

Two Small Farms Newsletter

Issue Number 282 - June 23rd, 2004

In your box this week:

Cauliflower

Parsley

Summer Squash

Red Lettuce

Basil

Bianco di maggio Onions

Red Spanish Garlic

Chantenay Carrots

Fruit Mystery (see Steve's note, below)

Initial Veggie Notes from Devavani & Julia

Storage: Everything in the fridge except the basil, garlic and peaches, but the peaches can go into the fridge if you want to keep them awhile, and I've had basil successfully in the fridge the last few weeks, so don't take me very seriously! Remove carrot greens when storing the carrots, it keeps them better.

To eat within 1-3 days: fruit, cauliflower (will keep in fridge, but is yummier the fresher it is)

Guest What-to-do-with-this-week's-box Writer:
Devavani Chatterjea

The possibilities of this week's box:

I might make pesto with the basil or toss a whole bunch of torn basil leaves into hot fusilli pasta with sundried tomatoes, roasted pine nuts and chunks of fresh mozzarella cheese. The butter lettuce will go into a simple salad with a red wine vinaigrette perhaps with the carrots grated in. I might break the cauliflower into little florets, brown in olive oil and then gently simmer for 15 minutes with a bit of curry, salt and pepper and a couple tablespoons of coconut milk (this is delicious on rice!). Cloves of garlic will be sauteed in olive oil to begin many a dish, enhance the pesto and perhaps blended with the parsley, some cashews, lemon juice and salt to make a parsley dip that is great with fish, roasted potatoes (if you have those left from last week) and even with pan roasted

summer squash from this week. I might roast some of the carrots with garlic and olive oil (20 minutes at 400 degrees in the oven) and season with cayenne, salt and cinnamon. The sauteed white onions might go on a pizza or into a lentil dish after being pan roasted in olive oil. The peaches and strawberries will be eaten just as they are... fast! Enjoy. (Julia's note: I want to eat at Devavani's house.)

The Garlic Cure by Andy Griffin

We are now curing our garlic crop. But why cure something when it isn't sick, especially garlic which is widely touted as a cure itself for everything from vampire infestations to heart disease?

To cure means to heal. The word heal comes to us from the Anglo-Saxon word *hal* meaning whole. As our language developed it was natural for curing, which comes to English from the Latin word *curare* for caring, to eventually become synonymous with preserving. Thus, even a ham is said to be cured after it has been kept from decomposing by being bathed in brine though its only illness was the misfortune being a leg on a swine no longer preserved whole. Curing a garlic is not nearly as violent as curing a pig.

When garlic plants begin to yellow and we observe that the bulbs are quite swollen we stop watering the crop. At this point the garlic's roots are beginning to shrivel under ground and any excess water would only invite rot, spoiling the bulb. Then we lift the bulbs and break the dirt clods from the roots. We lay the garlic on the ground in rows to finish drying. We are careful to protect the crop from sunburn by layering the garlic so the bulbs are tucked under the withered leaves of the garlics preceding them in the row. The effect is like a thatched windrow. As the garlic cures any residual sugars are drawn from the wilting leaves into the cloves. When the papery husk forms we clip the bulbs from the stalks. Well cured garlic properly stored will keep for about six months or until we use it to make a flavorful meal or ward off vampires.

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Peach Notes from Steve

The peaches half of you will receive this week (the other half will get them next week) were grown by my uncle Jerry Thomas at the biggest peach orchard in Santa Cruz County. Yes, at around 3 acres, my uncle's orchard near Corralitos enjoys this distinction. Because of the cool coastal influence this area is considered unsuitable for stone fruit production. My uncle, however, discovered that the micro-climate in his sheltered valley at the base of the Santa Cruz mountains suits peaches just fine. In addition to peaches, on about 7.5 total acres he also grows cut flowers, garlic, potatoes, heirloom apples and many other things, all organic, which he sells in Santa Cruz county at the Cabrillo Farmers Market on Saturdays, Felton on Tuesdays, and Monterey on Thursdays. He has farmed at the same location for over thirty years. (I spent several summer vacations working on his farm during my youth, which was my first introduction to farming.) Enjoy your peaches.

Don Rogelio s Dinner: we are about half full, which will be a party even if no one else signs up! Thanks very much to all of you for donating, we ve added the names of folks who ve sent \$ on the webpage below. If you d like more details, see this link: [-julia](#)

Benefit Dinner Link

Recipes from Julia

Do you still have broccoli in your fridge? Try steaming it and eating it cold with a squeeze of lemon or your favorite salad dressing. Basil? I love Devavani s idea: toss a whole bunch of torn basil leaves into hot fusilli pasta with sun-dried tomatoes, roasted pine nuts and chunks of fresh mozzarella cheese.

BASIL:

It s pesto week: I love basil pesto with some

parsley leaves thrown in, it keeps it bright green.

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
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.

