

Two Small Farms Newsletter

Issue Number 297 - Oct. 6th, 2004

In your box this week: Broccoli, Lettuce, Winter Squash, Strawberries -OR- Apples, Yellow and Orange Carrots, Fresh Shelling Beans -OR- Sweet Peppers, Tomatoes, Mystery

Veggie Notes from Julia:

The winter squash should hold for quite a while on your countertop, no need to refrigerate it. When you re ready to cook it, the simplest thing is to cut in half, remove seeds (hint: seed removal is a good kid chore), and bake in an oven you ve already got hot for another purpose.

The yellow carrots are a cooking carrot, and are sweet when cooked. If your family does n t like the texture of cooked carrot chunks one hint is to grate it into a soup or casserole....

Tomatoes should n t be stored in the fridge: they get pasty and mushy. If you can t eat them raw in salads in time before they go south make up a simple sauce and freeze it, that s my advice. We do pick them ripe for maximum flavor so they don t hold like store tomatoes that are ALL picked green....

Mystery Info Page

What Would I Do With The Box by Jeremy F.

The broccoli will probably get steamed and served with some melted blue cheese. The beans will also be steamed with some lemon juice, salt and pepper. The lettuce will get made into salad with the carrots and tomatoes, along with any cucumber, radish, or peppers. If the weather stays cool I may make some tomato soup. I don't care much for eggplant, so that will go to the neighbors - sorry! (Julia s rebuttal: I love eggplant, try it on the grill.) Turnips will be made into a scalloped potato - type dish; the squash, into a risotto; and the fruit into a pie.

Soylens Viridis Homines Est! -Jeremy Fletcher

Cornucopia by Andy

At one time people measured their wealth in goats. I have twenty goats and three sheep. Arabicus gave Jehoshephat, King of Judea, seven thousand seven hundred goats plus seven hundred rams. And Jehoshephat waxed great exceedingly, the Bible says. Nowadays most people would rather wax great exceedingly making quick e-trades on the stock market without ever having to feed, smell, or chase livestock.

There are still lots of goats running loose in our language. Take the word cornucopia, for example. Here along the central coast farms harvest crops all year long but Fall is still perceived to be the harvest season by the media. The cornucopia is a common, even trite, symbol of Fall s bounty. You ve all seen the image.

A horn shaped basket spills out an over flowing abundance of fruits and vegetables. Some artists even throw in cheeses, hams, and bottles of wine. Corno means horn in Latin and copio means plenty, as in copious. But before the cornucopia was tamed into a commercial cliché it was a religious myth.

When Zeus was a baby he was suckled by the she-goat Amalthea. While rough housing the young god accidentally knocked off one of Amalthea s horns and her blood flowed. Amalthea was honored for the pain she suffered nursing Zeus by being turned into the goat star, Capella, and set loose to pasture in the heavens. Capella rises over our north eastern horizon in the evening during the Fall harvest season. Amalthea s broken horn became the horn of plenty, the cornucopia, bleeding out the bounty of the earth.

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Pumpkin Patch at High Ground Organics this Saturday, Oct. 9th

Pumpkin Patch This Saturday October 9th

Come to High Ground Organics in Watsonville from 1-4 PM Saturday, October 9th. We'll be selling Jack O' Lantern Pumpkins at 0.25/lb, and Cinderella (Rouge Vif d'Etampes) pumpkins for 0.40/lb. Non CSA members are welcome, but will pay regular Farmers' Market prices: (Jacks = .40/pound, Cinderellas = .60/pound).

Cinderellas are great as eating pumpkins, and for decoration, too. Ornamental squash and other produce will also be available to buy.

Contact Katie with any questions

(831-786-0625 or csa@twosmallfarms.com)

Directions are here scroll down a bit on the page

Recipes by Jeremy and Julia:

Here are the recipes Jeremy sent along with his paragraph above:

Tomato cream soup

5 tomatoes, halved
15 cloves garlic, chopped (really)
1 small red onion, thinly sliced
1 T thyme
1 tsp basil
salt & pepper
2 T balsamic vinegar
1 T olive oil
2 tsp brown sugar
1/2 cup tomato juice
1/2 cup tomato puree
1/2 tsp baking soda
1 1/2 cups cream

Place cut tomatoes in a shallow baking dish; cover with garlic, onion, thyme, basil, salt and pepper, vinegar, oil., sugar. Cover with foil and roast at 350 for 30 minutes; let cool 10 minutes. Puree in a blender and strain into a pot. Add juice, puree, soda; stir well and add cream. Bring to a boil over medium heat, then simmer 20 minutes.

