

In your box this week:

Strawberries  
Spinach  
Parsley  
Summer Squash (Wed)  
Broccoli (Thursday)  
Plum Purple Radishes  
Arugula, Carrots  
Mystery

It's time to  
Renew for  
those of you  
on the 9 week  
payment  
schedule. See  
the email  
letter for more  
details, or call  
Katie at  
831.786.0625

**Initial Veggie Notes** from Julia

Storage: Everything in your box this week should be stored in the fridge. It will all keep better if kept colder. Separate the greens from the roots (radishes and carrots). The radish greens are excellent to eat, if you eat them in the first couple of days.

To eat within 1-3 days: berries, spinach, radish greens

What I would (and likely will) do with this week's box: I will cook up the arugula with the radish greens and toss with noodles and red pepper flakes and pine nuts, and maybe a sharp cheese for extra flavor. I will send the carrots to school with my children. Andy will eat the radishes before dinner. I will make a spinach salad, and add parsley to several cooked dishes, well, at least 2! You can also add the parsley to a green salad.

**Berry Jam Making Alert!**

Strawberry plants need to be harvested on at least twice a week, Steve sends his harvest on Wed to the CSA, and his Saturday harvest to the weekend farmers market in Mountain View. This week he had too many berries, so he has over 30 flats in the cooler that were harvested on Saturday.

If you would like to purchase them at the fire sale rate of \$10/flat to make jam, call Katie to make the arrangements. You will need to come to the farm today or tomorrow to pick them up... Katie's number = 831.786.0625 her email = [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com)

---

Kids Day this Weekend at High Ground Organics

Where Oh Where Oh Where Is Susie? Way Down Yonder in the Strawberry Patch!

This Saturday May 15 from 1 - 4 PM is Kids Day at High Ground Organics! Bring your family out for a day of farm fun. This year Jeanne, Katie, and Marisha will host lots of fun activities. Kids can eat strawberries out of the patch. We'll have our standard farm games, including searching for bugs and other critters in Pest and Predator Bingo, bird sighting contests, and Name that Vegetable. Plus, we'll have an art station where kids can get creative with vegetables and farm found items. Kids of all ages are welcome. Children should be prepared to get dirty, so have them wear old clothes and boots or shoes you don't care much about. It can get windy here, so bring a sweatshirt even if it's a beautiful day. See you Saturday!

Directions to High Ground (scroll down the page a bit):

Recipes

(Do you still have favas in your fridge from last week? Open up the bag, get a big bowl, and either tune into a favorite radio program or tv show or call up a friend, or put the kids/visitors to work: remove beans from the pods. Then blanch & cool, then repeat to pop the bright green beans out of the lighter-

green outer shell. Now you can add these green gems to a grain salad, saute on high heat with a little garlic, or just cool down and make them into their own salad.)

Two Small Farms/Mariquita Farm Recipe Page:

New place to request/search for recipes: The Culinary Alliance of Santa Cruz County has forums on line, including a place to ask about and answer recipes queries. There are several local chefs who post to this forum. I'm chardgirl. -julia

### Greens Tacos

This recipe is one of my favorite breakfast recipes, but of course it would work at any time of day. Please note the amounts given are approximate, I don't measure anything when I make these. You could use more or less of any one of these ingredients.

Serves 2-3

3/4 pounds greens, cleaned well and sliced into approximate 1 inch pieces (today I used arugula and radish greens, leaving the radish roots in the fridge to be munched on later. the greens are good to eat, but they don't last long!)

2 teaspoons cooking oil

2 stalks green garlic, cleaned as a leek and chopped, or another allium family, whatever you have on hand (onion, green onion, garlic, leek.....)

Pinch red pepper flakes or cayenne

2 Tablespoons cream cheese

4-6 small corn tortillas or 2-3 larger flour ones. Heat the oil and add the garlic, having the greens ready to go, and cook garlic for about 30 seconds. Then add greens and cook until bright green and wilted, add red pepper (and salt and black pepper if you like). Take off heat and stir in cream cheese. Heat tortillas, divide filling among them. Eat and enjoy.

more arugula recipes:

**Spring Radish Salad** from Verdura Vegetables Italian Style by Viana La Place

1 bunch fresh radishes

2-3 very sweet carrots

2 bunches arugula (or watercress)

salt and pepper to taste

E.V. olive oil

2 Tablespoons freshly grated Parmesan cheese

Lemon wedges

Trim the radishes and slice them thinly. Peel the carrots and cut them on the diagonal into very thin slices. Snap off the tough stems from the arugula. Gather the arugula into a bunch and cut it crosswise into strips.

Arrange the arugula on a platter. Scatter the sliced radishes and carrots over the arugula. Season with salt and pepper to taste. Drizzle with enough olive oil to lightly moisten the vegetables. Sprinkle the Parmesan over the top. Serve with lemon wedges to squeeze over the salad.

**Braised Purple Radishes** adapted from Vegetarian Cooking for Everyone by Deborah Madison

20 plump radishes (purple, of course!)

1 to 2 Tablespoons butter

2 stalks green garlic, cleaned as you would a leek and chopped all the way to the top

1 teaspoon chopped fresh thyme

S & P to taste

Trim the leaves from the radishes, leaving a bit of the green stems, and scrub them. Wash the leaves and set aside. Leave smaller radishes whole and halve the larger ones.

Melt 2 to 3 teaspoons of the butter in a small saute pan. Add the shallot and thyme and cook for 1 minute

over medium heat. Add the radishes, a little salt and pepper, and water just to cover. Simmer until the radishes are tender, 3 to 5 minutes. Add the leaves and cook until they are wilted and tender, 1 minute more. Remove the radishes to a serving dish. Boil the liquid, adding a teaspoon or two more butter if you like, until only about 1/4 cup remains. Pour it over the radishes and serve.

## **ROASTED SPICED SHRIMP ON WILTED SPINACH**

6 large shrimp  
1/8 teaspoon chili powder  
1/8 teaspoon salt  
1/2 pound spinach (about 1 bunch)  
2 scallions  
1 teaspoon fresh lime juice  
2 tablespoons water  
1 teaspoon grated peeled fresh gingerroot  
1/2 teaspoon sesame oil

Accompaniment: lime wedges

Preheat oven to 450 F. Leaving shells intact, pull legs off shrimp and with a sharp knife halve shrimp lengthwise. Arrange shrimp, shell side down, in one layer in a shallow baking pan. In a small bowl stir together chili powder and salt and sprinkle evenly over shrimp. Discard stems from spinach and diagonally cut scallions into 1/4-inch-thick slices. Drizzle shrimp with lime juice and roast in middle of oven until just cooked through, about 5 minutes. In a large nonstick skillet bring water with gingerroot to a simmer over moderate heat and add spinach. Cook spinach, stirring, until slightly wilted, about 20 seconds. Remove skillet from heat and immediately stir in scallions and oil until combined well.

Season spinach with salt and pepper. Mound spinach in center of each of 4 plates and arrange shrimp halves around it. Serve shrimp and spinach with lime wedges.

Serves 4 as a first course. Gourmet March 1999

## **More Spinach Recipes**

### **Parsley Recipes**

### **Strawberry Recipes!**

Our Contact Info:

Mariquita Farm/High Ground Organics  
Two Small Farms  
Organically Grown Vegetables  
831.786.0625