Bean Salad Recipe from Michelle Russell

I've been wanting to share how I've been using my Mariquita herbs and purplette onions lately. It's a very simple bean salad that I never tire of, guests have been happy too. First, I get four or so different cans of beans and put them in a bowl. I like to mix colors, so my salad includes garbanzo, black, navy and red. Then I splash balsamic and olive oil over the beans, letting it sit while I wash and chop whatever herbs I have at hand. I like to add at least a half of cup of herbs. My last salad featured parsley and basil. Delicious! Thinly slice the onions and add those too. Stir everything adding salt and pepper to taste. Serve over whatever salad greens you have. That's it.

I've also made a tasty version by making the vinaigrette separately, in a blender, with dried tomatoes added. The tomatoes get ground up and the vinaigrette emulsifies nicely. This salad travels well and makes great leftovers.

ROASTED-GARLIC BASIL SAUCE

This recipe originally accompanied Veal Scallops with Squash, Tomatoes, and Roasted-Garlic Basil Sauce, you could use it for grilled squash, simple broiled fish, or?

4 large garlic cloves
1 medium zucchini

3/4 cup packed fresh basil leaves
1/4 cup packed fresh flat-leafed parsley leaves
1/2 cup water
2 teaspoons fresh lemon juice

Preheat oven to 425 F.

Wrap garlic cloves tightly in foil. Cut zucchini into 1/4-inch-thick slices and season with salt and pepper. Put foil-wrapped garlic and zucchini on a baking sheet and roast in middle of oven until garlic is tender and zucchini is pale golden, about 15 minutes. Unwrap garlic and cool.

Have ready a bowl of ice water. In a saucepan of boiling water blanch basil and parsley 10 seconds and drain in a sieve. Refresh herbs in ice water to stop cooking and drain in sieve. Sauce ingredients may be prepared up to this point 1 day ahead and kept separately, covered and chilled.

In a blender blend garlic, zucchini, herbs, water, and lemon juice until smooth, about 1 minute, and season with salt and pepper. Makes about 3/4 cup.

Each 3 tablespoon serving about 14 calories and 0 grams fat. *Gourmet* September 1997

CAPELLINI WITH LEMON AND BASIL *The Savory Way*, Deborah Madison

zest of 1 lemon, cut into narrow strips
juice of 1 lemon
1 1/2 tbsp. unsalted butter
1 1/2 tbsp. extra-virgin olive oil
8 fresh basil leaves, finely sliced
2 tsp. finely chopped parsley
3 oz. capellini
salt
freshly ground pepper
freshly grated Parmigiano-Reggiano (optional)

Put the lemon zest, juice, butter, oil and herbs in a bowl large enough to hold the cooked pasta comfortably. Also have ready 2 heated pasta bowls or plates.

Bring several quarts of water to a boil, salt to taste and add the pasta, and cook until al dente. Lift out the noodles with a pasta scoop and add

them immediately to the large bowl. Repeatedly lift the noodles with a pair of tongs, mixing them with the other ingredients as you do so. Divide the pasta between the 2 bowls and add a little pepper.

Serve with cheese, if desired.

SUMMER SQUASH:

Pasta with Zucchini, Lemon, Pine Nuts, and Herb

The Greens Cook Book, p. 162

1 pound corkscrew pasta (gemelli, rotelli, etc.)
1/2 pound summer squash
1/2 c. mixed fresh herbs: Italian parsley, marjoram, basil, chervil, hyssop, oregano, lemon thyme and others (I used basil and thyme, but oregano and marjoram are also good. Avoid tarragon in this dish.)
1 lemon
6 T. virgin olive oil
5 T. pine nuts
4 shallots, thinly sliced then roughly chopped
4 t. tiny capers, rinsed in water
2 sun-dried tomatoes, cut into narrow strips (I used 8 halves)
Salt
Pepper
Parmesan (grated, fresh)

Slice the zucchini diagonally into pieces about the same thickness as the pasta (matchstick size, 1/8" or so). Line up the slices and cut them into narrow matchsticks. Each one will be tipped with green or gold.

Make a selection of fresh herbs from those suggested in the ingredients list. Pull the leaves off the stems and chop them, but not too finely. Include any flowers, such as the purple flowers of the basil or pink thyme blossoms. With a vegetable peeler, remove a thin strip of peel from the lemon and cut it into fine slivers. (I grated the peel.)

Heat 2 T. olive oil in a small pan and add the pine nuts. Cook them until they begin to color; then add the shallots. Cook the two together over medium low heat until the shallots are soft

and the pine nuts are brown. Transfer them to a wide bowl and add the rest of the oil, the capers, lemon peel, sun-dried tomatoes and herbs. Season with salt, freshly ground black pepper and 1/2 teaspoon or so lemon juice to taste.

Add salt to the boiling water, drop in the zucchini and cook it about 1 minute. Scoop it out, shake off the water, and add it to the bowl with the other ingredients. Next, cook the pasta, scoop it out and add it to the bowl as well. Toss with a pair of tongs, so that the noodles are coated with the oil and herbs. Serve with the cheese passed separately.

