

## Two Small Farms Newsletter

Issue Number 303 - Nov. 17th, 2004

**In your box this week:** Mixed Carrots, Parsley, Chard, Soup Celery, Butternut Squash, Red Leaf Lettuce, Cabbage, Radishes, Fuji Apples

**\*\*This is our last delivery week of 2004!  
We'll be back in March 2005. Thanks for  
all your support.**

### Veggie Notes from Julia:

See the recipe section for help with the celery and parsley, they do look alike. Smell them to identify them. Remember for Thanksgiving: the soup celery can be used just like regular diced celery in stuffing and turkey soup. Anywhere you would use celery cooked you can substitute soup celery. Everything but the butternut squash should be kept in the fridge until ready to cook. The butternut squash, cooked up, make a GREAT pumpkin pie, the last recipe in the recipes section below is my favorite pumpkin pie recipe. And #6 below is Elsa Chen's What would I do with this week's box Blurbs...

### Winter Letters

We will send out a monthly winter letter via email in Dec, Jan, Feb, and March. If you would like to receive this via postal, mail, please let Katie know asap. 831.786.0625 or [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com)

AND Andy and Julia send out the Ladybug Letter every other week all year long via email, it's mostly a Mariquita Farm thing, sometimes the articles are the same as the CSA letter and sometimes they are different. We have subscribers all over the country. If you would like to get this letter as well, see this webpage or email Julia at [ladybug@mariquita.com](mailto:ladybug@mariquita.com)

### 2 Farmer Articles

Andy's is called **Vacation Date** and I've put it on its own webpage to save text space

### Looking Ahead from High Ground Organics by Jeanne Byrne

Another CSA season is coming to a close. We have had a busy month, preparing the farm for the winter rains. But now the cover crops are all planted on the hillsides and many other areas and a few fields are prepared for overwintering crops. Most notably, our new strawberry plants are going in the ground this week for next year's berry harvests. We are looking forward to the more relaxed winter schedule, and have a lot of exciting new projects to work on. (One that we'll be telling you more about over the winter is that we're leasing 9 more acres of land around the historic Redman-Hirohara house in Watsonville, and we'll be operating the farm stand there beginning in spring.) We appreciate the hard work of our whole field crew, drivers, and Marisha and Katie, who all helped make this a successful and bountiful year. And we want to thank you for all your support and feedback. We'll do our best to make the CSA even better next year. Enjoy the holidays.

[You can find High Ground Organics through the winter at the Watsonville Farmers' Market on Fridays 3-7PM and the Mountain View Farmers' Market on Sundays 9AM-1PM. Mariquita Farm sells through the winter at the San Francisco Ferry Plaza market on Saturdays from 7:30am-2pm.]

### What to do with this week's CSA box Elsa Chen November 15, 2004

First, I'd like to thank the farmers at Mariquita and High Ground, and their partners for another fantastic growing season of delicious, beautiful fresh veggies. I'll sorely be missing that weekly box until we start up again in the Spring!

With the red leaf lettuce, along with thinly sliced fuji apples, I'll make a salad. I'll add some toasted candied pecans and crumbled gorgonzola cheese and a maple vinaigrette dressing, maybe top with roast chicken to make a light lunch or dinner! Combine 2 parts oil, one part balsamic vinegar, and 1 part maple syrup, a little Dijon mustard, and add a few grinds of fresh pepper for a really easy dressing.

When Two Small Farms gives me cabbage, carrots, and radishes, I make Asian Peanut Slaw! The fennel would work in this too, if you like the flavor of raw fennel.

I just made some winter squash ravioli (mine were wontons, actually) with the Delicata Squash from last week, but butternut squash and parsley are called for in the original recipe.

Bean and Swiss Chard Soup, a.k.a pasta e fagioli, has been on my menu lately whenever there's chard in the box.

The carrots and soup celery make a good base for cold-weather soups. Sauté them with some chopped onions and garlic, add a quart or so of chicken stock, half a cup of dry white wine (or not), and something else to add some body - cooked or canned white beans, diced chicken, and/or small noodles (my kids like tiny stars, shells, or alphabet letters). Season to taste with salt, pepper, and whatever fresh herbs you may have handy. The chard - steamed or boiled briefly, then squeezed out and sautéed - would also be a nice addition.

