

In your box this week

Strawberries  
Cauliflower  
Fresh Garlic  
Chantenay Carrots  
Purplette Onions  
Golden Chard Salad  
Potatoes (Wed.)  
Summer Squash  
(Thursday)

**Initial Veggie Notes from Julia**

Storage: Everything in your box this week should be stored in the fridge. Separate the greens from the roots on the carrots.

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.)

The garlic is now fresh garlic, it's bulbing up, but it's not been dried (cured) in the field. It should be kept in the fridge. I've been just peeling the outer layer of the whole bulb then chopping the whole thing as is, then using just like dried garlic.

What I would (and likely will) do with this week's box: Make a cauliflower recipe when I have some time and then keep it in the fridge to eat for lunches. Eat the berries and carrots as is. Grill the summer squash; saute the chard with a little of the garlic, and then mix in a tablespoon of cream cheese.

More recipes are below....

The following two pieces by Andy were read for his KUSP radio spot on Thursdays and Fridays:  
Life on the Farm

**Zaftig Glory**

It's time to plant pumpkins if you want a big, orange, jack o' lantern for Halloween. There is a vast body of arcane lore passed between squash fanatics about how to grow the most corpulent pumpkin possible. Sowing the right variety is key. Dill's Atlantic Giant wins most contests. Feeding the pumpkin copious quantities of compost is advised, as is, deep watering. Less frequently discussed is the role insects play in helping a pumpkin become all that it can be. A female pumpkin flower is an ovary dressed in an orange-petaled skirt to attract bees. When a bee visits a pumpkin flower and tickles her stigma, dusting it with pollen, her ovary is fertilized. A pumpkin ovary can contain a lot of seeds. Each nascent fertilized seed sends hormonal signals back through the sprawling pumpkin vine stimulating the plant to dedicate more sugars to the swelling gourd. The more fertile seeds are developing in the ovary the greater the chance the pumpkin can achieve its full zaftig glory. Gardeners used to be able to count on nature to freely supply bees but over the last 15 years infestations of mites have plagued bee hives both wild and domestic. If, despite your gifts of compost, water, and loving attention your pumpkin fails to fatten it may be time for you to attract a beekeeper.

**A Gregarious Lot**

The dot.com. bubble a few years back that inflated rents in San Francisco had one good side effect. My farm got bees. A friend, Melanie, who lived in the Haight Ashbury and kept beehives in her back yard got disgusted with the cost of living and moved back east. She sold her hives to another refugee from the city, Greg Muck, now a friend and neighbor of mine. Two of Greg's hives ended up on my farm. The bees seem quite comfortable hunting for pollen and nectar in the wilds of Hollister instead of Golden Gate Park. This year Greg is endeavoring to add to his apiary by catching a wild swarm. To do so he stations an empty brood box about seven feet off the ground, the

altitude bees prefer to cruise at. Then he attaches a come hither lure which attracts bees with a synthetic nasonov gland pheromone. When an existing bee colony gets overcrowded the queen will leave, taking about half the workers with her in a swarm to scout out a new home. A bee swarm makes for an alarming sight to the uninformed but swarming bees are not dangerous, only homeless. If you encounter a wild swarm help them find a home by contacting a local beekeeper. Beekeepers are a gregarious lot and often help each other find and maintain hives. If you don't know a local beekeeper call Animal Control or the police. They maintain swarm retrieval lists and can connect you to a beekeeper who will gladly come and collect the swarm. You may get a sweet reward for your efforts.

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The Ladybug Letter

### **Berry Picking!**

We will have strawberry u-picks for the next 3 Saturdays -- May 22, May 29, and June 5 --from 11 AM to 2 PM. Please call or e-mail Katie (831/786-0625 or [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com)) to reserve a spot on the day you want to come. We want to make sure there are enough ripe berries for everyone to pick.

### **Two Small Farms Driver needed!**

We are looking for a strong person to help us with our Wednesday CSA deliveries. Over 21, available all day every Wednesday through Thanksgiving, excellent driving record. \$10-\$12/hour depending on experience. This job is based in Watsonville. Call Jeanne if you're interested: 831.786.0286

7) Recipes from Julia

Do you still have parsley in the fridge? Wash and whirl in food processor with a bit of garlic, hard cheese such as Parmesan and a few toasted walnuts, almonds or pine nuts. Parsley Pesto for noodles, toast, carrot sticks....

