

Two Small Farms Newsletter

Issue Number 298 - Oct. 13th, 2004

In your box this week: Red Chard, Anaheim Peppers, Rapini, Tomatoes, Mystery, Basil, Red Cabbage, Strawberries OR Apples, Delicata Winter Squash

Veggie Notes from Julia:

The peppers are mildly spicy, you can roast them and put them on a sandwich or dice and put into chile or use them in salsa. Remove the seeds and veins (don't wipe your eyes!) If you want even less kick. Winter squash simplified: slice in half, remove seeds, and bake. Serve with butter if you eat that, or with balsamic and a bit of salt. These are best roasted in half, wait for the other winter squash types for puree... Rapini: this is also called broccoli raab, and has more mustard oil in it, it's got a bite to it. If you love rapini, you're set. If you're worried your family (or just you) won't like it try it sauteed down with O. Oil and a bit of diced anaheims and garlic and black pepper and salt and toss with hot pasta.

More mystery info for this week's box

last note: I'll be out of town at a farm conference so Katie will be doing the email newsletter for a couple of weeks, if you don't receive it make sure csa@twosmallfarms.com is in your it's ok/not spam list. -Julia

What Would I Do With The Box

by Katherine Lee Lurie

TOMATOES and BASIL are definitely going into our weekly bowl of fresh Gazpacho, I use the recipe from the MOOSEWOOD cookbook:

If you get berries in your box, it's a no-brainer the only thing worth doing is making strawberry daiquiri's! there are many reasons why I look forward to Wednesday nights and getting our weekly box from Two Small farms, is one of them, because then it's either margarita or daiquiri time. (this depends on having rum or tequila on hand)

If you get apples in your box then clearly you

need to either make or buy some caramel and make caramelized apples or an APPLE CRISP. Crisps are a perfect dessert for any night and you can make them with just about any kind of fruit. Butter a pan, thinly slice your apples, filling the pan about 2/3 from the top. The size of the Crisp depends on how many apples you use! Set aside. in bowl combine about a cup of oats, 1/3 to 1/2 cup flour, cinnamon, nutmeg, 1/2 stick cold butter(diced), 1/2 cup brown sugar. Mix together and pour over top of apples. Dice another 1/4 stick of butter to dabble all over the flour and oat mixture. bake at 350F for about 25 to 30 minutes. Maybe longer depending on the size. It's ready when the butter has melted and the apples seem to be bubbling away in the pan! ENJOY!

I eat Red Chard and Rapini because they are my weekly greens: very good for the body. I usually steam them both (separately) and then I either douse them with butter and seasoned salt, or salad dressing.

RED CABBAGE is great in soup; or served cold in a salad with goat cheese, mandarin oranges, cukes (if they come in your box) red onions, avocado, and carrot slices with a lemon and olive oil dressing or just steamed with butter!

(Julia's disclaimer: the Anaheims aren't super spicy: they are mildly spicy, you can easily add them to a pot of chili or other larger dish for a tiny kick that won't offend non spicy folks) I don't really have good ideas of what to do with the PEPPERS, because I have a feeling they are super spicy and if that's so, they'd go to our worm composting. But if they are sweet, then by all means roast them and save them for later. Clean the peppers, cut them lengthwise, removing the seeds, douse them with olive oil, salt and pepper and bake them in a roasting pan for about 1.5 hours, at 250F! Freeze when cooled and enjoy in the winter months!

SQUASH There's also squash soup. I make everything into soup at my house or also just baked squash is good too. Ours will probably sit in the veggie basket until our friend Victoria calls and tells us that her daughter Ruby, is in some serious need for pureed squash!

Pumpkins by Andy

For me as a farmer the scariest thing about Halloween is how short the season is for pumpkin sales. We plant pumpkins in May and hope they turn nice and orange by the late September.

An early crop has value because a retailer has time to capture holiday sales. But upon the stroke of midnight on October 31st jack-o-lantern pumpkins turn from seasonally appropriate decorative props to heavy, round waste disposal issues. No wonder most stores are reluctant to buy many pumpkins after mid October for fear they'll go unsold.