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## 6) Recipes from Elsa and Julia:

Two Small Farms/Mariquita Farm recipe database:

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

**Soup Celery / Parsley primer:** the soup celery is a little lighter green, and smells and tastes like celery, the parsley is darker green. They can both be used in similar ways, finely chopped and added at the end of a cooked dish, chopped in potato, green, macaroni, etc. salads, added to soups stems and all for flavor, etc etc.

Some parsley lore/ideas:

"An honest laborious Country-man, with good Bread, Salt and a little Parsley, will make a contented Meal with a roasted Onion."  
John Evelyn (1620-1706)

Parsley stores well as pesto, too. I also make compound butter with extra herbs- parsley/garlic or basil/garlic both handy for pasta or a quick pan sauce.  
-Chef Peggy Aoki

Elsa's Recipes:

Candied pecans to add to your green salad

Spray sheet of foil with nonstick spray (if you have a

Silpat cookie sheet liner, it's perfect for this). Stir 1/4 cup brown sugar, 1 tablespoon oil and 1 tablespoon vinegar over medium heat until sugar melts and syrup bubbles, about 3 minutes. Mix in 1 cup pecans. Stir until nuts are toasted and syrup coats nuts evenly, about 7 minutes. Turn nuts out onto prepared foil. Using fork, separate nuts and cool completely (coating will harden).

**Asian Peanut Slaw** (adapted from a recipe on Epicurious.com)

6 tablespoons rice vinegar  
3 tablespoons vegetable oil  
3 tablespoons sesame oil  
5 tablespoons creamy peanut butter  
3 tablespoons soy sauce  
3 tablespoons (packed) golden brown sugar  
2 tablespoons minced peeled fresh ginger  
1 1/2 tablespoons minced garlic  
5 cups thinly sliced green cabbage  
2 cups thinly sliced red cabbage (or just use all of one kind of cabbage)  
2 large red or yellow bell peppers, cut into matchstick-size strips - optional  
2 medium carrots, peeled, cut into matchstick-size strips  
1/2 bunch radishes, cut into matchsticks  
1/2 cup dry-roasted peanuts  
8 large green onions, chopped  
1/2 cup chopped fresh cilantro

Whisk first 7 ingredients in small bowl to blend. (Dressing can be made 1 day ahead. Cover and chill. Let stand at room temperature 30 minutes before continuing.)

Combine remaining ingredients in large bowl. Add dressing and toss to coat. Season with salt and pepper and serve. If making ahead, toss the peanuts in right before serving.

**Butternut Squash Ravioli in Cider Broth** (adapted from a recipe on epicurious.com)

A big butternut squash, halved lengthwise, seeded  
1 tablespoon minced ginger  
1/4 cup pure maple syrup or honey  
1/2 cup water  
1 cup ricotta cheese  
2 shallots and a clove garlic, minced  
1/4 cup grated Parmesan cheese  
3 tablespoons chopped fresh parsley  
1/2 to 1 teaspoon chopped fresh thyme  
Several leaves fresh sage, minced  
1 pack of gyoza (potsticker) or wonton wrappers

2 tablespoons butter  
1/3 cup chopped shallots (about 2) I also added a few slices of fresh ginger,  
1 1/2 cups chicken stock or broth  
1/2 cup apple cider

Preheat oven to 350 F. Place squash, cut side down, in lined baking pan. Bake until squash is tender, about 1 hour. Cool completely. Meanwhile, sauté minced shallots and garlic in a little oil and set aside. Scoop out squash into bowl. Mash. Mix in syrup or honey, ricotta, 1/4 cup grated Parmesan, sautéed shallots and garlic, 2 tablespoons parsley, sage, and thyme. Season with salt and pepper.

Place wrappers on work surface. Place 1 level tablespoon (or less) filling in center of each. Brush edges with water; fold each in half, pressing edges to seal. (Ravioli can be made 4 hours ahead. Arrange in single layer on foil-lined baking sheets dusted with flour. Cover and refrigerate.)

Melt 2 tablespoons butter in large pan over medium heat. Add shallots; sauté 1 minute. Add stock and cider; simmer 8 minutes. Add 1 tablespoon parsley. Season with salt and pepper.