Sweet and Spicy Squash - Drumlin Farm

2 tablespoons olive oil
3-4 cups summer squash, cut into 3/4 inch pieces
1/2 cup sweet onion, diced
1 leek, chopped
2 Hungarian Hot peppers, diced
3 tablespoons honey
salt and pepper

Heat oil in skillet; add squash, onion, leek and peppers and saute until tender. Drizzle honey over vegetables. Stir in salt and pepper to taste. Remove from heat and let stand 3-4 minutes before serving. Makes 4 servings.

Baked Summer Squash with Pesto Crumbs from More Recipes from a Kitchen Garden by Renee Shepherd

This can be served as a whole meal, over wild rice and garnished with toasted pecans.

3 lbs. Mixed summer squash
3 Tbs. butter
1 Tbs. olive oil
1/4 cup half-and-half
3/4 tsp. salt
1/4 tsp. ground black pepper
1/4 tsp. freshly grated nutmeg
1/4 tsp. mace
1 tsp. sugar
2 tsp. finely chopped fresh rosemary

1/4 cup finely chopped cilantro
2 shallots, minced
4 scallions, finely chopped
1/2 cup Pesto Bread Crumbs Recipe(see below)

Preheat oven to 400F. Lightly oil a 2 1/2 to 3 quart casserole dish with cover. Trim squash and cut into large chunks (about 1 1/2 inches). Arrange squash pieces in casserole and set aside. Melt butter and olive oil together in a small saucepan. Remove from heat and add remaining ingredients, blending thoroughly. Pour sauce mixture over squash, tossing until squash is coated. Cover casserole and bake 40 minutes. Toss squash gently and spoon juices and seasonings from the bottom of dish over squash. Sprinkle with bread crumbs and bake uncovered for 10 minutes longer, until squashes are tender when pierced with a knife.

Pesto Bread Crumbs

from More Recipes from a Kitchen Garden by Renee Shepherd

1 cup dry bread crumbs
2 large cloves garlic, chopped
1/4 cup freshly grated Parmesan or Asiago cheese
3 Tbs. roasted pine nuts
1 1/2 cups loosely packed fresh basil leaves
1/4 tsp. salt
1/8 tsp. freshly ground pepper

Combine all ingredients in a food processor until thoroughly blended. After using, refrigerate any leftovers. Makes 2 cups.

from CSA members:

Cheesy cauliflower from Claudia Bolton

1. Steam a whole head of cauliflower until it is al dente.
2. Transfer to a shallow dish or broiler-safe container.
3. Frost the head of cauliflower with a Dijon-style mustard with herbs mixed in.
(or a mustard of your choice)
4. Use the mustard as glue to adhere your

choice of grated cheese.

5. Put under broiler briefly until the cheese is bubbly.

6. Serve immediately.

Mia s Cauliflower

3/4 cup raw brown rice (about 1 1/2 cups cooked)

1/3 cup (or more) cheese

oil

1 large bunch chard (or other leafy green) (chop stems and leaves separately)

2 onions, peeled and chopped

1 clove garlic, minced or crushed

soy sauce to taste

In a wok or large frying pan, saute the chard stems, onions and garlic until the onions are transparent.

Stir in the cooked rice and put the chopped chard leaves on top. Cover the pan and cook over low heat until the chard leaves are wilted. Then stir the leaves into the rice mixture underneath.

Add the grated cheese and soy sauce; stir until the cheese melts and holds the mixture together somewhat.

Makes 4 large servings. from *Recipes for a Small Planet* E. Buchman Ewald

just wanted to let you know of another way to use cauliflower--raw in salads. Just chop off the heads from the stems and separate. Sprinkle them over lettuce with grated carrots, coriander, and olive oil and balsamic vinegar dressing.

SAUTEED-BRAISED CAULIFLOWER

The Victory Garden Cookbook, Marian Morash

Slice or dice cauliflower, or cut into 1/4-1/2-inch flowerets. Melt a combination of butter and oil (or either one) and toss cauliflower in it until coated. Cover pan, reduce heat to low, and cook for 3-5 minutes, stirring occasionally. Sprinkle with herbs and additional butter, if desired, and serve.

With Garlic & Oil: Add a garlic clove when tossing the cauliflower in oil.

With Tomatoes: To larger flowerets, add your

favorite tomato sauce or peeled, seeded and chopped tomatoes combined with fresh herbs such as basil. Cover and simmer as above until flowerets are barely tender.

In Vinegar: Saute in oil with garlic, add some red or white wine vinegar, then cover and cook until cauliflower is tender.

With Olives: Add black olives or large green olives stuffed with pimiento.

With Cream: Toss cauliflower in butter and coat with heavy cream. Cover pan and cook until cauliflower is tender. Uncover, and reduce cream so it just coats the cauliflower. Sprinkle with lemon juice; season with salt and pepper.

With Nuts: Saute cauliflower in butter, cover pan, and braise until barely tender. Uncover, add toasted almonds, walnuts, or pistachio nuts, saute over high heat for 1 minute.

With Capers or Anchovies: After sauteing in butter or oil, toss in capers or anchovies and cook for 1 minute before serving.

Two Small Farms/Mariquita Farm Recipe Page