### **Whole Wheat Pasta with Cauliflower, Walnuts, and Ricotta Salata**

from Chez Panisse Vegetables by Alice Waters

2 heads cauliflower  
1 medium onion  
4 cloves garlic  
1 pound whole wheat pasta  
extra-virgin olive oil  
salt and pepper  
1 pinch red pepper flakes  
white wine vinegar  
1/2 lemon  
1/2 cup toasted walnuts  
4 ounces ricotta salata or feta cheese  
Put a large pot of water on to boil. Cut the cauliflower into small florets. Peel the onion and slice it very thin. Peel and finely chop the garlic. Put the pasta on to cook.

Saute the cauliflower in olive oil in a large saute pan. When the cauliflower begins to soften, season with salt and pepper and add the sliced onion and red pepper flakes. Saute over medium to high heat until the vegetables are brown and tender. The cauliflower should still be slightly crunchy and should not taste steamed. Add the garlic and remove from the heat, tossing and stirring so the garlic doesn't burn; if it starts to brown, add a splash of water. Add few drops each of vinegar and lemon juice and the toasted walnuts. Taste and correct the seasoning. When the pasta is done, drain and add to the cauliflower, adding enough extra-virgin olive oil to coat the pasta thoroughly, toss together, and serve, with the cheese crumbled over the dish.

### **Chilled Marinated Cauliflower**

adapted from the Enchanted Broccoli Forest by Mollie Katzen

1 medium cauliflower, broken into florets  
3/4 cup olive oil  
1/4 cup lemon juice  
2 medium garlic cloves, crushed  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 cup minced onion  
1/2 cup chopped Italian parsley  
a few fresh basil leaves, minced

1 packed cup coarsely grated carrots

Combine ½ cup water, cauliflower, olive oil, lemon juice, garlic, salt and pepper in large saucepan. Bring to boil, reduce heat, cover, and simmer until cauliflower is tender, 10 minutes or so. Transfer to serving bowl and chill. Just before serving, mix in remaining ingredients. 4-6 servings.

lots more cauliflower recipes:

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

Steamed Chard with Candied Ginger  
recipe adapted from Vegetables from Amaranth to Zucchini by Elizabeth Schneider

3/4 pound chard  
salt and pepper  
1 Tablespoons full-flavored olive oil  
some grated lemon and or orange zest  
lemon juice to taste  
chopped candied ginger

Prepare chard by washing well and slicing up coarsely. Steam leaves (with the little stems too) for 5 to 10 minutes. Toss chard with salt and pepper, grated lemon and/or orange zest, lemon juice, candied ginger, and olive oil. Transfer to serving dish. Serve warm or at room temperature.

Re the above recipe:

Hi,  
I do like your recipes! I have "gilded the lily" and made a light, full meal from the "Chard and Candied Ginger" recipe. I added a good serving of finely chopped firm tofu, sauteed it with the garlic and onion, put in a little arugula and stuffed it all into a pita. Tasty!

Thanks,  
Naeda R.

14 Chard Recipes:

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

Summer Squash Recipes:

<http://www.mariquita.com/recipes/summer%20squash.html>

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

<http://www.culinarysantacruz.com>

## EASIEST STRAWBERRY SHORTCAKES

Enriched with a little cream and sugar, jumbo-size refrigerator biscuits become shortcakes worthy of the season's best berries. Since there are more biscuits in the tube than you'll need, you could bake extras at the same time and save them for breakfast the next day.

1 10.8-ounce tube large refrigerator biscuits (Such as Pillsbury Grands Buttermilk Biscuits)  
1 tablespoon plus 1/2 cup chilled whipping cream  
3 tablespoons sugar

1 1-pint basket strawberries, hulled  
1 teaspoon fresh lemon juice

Preheat oven to 375°F. Place 2 biscuits on ungreased baking sheet. Brush tops with 1 tablespoon cream; sprinkle with 1 tablespoon sugar. Bake until golden, about 14 minutes. Cool 5 minutes.

Place half of berries in bowl. Add remaining 2 tablespoons sugar; crush berries with fork. Slice remaining berries; add to bowl. Mix in lemon juice. Whip remaining 1/2 cup cream to soft peaks.

Slice warm biscuits in half horizontally. Place bottoms on plates. Spoon most of berry mixture over, dividing equally. Cover with tops. Top with cream and remaining berries.

2 Servings; can be doubled.

Bon Appetit

## Two Small Farms

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