Bring cider broth to a gentle boil; add ravioli/wontons, and cook gently until they float to the surface. If you make an extra big batch, you can freeze them on a foil-lined baking sheet, then transfer to a sealed plastic bag and store them in the freezer.

### **Bean and Swiss Chard Soup (Pasta e fagioli)**

1/2 pound (225 g) Swiss chard or kale, trimmed  
1 teaspoon coarse salt, plus additional to taste  
2 flat anchovy fillets (I use a little anchovy paste it won't taste fishy, but it will taste richer!)  
1/4 teaspoon fresh rosemary leaves or dried  
1/3 cup (80 ml) olive oil  
2 medium garlic cloves, smashed and peeled  
1 cup (225 g) cooked small white beans or drained and rinsed canned beans  
4 cups (1 liter) chicken stock [or Garlic Broth for a meatless soup]  
freshly ground black pepper, to taste  
1/2 cup (60 g) small shell macaroni  
freshly grated Parmesan cheese, for serving

In a medium saucepan, cook the chard with 1/2 cup (125 ml) water and the salt over medium heat until tender. Drain the chard, reserving any liquid that remains. Coarsely chop the chard.

Very finely chop anchovies together with the rosemary.

In a medium saucepan, stir together the oil and garlic

over medium-high heat. Cook, stirring frequently, until the garlic is pale gold, about 10 minutes. Stir in the anchovies and rosemary. Cook, stirring for 1 minute. Discard the garlic. Stir in the chard and cook for 2 to 3 minutes, stirring to thoroughly coat it with the oil. Stir in the beans. Cook for 3 minutes.

Stir in the reserved cooking liquid and the stock.

Season with salt and pepper. Bring to a boil and stir in the macaroni. Boil for 6 minutes, or until the pasta is tender. Adjust the seasoning, if necessary.

Pass Parmesan cheese at the table.

Makes about 5 cups (1.25 liters); 4 first-course servings.

From Soup: A Way of Life by Barbara Kafka )

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### **Butternut Squash With Wild Rice And Creamy Walnut Sauce**

Serves 4-6

adapted from a recipe by M.S. Milliken & S. Feniger, the Too Hot Tamales gals

2 butternut squash  
1 Teaspoon coarse salt  
1/2 Teaspoon ground black pepper  
1 Tablespoon olive oil  
1 Medium onion – diced  
1/2 Cup dry sherry  
1/2 Teaspoon ground black pepper  
2 Cups cooked wild rice  
1/2 Bunch parsley -- chopped  
1/2 Cup sour cream  
1/2 Cup toasted walnuts  
1/3 Cup cream cheese  
1/2 Cup milk  
1 Teaspoon lemon juice  
1 Teaspoon cinnamon  
1/2 Teaspoon salt

Preheat an oven to 350 degrees F. Halve the squash and scrape out the seeds.

Salt and pepper the squash to taste. Arrange squash, cut side down, in a baking dish with about 1 inch of water. Cover with foil and bake until a fork can easily pierce the flesh, 45 minutes or so. Meanwhile, heat oil in a large skillet over medium heat. Add the onion and saute until soft, about 10 minutes. Stir in the sherry and pepper and simmer 3 minutes. Stir in the cooked wild rice and heat through. Add the parsley and mix well. Keep warm.

In a blender, puree the sour cream, toasted walnuts, cream cheese, milk,

lemon juice, cinnamon and salt. Reserve. Spoon the wild rice mixture into the squash cavities, pour walnut sauce over squash and serve immediately.

### **Pasta with Braised Fennel, Chard, and Balsamic Vinegar**

Serves 4

1/4 cup plus 2 tablespoons extra-virgin olive oil  
1 medium onion, thinly sliced  
Salt  
1 medium fennel bulb (about 1 pound, fronds removed, minced, and 1 tablespoon reserved); bulb trimmed, halved, and thinly sliced  
2 cloves garlic, finely minced or pressed through garlic press (about 1 teaspoon)  
2 tablespoons balsamic vinegar  
1/2 teaspoon crushed hot red pepper flakes  
Freshly ground black pepper  
1 pound spaghetti  
1 Bunch chard, stems trimmed and leaves thoroughly washed and coarsely chopped  
1/2 cup grated Parmigiano-Reggiano, plus more for passing at table

1. Heat 1/4 cup oil over medium heat in large skillet. Add onion and 1/4 teaspoon salt and sauté (uncovered) over medium heat until softened, about 5 minutes. Stir in sliced fennel bulb and garlic and sauté, stirring frequently, until golden, about 10 minutes. Add 3/4 cup water and bring to simmer. Partially cover and simmer over medium-low heat until fennel is tender and liquid has evaporated, about 8 minutes. Stir in vinegar, partially cover, and simmer to blend flavors, about 1 minute longer. Add crushed red pepper flakes and adjust seasoning with salt and pepper.