It didn't used to be this way. People used to grow pumpkins because they lasted so long. In the Fall, before the frost came and damaged the pumpkins, they would be gathered up and stored in the barn. Later, when the ground was covered in snow and there was no forage for the cows farmers would break open pumpkins for feed. Pumpkin seeds are oily and rich.

Carotene in the pumpkin rinds would turn the butter fat yellow. Since winter could be hard for farm families as well as for their livestock winter's yellow butter came to be appreciated as a special luxury. Now pumpkins have been replaced by other feedstuffs that are easier to transport and raw butter is usually white. So we carve faces in pumpkins a few days of the year and eat butter that's been tinted yellow with food coloring all year long.

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Here's a couple of photos from the High Ground pumpkin day on Saturday

The photo links to identify veggies are in the regular email letter

Recipes from Katherine and Julia:

GAZPACHO

4 cups cold tomato juice 1 small, well minced onion
2 cups freshly diced tomatoes 1 cup minced

green or red pepper

1 tsp. honey 1 diced cucumber

2 scallions, chopped juice of 1/2 lemon and 1 lime

2 Tbs. wine vinegar 1 tsp. each of tarragon and basil

dash of ground cumin 1/4 freshly chopped parsley

dash of tabasco sauce 2 Tbs. olive oil

salt and pepper to taste

Combine all ingredients, in a big bowl and chill for at least two hours. this soup can be pureed, if desired.

20 to 30 minutes to prepare, serves 6 –or just 2 if you are Gazpacho junkies like we are!

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:

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, sauted it with the garlic and onion, put in a little arugula and stuffed it all into a pita. Tasty!

Thanks,

Naeda Robinson

Chard Rib Gratin: Victory Garden Cookbook

Make Bechamel Sauce. (2 1/2 Tablespoons

butter 3 Tablespoons flour 2

cups heated milk 1/2 teaspoon salt freshly

ground pepper Melt

butter, add flour, and whisk to remove lumps.

Cook butter and flour slowly together for 2-3 minutes until flour is golden, but not browned. Remove pan from heat, add milk, and beat sauce vigorously to dissolve the flour and smooth the sauce. Bring to a boil, add salt, reduce heat to simmer, and cook slowly for at least 5 minutes to remove any floury taste. (simmering longer will improve the flavor) Thin with milk if too thick. Season with salt and pepper. (makes about 1 1/2 cups) Place 3-4 cups drained blanched ribs, cut into 1-2 inch pieces, into a buttered casserole, add sauce, and top with a mixture of buttered bread crumbs and grated parmesan cheese. Bake in a pre-heated 450 degree oven for 20-25 minutes or until the top has a light brown crust and the sides are bubbly.

Sauteed chard--yum! After sauteeing with garlic, etc, I like to toss in some goat cheese and pine nuts. . .zowie!

Chard Enchiladas

2 tb Canola oil
2 Garlic cloves, peeled and chopped
1 Onion, peeled and chopped
4 c Chard, coarsely chopped
1 tb Butter
1 tb Flour
1/2 c Milk
1/2 c Cheddar cheese, grated
6 Corn tortillas
1/2 c Hot salsa

Preheat oven to 375 F.

Heat oil; saute garlic and onion until golden. Add chard (in small amounts) until it is cooked down. Make a bechamel sauce: melt butter, stir in flour, add milk and cheese. Stir until thick, then mix into cooked greens. Fill center of each tortilla, roll up, place in lightly oiled baking dish. Spread salsa over all; bake in hot oven for 25 minutes. adapted from "The Cook's Garden" catalog.

Rapini, also called broccoli raab:

RAPINI: also called raab, broccoli rabe, cime de rape, rape and brocoletti. It's a form of turnip green. I found a one-page article about it in Cook's Illustrated (Jan/Feb 1999) that told me

more about rapini than a shelf of vegetable cookbooks. Here's some thoughts and recipes from Anne Yamanaka who wrote the article:

After trying several ways of blanching the greens, she decided the best was boiling 1 bunch of rapini in 3 quarts of salted water. Here's the official recipe:

Blanched Broccoli Raab (Rapini)

Cook's Illustrated

Using a salad spinner makes easy work of drying the cooled blanched broccoli rabe.

