADISHES, crumbled roquefort or bleu cheese, and shaved parmesan cheese. For the dressing, squeeze 1 lemon over salad, add about 1/4 cup vegetable oil, salt and pepper. Toss the salad and Enjoy!

SUMMER SQUASH and Potato gratin: if you have any leftover potatoes from last week's box--use them, otherwise you may have to actually buy some potatoes to use--but it will be well worth it! Take the potatoes and summer squash and slice them into 1/8 inch size slices, (Carrots are also a great flavor addition to the gratin), set aside. Take the fresh bulb onions and slice them into rings, caramelize them in a frying pan with butter and some brown sugar. Butter the bottom of your favorite casserole pan (I use a pyrex one). Preheat oven to 400F. Arrange 1/3 squash and potatoes in the gratin dish creating your first layer, cover the squash and potatoes with half of the reserved onions, and a layer of your favorite grated cheese--preferably cheddar. Continue

layering everything in that order until you run out. You want to finish the top with cheese. Sprinkle with salt and pepper. Cover the pan tightly with aluminum foil, and place in the oven. Bake for 40 mins., then remove the aluminum foil cover and cook for an additional 20 to 30 mins. Let cool for 5 mins and serve.

If you find strawberries in your box or fridge, they make a great margarita, or dessert with baked meringue. Beets, are great in salad, and perhaps the pepper cress. I usually steam my cabbage or make a soup with it. Lemon cukes can be added to salad recipe above. Hope you enjoy your new recipes!

Storage: Everything in the fridge in a plastic bag. *To eat within 1-3 days:* spinach, radish greens (they re good and they don t last), pepper cress

Concia by the Book by Andy

The children weren t screaming for dinner yet so I felt like I had the time to make it right. Right means Slow , as in the Slow Food Movement . I m a card carrying member. Slow Food extols the joys that come with taking time to prepare healthy food well. More than an organization, Slow Food is an attitude of defiance that finds more flavor in the fresh surprises each season brings than in the convenience of having everything trucked in all year long from all over the planet. Slow Food values local artisanal food producers over multi-tentacled trans-national corporations. I have a small farm that depends on support from our local community so Slow Food speaks to my politics. But I have kids, too, and they speak loudly about their perceived needs. I remember one day my son Graydon, when he was about four, coming in the kitchen and barking out, I m hungry, Poppa. Make me lunch, make it quick, and make it crunchy! R.J. Reynolds couldn t have said it better.

It s summer so I have a lot of zucchini on hand. I flipped through the z s in the index of Cucina Ebraica, by Joyce Goldstein. This book is a good read even for non cooks who

like to eat. It's the first volume in her three part series of cookbooks that explore the recipes, traditions, and histories of the various Jewish communities around the Mediterranean basin. I'm not Jewish- Italian but I was going to take the time to eat as if I were and see how it tasted. Her recipe for Concia, or Zucchini with mint and vinegar, looked great.

The recipe calls for slicing zucchini into coins, sprinkling them with salt, and letting them stand in a colander for thirty minutes. Is salting really necessary? I wondered. I was already feeling hungry. My kids haven't inherited their impatience from strangers. I decided to do the recipe slow Joyce style and fast Andy style. The fast Andy approach is where you just whack up the zooks and chuck them in the pan to fry right away. I was curious to find out if my palate was refined enough to notice any difference.

I followed Joyce's instructions in Cucina Ebraica and sliced the zucchini into pieces a quarter of an inch thick. I salted the rounds just as she told me to. Then I picked some mint from a plant in the yard so it was super fresh. The spicy fragrance of mint didn't help me relish waiting. I was about to succumb to the force of the Fast Side and chuck all the squash in the frying pan untreated when a pick-up truck rolled up into my yard. Pedro Bravo, his brother Ignacio, and their cousin Carmelo got out.

I put my hunger to one side and invited them in. We all go back 14 years from working on farms together. After initial pleasantries they got right to the point; Did I have two goats for sale? They had plans for a full blown Barbacoa de Chivo where the meat is steamed underground over hot stones in a nest of fresh agave leaves. If Slow Food had a local chapter back home in Puebla these guys could be charter members. If humanity wasn't so divided along class and ethnic lines these three expatriates might feel right at home in a local Slow Food convivium. Taking time to do things right and share a traditional meal with friends comes naturally to them.

We went outside, caught the goats, then caught up on all of our gossip. My children showed up and began howling for dinner. But Pedro, Nacho, and Carmelo still had one problem to solve. Did I know of a stray agave plant that might be that could spare 18 leaves? We discussed agaves for what seemed like a century plant to the kids so they howled some more. I returned to the kitchen and the Bravo clan returned to their ranch. Oh, yikes, I thought. The squash! Maybe I've disobeyed my cookbook.

