

In your box this
week:

Walla Walla Onions
Erbette Chard
Broccoli
All-Red Potatoes
Cilantro
Basil
Two Mysteries

Initial Veggie Notes from Julia

Storage: Everything in the fridge except the basil. Eat the broccoli first, it's so very delicious when truly freshly cut. The onions are not cured, so they aren't storage onions, treat them like green onions.

To eat within 1-3 days: mystery, broccoli.

What I would (and likely will) do with this week's box: broccoli salad, Graydon (our 9 year old) will make the potatoes, be momentarily horrified they come out pink when mashed, then eat them with gusto when offered the broccoli salad alternative. Cilantro in a Chinese noodle dish, and basil in pesto.

What would YOU do with the week's box?? I often do the same things, even with different vegetables. Soup, fried rice, etc. Yawn! If there's anyone out there, current member or not, that would like to do this spot in a future week, please do contact me! I can give you the list of veggies on Monday morning, or even a partial list on Friday, with the finalized list on Monday, then you can give me your paragraph of what you would do with the box by Monday night. Thanks for your help. julia@mariquita.com
831.761.3226

Walla Wallita by Andy Griffin

Some women can be charmed with roses, others with onions. I'm lucky that Julia likes onions, since I grow them and they're usually at hand in one form or another when I need to be charming. Not just any onion works; a fragrant bouquet of mild, sweet, onions like Walla-Wallas works best to convince her that I, too, am mild and sweet. A gift of onions is never a waste, either, for even if your lady-friend throws them back at you they can always be used in a soothing meal. The way I like to cook is to grab an onion and then ask myself, what am I going to do with this?

Because they can grow to huge proportions Walla-Walla onions have earned a niche in the American tradition sliced into slabs and plonked down on top of hamburger patties. But I have issues with huge onions. First of all, I can't grow them easily. Walla-Walla onions are a breed of onion, originally imported into this country from Corsica by French immigrants around the turn of the last century. But Walla-Walla is also a place in Washington State with a latitude of about 46 degrees. That far to the north the days are long in late spring and early summer. Walla-Walla onions planted in the waning days of August will grow slowly over winter, developing a broad network of roots. Come the longer days of spring the young green onions will swell up fast into gigantic bulbs. Our farm is at latitude 38, low enough so that for Walla-Walla onions the growth rate is noticeably slower. It is difficult to achieve huge bulbs here before the onion plants die down.

Another reason that my Walla-Walla onions don't get big is that I plant them late, typically around February. I use no herbicides on my farm. Onions are slow to germinate and the tiny grass-like first leaves get easily lost in the winter weeds. We transplant our onions out to get a jump on the weeds. Even at that we usually have to do at least one major cleaning. Weeding is expensive. If I planted early to get the biggest bulbs I would have to weed several times throughout the winter. Onions would cost me more to grow than I could sell them for. Conventional growers get around this issue by hosing their fields down with herbicides.

Since I must plant late I make a virtue of a

necessity and reason that four smaller onions are better than two larger ones. I call these downsized Walla-Walla onions Walla-Wallitas. Not every American eats hamburger with a patty sized slice of onion. If you cut a big onion in half and only use part the other piece doesn't get sweeter in the refrigerator; no, where the cut exposes the flesh it gets oxidized and sour. Besides, if your sweet onions come tied in a bunch by their green tails you can always present them as a bouquet to your partner and hope the fresh, bracing aroma overpowers any memory of your most recent misdeeds.

Walla Walla Onions

Copyright 2004 Andy Griffin

Benefit Dinner a Michoacano Feast! at Andy and Julia's Ranch in Watsonville for Don Rogelio July 3rd details below

Dear Newsletter Subscribers:

About five weeks ago an employee of Mariquita Farm, Rogelio Barrajas Aguilar, was injured in a traffic accident. Rogelio was not the driver but a back seat passenger. The driver, Jeramias España, also an employee of ours, was driving westbound on highway 129 when another driver pulled out from River Oaks Saloon directly into their path. She was drunk. She had been refused drinks at River Oaks and was on her way to a friendlier liquor store. Witnesses at River Oaks said she was despondent and had pulled out in front of a big rig earlier in the day. Jeramias and his wife Domitila were bruised and shook-up but grateful to be alive. The drunk driver was o.k.

Don Rogelio took a hell of a blow to the chest where the safety belt crossed his sternum and broke some ribs. Rogelio is glad to be alive but he is still in too much pain to return to work. At present it still hurts him to pick up a gallon jug of juice from the refrigerator. An operation after the accident served to drain fluid from the wound to the chest and he is getting better, but slowly. He is falling behind on his rent and can't send money home to Michoacán. Julia and I have decided to put on a benefit dinner at our home to help raise money for Rogelio. I have in mind to cook up a kid goat and all the trimmings

with the help of Don Gerardo, Rogelio's friend and brother in law. Isabel, Don Gerardo's daughter and Rogelio's niece will help, as will her sister Rosy. They are great cooks. Some of you will remember Rosy who helped us at market all winter long while there was no work in the strawberry fields. The food at this dinner will be great with everything coming from our farm except the tortillas and chiles. All money earned from the dinner goes to Don Rogelio. -Andy

DETAILS: \$50/per person for a full Mexican/Michoacan feast. Saturday, July 3rd, 2-8pm. Watsonville. I will send directions when you reserve. Please email me at julia@mariquita.com or call: 831.761.3226 to make a reservation. We will have a menu ready next week.

YES, you can donate to Rogelio's fund even if you can't make the dinner, in any amount. If you would like to do this, a check can be sent to

Mariquita Farm
PO Box 2065
Watsonville, CA 95077-2065.

You have our word that every penny will go to Don Rogelio.

Link about this dinner, including a couple of photos of Don Rogelio

Recipes from Julia

Do you still have Fennel in your fridge? Try using it like celery, really, When cooked its flavor mellows even more. A simple cream of fennel soup is delicious, and if made with the milk you usually have on hand, should be in line with your dietary ideals, whether they be soy-only, low-fat, or the full monty.

It's late so I'm giving you our usual recipe links, with not so many recipes in the text of the newsletter. There are many recipes on each weblink below....

Two Small Farms/Mariquita Farm Recipe Page

Cilantro:

TORTILLAS WITH EGGS

1 tablespoon corn oil
3 5- to 6-inch tortillas, halved, cut crosswise
into 1/2-inch-wide strips
4 eggs, beaten to blend
1/4 cup canned diced green chilies
2 tablespoons chopped fresh cilantro
Hot pepper sauce (such as Tabasco)

Heat oil in heavy medium nonstick skillet over
medium heat. Add tortillas and stir until
softened,
about 1 minute. Add eggs, chilies, and cilantro.
Stir until eggs are softly set, about 3 minutes.
Season
with hot pepper sauce, salt and pepper.

Serves 2.

Bon Appétit
March 1995

lots of cilantro recipes

Chard Recipes

Potato Recipes

Basil Recipes

Broccoli

Asian Broccoli

1 bunch broccoli
1 teas. minced garlic
1/3 c. chicken broth
2 tbl. soy sauce
1/4 tea. sesame oil

Peel the stems on the broccoli. Slice into
"coins." Cut the tops into
flowerettes.

Heat a wok until very hot. Add the oil and
immediately add the garlic. Let
sizzle for 15-20 seconds. Add the remaining
ingredients and give everything
a quick stir. Without turning the heat down,
cover the wok and let steam
for 4-6 min., until the broccoli is done.

Our Contact Info:

Two Small Farms
831.786.0625
[PO Box 2065](#)
[Watsonville, CA 95077-2065](#)