1 bunch rapini (broccoli rabe), about 14 ounces, washed, bottom 2 inches of stems trimmed and discarded, remainder cut into 1-inch pieces

2 teaspoons salt

Bring 3 quarts water to boil in large saucepan. Stir in rapini greens and salt and cook until wilted and tender, about 2 1/2 minutes. Drain and set aside.

Cool empty saucepan by rinsing under cold running water. Fill cooled saucepan with cold water and submerge greens to stop the cooking process. Drain again; squeeze well to dry and proceed with one of the following recipes.

Rapini with garlic and red pepper flakes

2 T extra virgin olive oil
3 medium garlic cloves
1/4 teaspoon red pepper flakes
1 recipe blanched rapini greens (above)

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched rapini greens, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

Rapini with Sun Dried Tomatoes and Pine Nuts

Follow recipe for Rapini with Garlic and Red Pepper Flakes, adding 1/4 cup oil-packed sun-dried tomatoes, cut into thin strips, along with garlic and red pepper flakes. Add 3

Tablespoons toasted pine nuts to skillet along with rapini greens.

Rapini with Asian Flavors

adapted from Lettuce in Your Kitchen by Willoughby

Mix 1 Tablespoon soy sauce, 1 1/2 teaspoons rice wine vinegar, 1 teaspoon toasted sesame oil, and 1 teaspoon sugar in small bowl; set aside. Follow recipe for Rapini with Garlic and Red Pepper Flakes, substituting vegetable oil for the olive oil and adding 1/2 teaspoon finely grated ginger along with garlic and red pepper flakes.

Add reserved soy sauce mixture to skillet along with rapini.

More rapini recipes:

<http://www.mariquita.com/recipes/broccoli%20raab.html>

From Janet Vanderhoof:

CRESPOLINI DI ZUCCA Winter Squash Crepes

Filling:

2 c. squash puree (butternut or delicata)
1/2 c. toasted walnuts, chopped (Toast in a 350 degree oven for 5 minutes.)
1/2 c. shredded parmesan

Mix together.

Make a French crepe recipe. I use 1/2 whole wheat flour. Cook the crepes in a large, buttered, non-stick skillet. Fill and fold each crepe wedge-style. (Put about 1/3 cup of the filling on one quarter of the crepe. Fold in half and then in half again.) Keep warm in the oven.

Sauce:

Melt 1/4 c. butter. When it foams, add 4 fresh sage leaves per crepe. Crisp the leaves in the butter. Remove from heat before they burn.

Sprinkle each crepe with parmesan cheese and pour the sage butter over.

This amount of filling and sauce makes 6 crepes. 2 crepes is a very generous serving.

I first had these at Cafe Mare in Santa Cruz. The waiter described the method and I figured the amounts. Delicious.

Simple Winter Squash Ideas

In case you've never tried to cook winter squash, it couldn't be simpler: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, I like salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

Winter Squash Gratin

adapted from The Greens Cookbook by D. Madison and E. Brown

2 tablespoons olive oil
1 onion, finely chopped
1 clove garlic, minced
1/4 teaspoon thyme
1 bay leaf
salt
1/2 cup dry white wine
1/4 teaspoon cayenne pepper or 1/2 teaspoon paprika
1 pound tomatoes, peeled, seeded and chopped
sugar, if necessary
Pepper
1 butternut winter squash, weighing 2 1/2 to 3 pounds

4 ounces Fontina or Gruyere cheese, sliced
Freshly chopped parsley

Heat the olive oil and add the onion, garlic, thyme, bay leaf and a little salt. Cook over medium heat, stirring frequently, until the onion is soft; then add the wine and let it reduce by half. Add the cayenne or paprika and the tomatoes. Cook slowly for 25 minutes, stirring occasionally, until the sauce is thick. Taste, add a pinch of sugar if the tomatoes are tart, and season with the salt and freshly ground black pepper.

While the tomatoes are cooking, prepare the squash. Cut it open, scoop out the seeds and strings, and then, with the flat cut surface resting on the counter, shave off the skin. (The butternut can easily be peeled with a vegetable peeler before it is cut in half. Another method is to cut the squash into pieces and then remove the skin from each piece. This takes more time, but you may find it easier.