I looked at the clock. Exactly 30 minutes had passed. I rinsed the zucchini, patted it dry and fried it. For the sake of science I chopped another zucchini up and tossed it in the pan when the first squash coins were golden. Then I minced garlic, mint, and parsley together and sprinkled the mixture with olive oil and vinegar. I tried both the salted and unsalted squash side by side. There was no comparison; even I could tell that the zucchini that had been treated with respect for authority and tradition came out with more flavor and a much better texture than the zucchini subjected to my quickie-convenient method.

So there you go: slice the squash and lightly salt it. Then put it to one side and chase some goats through the poison oak for a bit. Chat with friends, then rinse and pat the squash dry. Fry it in good olive oil and add in some minced mint, garlic, parsley, and a drop of vinegar and you've got Concia by the book. Well, almost. You have completed the easy part. The hard part is Joyce tells you to wait two hours for the dish to reach room temperature before you dig in. She lost me there.

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Benefit Dinner a Success!

Thanks to all who attended, and to all who sent money who couldn't attend. Don Rogelio continues to heal at home and can now pay some of his bills. Here's a photo gallery of a few of the photos:

Recipes from Julia

Do you still have summer squash from last week? Try the recipe Andy talks about in his article but double it and take it to friends to share. It s very tasty.

Concia Zucchini with Mint and Vinegar from Cucina Ebraica by Joyce Goldstein

4 to 6 small zucchini, about 1.5 pounds
salt
3 tablespoons chopped fresh mint or basil
2 tablespoons chopped fresh flat-leaf parsley
2 large cloves garlic, minced
6 tablespoons olive oil
4 tablespoons red or white wine vinegar

Cut the zucchini into 1/4 inch thick slices, or to prepare it Veneto fashion, cut the zucchini lengthwise into 1/4 inch thick slices. Sprinkle with salt and let stand in a colander for 30 minutes to drain off any bitter juices. Rinse and pat dry.

In a small bowl, combine the mint or basil, parsley, and garlic.

Warm the olive oil in a frying pan over medium-high heat. In batches, add the zucchini and cook, turning as needed, until golden on both sides, 4 to 5 minutes.

Transfer to a shallow serving dish and sprinkle with some of the mint mixture and some of the vinegar. Repeat with the rest of the zucchini, mint mixture, and vinegar. Leave at room temperature for 1 to 2 hours, basting occasionally with vinegar in the dish, before serving.

Fran s Zucchini with Peanut Sauce
from Recipes from a Kitchen Garden by Shepherd and Raboff

2 Teaspoons vegetable oil
1 clove garlic, minced
1 teaspoon very finely chopped fresh ginger
pinch red pepper flakes
2 Tablespoons oyster sauce
3 Tablespoons rice vinegar (don t substitute because rice vinegar is very mild)
3 Tablespoons chicken stock
1/4 cup ground or very finely chopped peanuts (I would do this in my food processor or mortar and pestle)
pinch sugar
1 pound zucchini, cut into 2- to 3-inch matchstick strips

In a large skillet, heat oil, add garlic, ginger and red pepper flakes and saute until fragrant and softened no more than one minute. Add oyster sauce, rice vinegar, chicken stock, ground peanuts, and sugar. Add zucchini sticks and saute, stirring often, just until zucchini are tender crisp 3-5 minutes. Don t over cook. Serve immediately as a hot dish, or at room temperature as a salad or take-along.

More Summer Squash Recipes:
<http://www.mariquita.com/recipes/summer%20squash.html>

Radish Option #1:

You like radishes and are delighted to throw them into salads or trim and eat as is. Special treat: slice into three or 4 thick slices each radish and place on a piece of fresh, great baguette or other fancy bread that s been buttered and salted. YUM.

Radish Option #2:

You and your family are not fond of raw radishes. Presto! You now have ruby turnips and you are welcome and encouraged to throw them into that vegetable soup or stew. Or braise them on their own, then add in their greens.

Green-tailed Onions (Cebolla de rabo verde): these are often cleaned of

their roots and put on the grill, tails and all, to toast. Then take a bite of the grilled onion as you take a bite of your taco. See the following photo:

<http://www.mariquita.com/images/photogallery/grilledonions-comal.jpg>

PepperCress!

This is related to watercress, it is spicy, and great in a simple green salad with lettuce, or as a green decorating a sandwich. Think about where you might use raw arugula....

Two Small Farms/Mariquita Farm Recipe Page

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3 emails? We are two small farms truly: each farm has its own email account and website, and now Two Small Farms also has its own place in cyberspace.

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