

In your box this week:
Strawberries
Cauliflower
Baby Chard
Basil,
Radishes/Bok Choy (Wed.)
Summer Squash (Thursday)
Romaine Lettuce
Scallions

Initial Veggie Notes from Julia

Storage:
Everything in your box this week should be stored in the fridge except for the basil. It will all keep better if kept colder. Separate the greens from the roots on the carrots. For the basil, some folks like to keep it in the

fridge, but if it gets too cold it will turn black and unusable. I like to keep it on the counter and use it up in a day or two or three. Some refridgerators are a bit warmer in the door, that might work. Find what works best for you in your kitchen.

To eat within 1-3 days: berries, cauliflower (this will keep, but it s a sweet, special, non-cabbagey treat when eaten soon after harvest), basil

What I would (and likely will) do with this week s box: Make a cauliflower salad kind of like a pasta salad but leave out the noodles. Steam the chard and eat with rice vinegar or lemon juice. Make pesto! Eat romaine salads.

Excuses, Excuses by Andy Griffin

She wasn t miffed but she didn t understand why, since we grow summer squash, we couldn t also harvest the blossoms. Stroll the streets of Naples and there are little fried squash blossom snacks in every eatery. Jet to Mexico City and enjoy squash blossom quesadillas. Whip over to Chez Panisse in Berkeley and enjoy a seasonally appropriate squash blossom soup. So what is the big problem?

Money and time.

Every squash comes populated with both male and female flowers, and there are more males present than is strictly necessary. Theoretically nothing but ignorance of the squash blossom s gastronomic potential keeps us from taking advantage of drone squash flowers and making an additional sale.

But there s a catch.

The summer squashes we eat were first developed for cultivation by pre-Columbian Americans. Modern breeders have improved on Amerindian handiwork through careful selection and breeding. Naturally, these improvements reflect modern values. Male flowers aren t as worthless as the proverbial tits on a boar but they re close. Modern plant breeders have selected for squash varieties that have a high ratio of female to male flowers so that the producer s yield goes up and the consumer s price goes down. The same logic that makes modern summer squash types more prolific makes the harvest of male flowers more difficult. Growers who specialize in squash blossoms often plant old fashioned Mexican pumpkin varieties that, being unimproved , sport great quantities of male blossoms. Pumpkin flowers are also better eating than summer squashes flowers, having beefier blossoms that can hold more stuffing, carry more batter and stand up to more cooking without losing their special character.

There s another reason I don t choose to harvest squash blossoms. Squash blossoms are fragile and perishable. We must pick the blooms every morning as the buds open before the petals get hot or the insects eat them. I lack an outlet for blossoms six days of the week and the blooms don t keep. Midweek squash sales are hard because Monday through Friday most people are too busy to bathe blossoms in batter and fry them. As a commercial crop squash blossoms are best suited to specialized farms serving restaurants. I know; excuses, excuses. To the person hungry for flowers I can only suggest growing a pumpkin at home, paying a lot of money for a few blooms in a farmers market, traveling to Naples or Mexico, or going out to eat at a nice restaurant.

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The Ladybug Letter

Strawberry Upick this Saturday, June 5 --from 11 AM to 2 PM. Please call or e-mail Katie (831/786-0625 or csa@twosmallfarms.com) to reserve a spot if you would like to attend. We want to make sure there are enough ripe berries for everyone to pick. There are likely to be future upick Saturdays as well, stay tuned to this newsletter for the dates.

Chemo, Research, and Walking

Watsonville, early March, 2000:

In early March, 2000, I was thirty five years old and finally got a physical after 4 years of birthing and nursing had left me in a daze. Dr. Carroll found a lump in my breast. Three weeks later our the CSA started its fourth season. We had taken the subscribers' money, spent it on farming and had a years worth of work ahead of us to pay back their trust. My office was piled with papers and lists of things I needed to be doing, the phone was ringing all day long, and I was in the hospital getting a mastectomy.

Watsonville, May, 2004

We got through year 2000 because a lot of friends helped us. The chemo and bald head is a 4 year old memory, and everyday I try to live with healthy habits that will PREVENT the breast cancer from returning. I'm walking in the Avon 2-Day Breast Cancer Walk, and I'd like to encourage those that can afford it to donate, even if it's only \$5 or less. It's a way I can show my appreciation to all the people who helped me. No donation is too small. Click here for more information, including more reasons why I'm doing this in July and why I'm asking for you to donate:

Donate to the Research Walk

Recipes from Julia

Do you still have mint in the fridge? Make some mint tea tonight:

Do you still have fennel in your fridge?

