

## Two Small Farms Newsletter

Issue Number 296 - Sept. 29th, 2004

**In your box this week:** Anaheim Chiles, Beets, Tomatoes, Mystery, Fennel, Winter Squash, Berries OR Apples, Cabbage

**Veggie Notes** from Julia:

The anaheim chiles are mildly spicy, great for salsa, spicy Asian recipes, chiles rellenos, or grilling then eating with a meat sandwich or on their own. You have winter squash this week, there are notes about it below in the recipe section. We're in that still summer yet getting to be fall time in vegetables! Winter squash and tomato gratin time. Things in your Box that can Be Eaten Raw or Cooked: Apples, Cabbage, Fennel, Tomatoes, Chiles, Beets, Most Mystery Items.

More mystery info for this week's box

**What Would I Do With The Box** columns: Two this week! Thank you Jennifer and Cyndi

What I will do with this week's box (*by Jennifer Jobart*)

The beets and the winter squash will be roasted with a chicken. (I didn't used to like beets, but after trying them roasted according to Julia's recipe, they've now become one of my favorite vegetables. They're especially good when they get a little crunchy on the edges.)

Some of the leftover chicken and the chiles will go in a batch of Chicken and White Bean Chili. I'll make cornbread on the side.

Usually I give the cabbage away to the nearest available taker, but my husband has been clamoring for cabbage soup so I'll give that a try. That will be served with some crusty bread and some kind of grilled meat.

We really like stuffed tomatoes. Although you can stuff them with almost anything, we slice off the top of the larger tomatoes, and scoop out

the insides. Squeeze most of the seeds out of the insides, dice the remaining fruit, and stir it into loose uncooked sausage. If you have any herbs around, add some; if not just salt and pepper to taste. Then add the tomato/sausage mixture back into the tomato shells, put the top back on, and put into a 350 degree oven for 40 minutes to an hour, until cooked through. (The timing depends on the size of the tomatoes.) If there are enough small tomatoes left over, we'll serve this with Julia's Gringa Sopa recipe.

The fennel will go into Braised Fennel with Parmesan. This will probably be served with some sort of grilled fish.

We'll eat the berries or apples as snacks.

(Jennifer's recipes are below in the recipe section.)

Here's what I'll do with this week's box, by *Cyndi M.*

With the tomatoes, I'll either make Black Bean Chilaquile or, if I really feel the need for comfort food, Baked Spaghetti. Both recipes call for canned tomatoes so I just eye-ball it to come up with the right amount of fresh ones and it is so much better! If the beets come with tops, I'll throw those into the Chilaquile. For the beet roots, I'll make the red devil cake from the Mariquita web site or a simple beet salad with a dressing from shallots, oil, vinegar and Dijon mustard. If there's any leftover salad, I'll heat it up and toss it with pasta for lunch. This week, I'm looking forward to a few of my favorite soups! With the cabbage I'll make Italian Peasant Soup with Cabbage, Beans & Cheese and with the winter squash I'll make Silky-Coconut Pumpkin Soup. Both have been a hit at pot-luck dinners. For the peppers, I'll make the shrimp and cheese stuffed peppers. Whichever fruit I get, I'll probably make an easy pie by cutting up the fruit and tossing it into a store-bought pie crust with a little sugar and butter. We'll eat the pie with Strauss Vanilla ice cream - yum! I'm personally not a huge fan of fennel, so I'll either try to trade it or bring it to my mother-in-law and let her figure out what to do with it...

## Future Farmers

note: Andy wrote this for his Life on the Farm series on KUSP public radio

The Santa Cruz County Fair came and went a couple of weeks ago. I took my kids and dragged them squealing past the rides to the livestock barns. They were worried I'd waste the whole night staring at cows. Come on, Papa!

But just because I was looking at cows doesn't mean I was seeing cows. I was gazing back to my high school years when I was in the Future Farmers Of America and raised beef steers to show in the King City Fair.