Slice the peeled squash into large pieces about 3 inches long and 1/4 inch thick. Heat enough oil to generously coat the bottom of a large skillet, and fry the squash on both sides, so that it is browned and just tender. Remove it to some toweling to drain; then season with salt and freshly ground pepper.

Preheat the oven to 375 degrees. To form the gratin, put a few spoonfuls of the tomato sauce on the bottom of individual gratin dishes, or use it all to cover the bottom of one large dish. Lay the squash on top in overlapping layers with slices of the cheese interspersed between the layers. Bake until the cheese is melted and the gratin is hot, about 15 minutes, and serve with the fresh parsley scattered over the surface.

Sunday chili

adapted from the Vegetarian Times

3 cups dry kidney beans (I used canned)
2-3 Walla Walla onion or leeks
4 cloves garlic, minced
1 bell or anaheim pepper, chopped
1-2 cups coarsely chopped green or red cabbage
1/2 cup diced red unpeeled potatoes

2 cups chopped tomatoes, or 10 oz. can tomatoes, with liquid
1 to 2 tbs chili powder
1/2 tsp cumin
1/2 cup uncooked brown rice
5 cups water or vegetable broth (I used broth)
salt and pepper to taste

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker. In a large skillet over medium-high heat, water saute onion and garlic until soft, about 3 to 5 min. (or oil saute them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours. Season to taste. Serves 8

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, basil, apples (oops! Not seasonally correct, but there you have it.), caraway seeds, radishes, or nuts.

Asian Coleslaw: A big hit at potlucks!

- 1/2 head cabbage, shredded
- 2-3 carrots, grated
- 2 teaspoons kosher or sea salt
- 1 onion, chopped, or more to taste
- 4 tablespoons rice vinegar
- 4 tablespoons salad oil (light olive, canola, etc.)
- 1 tablespoon toasted sesame oil
- 1 teaspoon soy sauce
- 1 tablespoon mirin (Japanese rice wine for cooking), optional
- chopped cilantro
- 1/3 cup or less toasted sesame seeds, save some to garnish the top

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.

Possible additions to the above Asian coleslaw: more carrots, lightly steamed broccoli, chopped up, cashews.

Andy s Favorite Cabbage

- 1 head sliced green cabbage
- 1 large sliced onion
- 3 Tablespoons olive oil
- salt and pepper to taste
- 1 cup white wine

Sauté the onion and cabbage in oil over medium high heat until softened, about 10 minutes. Add wine, salt and pepper. This is a magnificent dish.

Basil Recipes:

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

Thai Style Basil Dipping Sauce

COOKING RIGHT SHOW

- 1/2 Cup rice wine vinegar

- 1/4 Cup white wine vinegar
- 1/2 Cup light corn syrup
- 2 1/2 Tablespoons fish sauce (Nuoe Mam)
- 6 Medium garlic cloves -- peeled
- 2 serrano or jalapeno chilis -- seeded and chopped
- 2 Tablespoons sugar
- 1 Cup fresh basil leaves lightly packed -- chopped

In a non-aluminum saucepan, combine the vinegars, corn syrup, fish sauce along with four tablespoons of water. Bring to a boil and stir. Remove from heat and let mixture cool to room temperature. In a food processor, combine the garlic, chilis and sugar and quickly puree. Add the cooled syrup and process in one or two bursts just to combine. Add basil and briefly process until basil is minced. Store in a covered container in the refrigerator for up to one week.

Yield: 3 cups

Thai Basil Chicken

Serves 4

- 1 pound ground chicken
- 4 cloves garlic
- 4 green onions, chopped
- 2 tablespoons peanut oil
- 4 small red chiles, finely chopped (Anaheims would be great)
- 3/4 cup basil leaves, chopped
- 2 tablespoons fish sauce

Heat up a wok; add oil & stir fry garlic and green onions until tender but NOT browned, about 1-2 minutes. Add chili peppers and cook, stirring, about 1 minute more. Add chicken and stir-fry until cooked through. Stir in basil & fish sauce; mix thoroughly. Serve over rice, if desired.