2. Meanwhile, bring 4 quarts water to boil in large pot. Add 1 1/2 tablespoons salt and pasta; return to boil. After 3 minutes, add chard and return to rapid boil; continue to cook, covered, until pasta is al dente, about 8 minutes.

3. Drain pasta and greens, reserving 1/3 cup pasta cooking water. Toss pasta and greens with fennel mixture, cheese, and two tablespoons extra-virgin olive oil, adding reserved pasta water as needed if mixture is dry. Transfer portions to warm pasta bowls. Garnish with reserved minced fennel fronds. Serve immediately with more cheese passed separately.

### **Parsley-Caper Sauce**

Vegetarian Cooking for Everyone—Deborah Madison  
Sharp and lemony, this sauce brightens warm or cold vegetables, fried cheese, vegetable fritters, and grains and beans.

1/2 cup finely chopped parsley  
2 Tbsp. small capers, rinsed  
1 shallot, finely diced  
1 tsp. grated lemon zest  
1/3 cup extra virgin olive oil  
1 Tbsp. white wine vinegar or champagne vinegar  
2 tsp. fresh lemon juice or to taste  
Salt and freshly milled pepper  
Whisk everything together, seasoning with salt and pepper to taste. Let stand for 10 minutes, then taste again and adjust the seasonings, adding more vinegar or lemon juice if needed. Serve right away.

### **Moroccan Carrot Salad**

Chez Panisse Vegetables by A. Waters

Peel young carrots, Cut them in half lengthwise and boil until tender in salted water with a crushed clove of garlic. Drain and cool to room temperature. Toss them with a little ground cumin, paprika, and salt, and a pinch each of cinnamon and cayenne. Toss together with lemon juice, olive oil and chopped parsley, and set aside to marinate for at least an hour before serving.

**COLE SLAW** adapted from The Best Recipe by Cook's Illustrated

Creamy Coleslaw

1/2 head cabbage, shredded  
2-3 carrots, grated  
2 teaspoons kosher or sea salt  
1 walla walla onion, chopped, or more to taste  
1/2 cup mayo or sourcream, or a mixture  
2 tablespoons rice vinegar  
Black Pepper

Toss cabbage and carrots with salt in colander set over medium bowl. Let stand until cabbage wilts, at least 1 hour and up to 4 hours.

Rinse the cabbage/carrots. Drain and dry with towels. Add other ingredients. If you try this salting method, you won't get runny coleslaw! They took 8 paragraphs explaining why, I'll spare you the science behind it all.

Possible additions to the above coleslaw:

celery, apples, caraway seeds, radishes, or nuts.

The Fennel Shortcut: Use it like celery, cooked or raw. If you have constituents who don't care for the raw fennel flavor, when cooked down it's so mild you hardly notice the taste.

### Open-faced Radish Sandwiches

4 bagels cut in half or 8 slices black bread  
8 ounces low-fat cream cheese  
6 small globe radishes  
chopped chives or green onions  
S & P to taste

Spread bagels or bread slices with 1/4 inch cream cheese. Using a sharp knife or mandolin, slice radishes very thin. Overlap radish slices on top of the cream cheese. Sprinkle each sandwich with salt and pepper. Cover with damp paper towels until serving.

### Radish Confetti Salad

4 large radishes, washed and trimmed  
1 medium carrot, trimmed  
small handful of chopped Soup Celery  
Six to eight chives, cut into one-inch pieces  
salt and freshly ground black pepper  
1/4 cup sweet rice vinegar  
1/4 cup olive oil  
1/2 teaspoon celery seed  
lettuce leaves

1. Using a mandolin or box grater, shred the radishes and carrots.
2. Toss the vegetables & celery together in a medium bowl.
3. In a small bowl whisk together olive oil, vinegar, celery seed and salt and pepper. Pour over vegetables and toss. Serve on a bed of lettuce.