I didn't go on to a career in cattle ranching but F.F.A. did give me confidence that I could succeed in agriculture. Here I am 27 years later farming vegetables. Of course I don't do it on my own. I need help and my helpers need a place to live. Some folks worry that urban sprawl will push the farms off the land. I'm more afraid that a lack of housing will drive farms away.

Rents are climbing so high in our growing region that farm workers will leave because they can't afford to work here. Without housing workers can't afford farms will not be viable businesses here. When the farms cave in or move elsewhere houses will fill the open spaces. Everybody has to eat so there's always a future in farming...somewhere. What are we doing about farm worker housing to make sure there are farms in our future? For K.U.S.P. this is Andrew Griffin.

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**Recipes** by Cyndi, Jennifer, and Julia:

### BLACK BEAN CHILAQUILE

*Moosewood Restaurant Low-fat Favorites*

- 1 cup chopped onions
- 1 T. olive oil
- 1 cup chopped tomatoes (or more)
- 1 1/2 cup fresh or frozen corn kernels
- 1 can black beans, drained

- 2 T. fresh lime juice
- 1 t. salt
- 1/2 t. ground pepper
- 2 c. rinsed, stemmed and chopped Swiss chard or spinach
- 2 c. crushed tortilla chips
- 8 oz grated cheddar cheese
- 2 c. prepared Mexican-style red salsa

Preheat oven to 350. Saute onions in the oil for about 8 minutes, until translucent. Stir in the tomatoes, corn, black beans, lime juice, salt and pepper and continue to saute until heated through, another 5-10 min. Meanwhile, in another saucepan, blanch the greens in boiling water for about 1-3 minutes, until just wilted but still bright green.

Prepare an 8x8 casserole dish with a very light coating of oil. Spread half of the crushed chips on the bottom. Spoon the sauteed vegetables over the tortilla chips and sprinkle about two-thirds of the cheese. Arrange the greens over the cheese and spoon on half the salsa. Finish with the rest of the chips and top with remaining salsa and cheese. Bake for about 35-40 min.

### BAKED SPAGHETTI (The Loaf and Ladle Cook Book)

- 1/2 pound thin spaghetti
- 3 T. butter
- 3 T. flour
- 1 cup milk
- 1 lb. sharp Cheddar cheese
- 1 1 lb. can whole tomatoes (or fresh equivalent)
- 1 T. butter
- salt and pepper

Cook and drain spaghetti. Make a basic white sauce with butter, flour and milk. Grate cheese and stir most of it into the sauce. Grease a casserole dish. Stir the sauce into the spaghetti. It will make a rather stiff mixture. Now add the tomatoes, with all of the juice and mangle it all up. The casserole will look a little sloppy at this point, but don't worry. Season with salt and pepper. Dot the top of the casserole with butter and sprinkle the remaining cheese over it. Bake at 350 for at least 1 hour, but it will stand up to longer if you need to. It re-heats well with a little milk or tomato juice added.

**ITALIAN PEASANT SOUP WITH CABBAGE, BEANS & CHEESE** (Eating Well magazine, Fall 2003)

2 cans cannellini beans, rinsed, divided  
3 T olive oil, divided  
1 medium onion, halved and sliced  
4 cups cabbage  
3 cloves garlic, minced plus 1 clove halved  
5-6 cups broth (chicken or vegetable)  
8 1/2 inch thick slices day-old whole wheat country bread  
1c fontina cheese or 1/2 cup Parmesan cheese

Mash 1 1/2 cups beans with a fork. Heat 1 teaspoon olive oil over medium heat in a Dutch oven or soup pot. Add onion and cook, stirring often, until softened and lightly browned, 2-3 min. Add cabbage and minced garlic; cook, stirring often, until the cabbage has wilted, 2-3 min. Add broth, mashed beans and whole beans. Bring to a simmer. Reduce heat to medium-low, partially cover and simmer until cabbage is tender, 10-12 min. Shortly before soup is ready, toast bread lightly and rub with cut side of garlic. Place a piece of toast in each bowl and ladle soup over the toast and sprinkle with cheese.