Strawberry Tart

6 cups strawberries
1/3 cup sugar
1/2 cup rice flour
1/2 tsp cinnamon
1/8 tsp cloves
1 T unsalted butter
1 tsp rose-water (found in Indian markets)
1/2 tsp sugar

Pie crust: 1 1/2 cups flour
1/2 cup unsalted butter
1 egg
3 T cold water

Wash, core, slice berries. Mix rice flour, cinnamon, and cloves. Beat egg and water together. Cut butter into flour until crumbs are roughly pea-sized; gently mix in egg water mixture. Roll out two 9" crusts and place one in a pie pan. Sprinkle 1/8 cup sugar mixture over bottom.

Layer with 1 to 1 1/2 cups berries, then alternate sugar and berries until done. Crimp top crust over and cut steam slits. Bake at 400 for 25 minutes.

Melt 1 T butter and mix in rose-water. Remove pie, brush top with butter mixture. Sprinkle sugar on crust. Return to oven for 10 minutes.

Squash Risotto

1 lb squash, cut in 1/2" cubes
4 T olive oil
3/4 tsp salt
1/4 tsp pepper
1 T butter
6 oz mushrooms
4 oz bacon
3 cups chicken broth
2 1/2 to 3 1/2 cups water
1/2 cup chopped onion
5 cloves garlic, chopped
1 1/2 cup arborio rice
4 sage leaves, sliced
1/4 cup white wine
1/2 tsp thyme
1/2 cup grated Parmesan cheese
3 green onions or 1 shallot, minced

Heat oven to 450. Toss squash with oil in a shallow baking dish and roast for 15 to 25 minutes, until brown and tender. Heat 2 tsp olive oil and add butter, mushrooms, salt and pepper. Cook for 5 minutes and set aside. Cut bacon into thin strips, fry until crispy, set aside. Bring broth and water to a boil and reduce to a simmer. Cook onion and garlic in bacon fat until translucent. Add rice and remainder of olive oil. Cook rice until the grains look opaque. Add sage and wine, stir and cook until the wine evaporates. Add thyme and just enough broth to cover.

Salt & pepper to taste. Reduce heat to simmer; add ladles of stock as it is absorbed. After 15 minutes add the squash and mushrooms. Cook until rice is creamy.

Let rest 10 minutes; add Parmesan, garnish with bacon and green onions, and serve.

Armored Turnips (you could say this is an old family recipe - it was originally published in the 15th century.)

1 lb turnips
10 oz cheddar or other semi-hard cheese
2 T butter
1/2 tsp cinnamon
1/4 tsp ginger
1/4 tsp pepper
1 tsp sugar

Boil turnips about 30 minutes; peel and slice. Slice cheese thinner than turnips but about the same size. Layer turnips, cheese and spices in a 9" x 5" baking pan, and bake 20 minutes at 350.

simplest fresh shell beans:

Pop fresh beans out of their pods before boiling in salted water to be eaten with salt, pepper, and good olive oil or butter, or added to a more complicated dish. You can shell most beans by opening the casing at the seam. Cutting off one end of the pod with a sharp paring knife can sometimes make this easier.

Pasta with Fresh Shelling Beans and Broccoli

2 tablespoons olive oil

1 cup chopped onion
3 garlic cloves, minced
1/2 teaspoon dried crushed red pepper
2 pounds loosely chopped tomatoes or 1 28-ounce can diced tomatoes in juice
1/4 cup water
1 1/2 pounds shelling beans, shelled and lightly steamed til tender/firm
1/2 cup chopped fresh basil
8 ounces orecchiette (little ear-shaped pasta; about 2 cups) or medium pasta shells
1 pound broccoli crowns, separated into small florets (about 5 cups)
3 tablespoons freshly shaved Parmesan cheese

Heat oil in large nonstick skillet over medium-high heat. Add onion and sauté until tender, about 5 minutes. Add garlic and crushed red pepper; stir 1 minute. Stir in tomatoes with juices and 1/4 cup water. Bring to boil. Reduce heat to medium; boil gently until sauce thickens, stirring occasionally, about 10 minutes. Stir in beans and basil. Season sauce to taste with salt and pepper.