### Radishes with Pasta and Radish Greens

24 radishes, sliced (about 2 cups) with green tops

2 tablespoons olive oil  
1 medium onion, chopped  
12-ounce package short pasta such as penne or shells, cooked  
1/4 cup cooking water from pasta  
1/3 cup freshly grated Parmesan or Romano cheese  
Salt and pepper

1. Separate the greens from the radishes. Wash greens in several changes of cool water. Drain or spin dry in a salad spinner. Wash and trim radishes. Thinly slice radishes.
2. Heat oil in a large skillet or wok. Add onions and cook just until they begin to soften. Add radish slices and greens. Cover and cook for 5 to 7 minutes or until greens wilt and radishes look almost translucent. Remove from heat. Season with salt and pepper. Taste. Adjust seasoning.
3. Add drained pasta to skillet and toss. Add cooking liquid from pasta and stir. Sprinkle on the cheese and toss. Pass additional cheese if desired.

### 4. Julia's informal squash soup recipe:

Cook some chopped onions (1/2 cup or more and a bit of chopped garlic too if you like) in olive oil or butter in a large soup pan. Then add squash puree (6 cups?) and vegetable or chicken stock. I then use my immovable blender to puree the whole thing, right in the pan. Add salt and pepper and that's a simple soup. Wonderful additions include: fried sage leaves, chopped parsley, sliced mushrooms (fresh or dried, added at the sauté-the-onion stage, if using dried, add the water they were plumped up with too.), sherry, white wine, other cooked vegetable bits, and so on.

### Julia's Perfect Pumpkin Pie

Next the crust:

For best results use a 9 inch pie plate and have foil and beans or pie weights available

**4 tablespoons EACH cold unsalted butter and shortening, cut into pieces**

**1 1/4 cups flour**

**1/2 teaspoon salt**

**2 teaspoons sugar**

### **3-6 tablespoons ice cold water**

In a food processor, whirl the dry ingredients together, then drop the butter and shortening pieces into the processor and pulse a few times until the mixture looks crumbly and there are no lumps larger than peas.

Mix above mixture in a mixing bowl with 3 tablespoons of the cold water. Add water a 1/2 tablespoon at a time and mix until the dough is pliable and releases from the sides, but isn't too sticky. After 3 Tablespoons or so it's easiest to use your hands to bring the crumbs into a dough. Don't wash the food processor yet.

Refrigerate in waxed paper as a thick disk for at least ½ an hour while you prepare the filling. After about 30 minutes, roll out dough until it's about 13 inches in diameter. Fold it over, and place into a 10 inch pie plate. Trim edge to about ½ an inch beyond the end of the pie plate, tuck in crust and pinch the edge into a design. Lightly place some aluminum foil or parchment paper onto crust, then put in some pie weights to cover the bottom (or dried beans) This step helps to make the perfect pie shell. Bake for 10 minutes at 350 degrees.

### **FILLING:**

**2 cups pumpkin puree (I usually use butternut squash puree, cooked first of course)**

**1 cup brown sugar**

**1 teaspoon ground ginger**

**2 teaspoons cinnamon**

**1/2 teaspoon each ground cloves and nutmeg**

**1/2 teaspoon salt**

**1 1/3 cup half and half**

**4 large eggs**

In the bowl of the food processor, remove any large clumps from the making of the crust, and add the pulp from the pumpkins, discarding the skin and any renegade seeds. Whirl the pumpkin until thoroughly pureed. Measure out 2 cups of the pumpkin, and reserve the rest for another use. (See soup recipe or add about a cup to any pancake or cookie recipe.)

In the bowl of the food processor, mix the pumpkin with the spices and the brown sugar. Remove to a saucepan, and heat until it's lightly bubbling. In the bowl of the food processor, whirl the eggs with the half and half until mixed, then add gently to the warm pumpkin mixture. Cook for 2 or 3 more minutes, stirring a few times. Pour warm pumpkin mixture into the warm pie shell, and bake for about 25

minutes, or until center is still slightly wobbly. Cool on a rack for at least an hour. Enjoy with whipped cream or ice cream.

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