Cauliflower:

Julia s Simple Fried Rice

serves 2-3

1 sm head cauliflower, chopped in smallish dice
3 green onions or 1 small round yellow onion, chopped
2 carrots, scrubbed and grated
2 tablespoons oil, divided use
1-2 cups cooked cold rice, or freshly made with a little less water to keep it firm
splash each of soy sauce and rice vinegar
several drops to taste of sesame and chile oil
chopped fresh basil, cilantro or parsley, optional (basil in fried rice?? Yes! It s delicious, Vietnamese and Thai food use basil quite a bit.)
CHARD: you can add as much of this at the end of cooking as you like or will fit in the pan, this is optional bu delicious. And the green makes it look better, too.

Cook the cauliflower and onions in 1 T of the oil over high heat until the onion is wilted. (2-3 minutes?) Add the rice with the second T of oil, continue to cook over high heat, stirring the whole time, then add the grated carrots. Cook until everything looks cooked through and heated through, then add all the liquids & the chard, if using, stir for another 30 seconds or so, remove from heat, add the cilantro if using, and eat. Possible additions: cashews, peanuts, chopped ginger, garlic, hoisin sauce, etc. etc.

GOBI DAL - LENTILS WITH CAULIFLOWER

from Recipesource.com

1/2 lb Masoor Dal (Pink Lentils)
1 Cauliflower
1 bunch green onions, finely chopped (or two regular onions)
1/2 Cup Ghee or Oil
1 teaspoon Ground Chili
2 teaspoons Freshly Ground Black Pepper
1/2 Tablespoon Ground Cumin
1/2 Tablespoon Ground Coriander

2 teaspoons Ground Turmeric
Juice of 1/2 Lemon
2 1/2 cups vegetable or chicken Broth
2 oz Dried Coconut
1/2 Tablespoon Flour
1 teaspoon Salt
4 ounces Raw Cashew Nuts

Wash the Lentils well and drain. Heat the Ghee or Oil in a large saucepan and fry the Onions. When they so add the Chili, Pepper, Cumin, Coriander, and Turmeric. Stir in well and cook for 30 seconds or so. Add the Lentils. Stir well to ensure that each grain is coated and add the Lemon Juice. Cut the Cauliflower into small florets and add to the pan. Add the Chicken Stock and the Coconut. Bring to the boil and simmer for 20 minutes. Mix the flour with some of the liquid to form a smooth paste and stir into the saucepan. Add the Salt and Cashews. Cook a further 5-10 minutes until the Lentils have formed a thick sauce. This dish is a complete meal in itself when served with plain boiled rice.

Summer Squash:

Zucchini with Basil and Pecorino Romano Cheese

from *Verdura* by Viana La Place

1 1/2 pounds firm zucchini
4 Tablespoons extra-virgin olive oil
3 garlic cloves, peeled and chopped
Salt and Pepper to taste
3 Tablespoons freshly grated imported Pecorino Romano cheese
10 basil leaves

Wash the zucchini well. Trim the zucchini and slice into thin coins. Place olive oil in a large saute pan and turn the heat to high. Add the zucchini and toss in the oil until it is lightly golden in spots but still crisp, about 4 minutes. Turn the heat to medium low, add the garlic and S & P to taste. Cook until the zucchini is tender but still has a trace of crispness.

Transfer the zucchini to a serving platter. Sprinkle the grated Pecorino Romano cheese

over the zucchini. Tear the basil leaves into fragments and scatter them over the top.

Basil:

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.

Things to do with freshly made pesto:

-Noodle dressing: hot or room temperature. Pesto makes a great dressing for pasta salad.

-mayo replacement on a sandwich

-scrambled egg topping

-red pizza sauce replacement (use pesto as the sauce, or top a classic cheese pizza with small dollops of pesto)

-top a baked potato with a small dollop of pesto

-stir in a tablespoon of pesto into a bowl of tomato soup just before eating

Chard Recipes:

<http://www.mariquita.com/recipes/chard.html>

Mariquita Farm/High Ground Organics

Two Small Farms

Organically Grown Vegetables

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