Meanwhile, cook orecchiette pasta in large pot of boiling salted water until almost tender, about 15 minutes. Add broccoli florets; cook until pasta is just tender but still firm to bite and broccoli florets are crisp-tender, about 2 minutes longer. Ladle out 1/2 cup pasta cooking water and reserve. Drain orecchiette and broccoli florets; return to pot.

Add tomato sauce and reserved pasta cooking water to pasta and toss to blend. Season to taste with salt and pepper. Transfer pasta to bowl. Sprinkle with cheese and serve.

Per serving: calories, 423; total fat, 10 g; saturated fat, 2 g; cholesterol, 3 mg; fiber, 11 g
Makes 4 servings. Adapted from Bon Appétit

MASTER RECIPE FOR STEAMED BROCCOLI Serves 4

If you prefer, follow the instructions for rapidly trimming broccoli: Place the head of broccoli upside down on a work surface. Use a large, sharp knife to quickly trim off the florets very close to their heads. To trim the stalks, stand them up on the cutting board and square them

off with a large, sharp knife. Then, proceed directly to steaming. While the broccoli cooks, prepare one of the sauces below.

1 1/2 pounds broccoli (about 1 medium bunch), rinsed
1/2 teaspoon salt

1. Separate florets from stalks at points where floret stems meet stalks. Cut off woody bottoms of stalks; trim away 1/8-inch of outer peel. Cut stalk in half lengthwise and then into bite-sized pieces. If desired, separate florets into smaller sections and peel stems; arrange in steamer insert or basket.

2. Bring about 1-inch water to boil in deep, wide pot. Lower insert or basket with broccoli into pot so it rests above water; cover and simmer until just tender, 4 1/2 to 5 minutes. Remove broccoli; continue with one of the following recipes.

BROCCOLI WITH SPICY BALSAMIC DRESSING AND BLACK OLIVES

Serves 4

2 teaspoons balsamic vinegar
2 teaspoons red wine vinegar
1 medium garlic clove, minced
1/2 teaspoon hot red pepper flakes, or to taste
1/4 teaspoon salt
1/4 cup extra-virgin olive oil
1 recipe Steamed Broccoli
12 large black olives, such as Kalamata or Gaeta, pitted and quartered

1. Whisk first five ingredients in small bowl; whisk in oil until dressing is smooth.

2. Gently toss steamed broccoli with dressing and olives. Adjust seasonings; serve hot or at room temperature.

BROCCOLI WITH ORANGE-GINGER DRESSING AND WALNUTS

Serves 4

1 tablespoon peanut oil
1 tablespoon soy sauce
1 tablespoon honey
1 tablespoon grated zest and 3 tablespoons juice from 1 large orange
1 medium garlic clove, peeled

1 piece (about 1 inch) fresh gingerroot, peeled
1/4 teaspoon salt

1 recipe Steamed Broccoli

2 medium scallions, white and green parts, sliced thin

2/3 cup walnuts, toasted and chopped coarse

1. Process first seven ingredients in workbowl of food processor or blender, scraping down sides as needed, until dressing is smooth.

2. Gently toss steamed broccoli with dressing, scallions, and walnuts. Adjust seasonings; serve hot or at room temperature.

More broccoli ideas:

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

SWEET OR SAVORY WINTER SQUASH PUREE

All New Joy of Cooking, Rombauer & Becker

All winter squashes are good for pureeing. Bake until softened,

Whole small winter squash or pieces of large ones

Remove the seeds and fibers, then measure the pulp and scrape it into a bowl. For a sweet puree, add for every 1 cup pulp:

1 tbsp. butter

1 tsp. brown sugar or maple syrup

1/4 tsp. ground ginger, to taste

Salt and ground pepper to taste

For a savory puree, add for every 1 cup pulp:

1 tbsp. butter olive oil

1 small clove garlic, minced (optional)

1 tbsp. chopped fresh parsley or sage

Salt and ground black pepper to taste

Beat in with a spoon, add enough to make a smooth, soft puree:

Warm heavy cream or orange juice

Serve plain or top with:

Sauteed onions, fine shreds of lemon zest, mascarpone or sour cream, or grated Parmesan or Gruyere cheese

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