**SILKY-COCONUT PUMPKIN SOUP (KEG BOUAD MAK FAK KHAM)** (from epicurious.com)

3 to 4 shallots, unpeeled  
1 1/2 pounds pumpkin (untrimmed), or butternut squash or 1 1/4 pounds peeled pumpkin  
2 cups canned or fresh coconut milk  
2 cups mild pork or chicken broth  
1 cup loosely packed coriander leaves  
1/2 teaspoon salt  
2 tablespoons Thai fish sauce, or to taste  
Generous grindings of black pepper  
1/4 cup minced scallion greens (optional)

In a heavy skillet, or on a charcoal or gas grill, dry-roast or grill the shallots, turning occasionally until softened and blackened. Peel, cut the shallots lengthwise in half, and set aside.

Peel the pumpkin and clean off any seeds. Cut into small 1/2-inch cubes. You should have 4 1/2 to 5 cups cubed pumpkin.

Place the coconut milk, broth, pumpkin cubes, shallots, and coriander leaves in a large pot and bring to a boil. Add the salt and simmer over medium heat until the pumpkin is tender, about 10 minutes. Stir in the fish sauce and cook for another 2 to 3 minutes. Taste for salt and add a little more fish sauce if you wish. (The soup can be served immediately, but has even more flavor if left to stand for up to an hour. Reheat just before serving.)

**CHEESE- AND SHRIMP-STUFFED ROASTED POBLANOS** (from epicurious.com)

8 large poblano chilies\* (each about 3 ounces) (can use anaheims)  
8 ounces peeled deveined cooked shrimp, coarsely chopped  
2/3 cup soft fresh goat cheese (about 4 ounces), room temperature  
1/2 cup (packed) grated Panela cheese or Monterey Jack cheese  
1/4 cup chopped red bell pepper  
2 tablespoons chopped shallot  
2 tablespoons chopped fresh cilantro  
2 tablespoons chopped fresh basil

Char poblano chilies over gas flame or in broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel chilies. Using small sharp knife, carefully slit chilies open along 1 side. Remove seeds, leaving stems attached.

Mix shrimp and next 6 ingredients in medium bowl. Season to taste with salt and pepper. Fill chilies with shrimp mixture, dividing equally. Pull up sides of chilies to enclose filling. Place stuffed chilies on baking sheet. (Can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 350F. Bake chilies uncovered until heated through and cheeses melt, about 15 minutes.

**Chicken and White Bean Chili**

1 pound dried small white beans  
8 fresh Anaheim chilies\* (about 1 pound)

1/4 cup (1/2 stick) butter  
2 large onions, chopped  
1/3 cup all purpose flour  
4 cups low-salt chicken broth  
3 cups half and half  
4 cups shredded cooked chicken  
1 tablespoon chili powder  
1 tablespoon hot pepper sauce  
1 tablespoon ground cumin  
2 teaspoons salt  
1/2 teaspoon white pepper  
1 1/2 cups grated Monterey Jack cheese (about 6 ounces)  
1 cup sour cream  
Chopped fresh cilantro  
Purchased tomatillo or green chili salsa

Place beans in heavy large pot with enough cold water to cover by at least 3 inches. Let stand overnight.

Char chilies over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed, and chop chilies. Set aside.

Drain beans. Return to pot. Add enough cold water to pot to cover beans by 3 inches. Simmer until beans are almost tender, stirring occasionally, about 1 hour. Drain well.

Melt butter in clean heavy large pot over medium heat. Add onions and sauté until tender, about 15 minutes. Add flour and stir 5 minutes (do not brown). Gradually whisk in chicken broth and half and half. Simmer gently until thickened, about 10 minutes. Add reserved white beans and roasted chilies, shredded chicken, and next 5 ingredients. Simmer gently to blend flavors, about 20 minutes. (Chili can be made 1 day ahead. Chill until cold, then cover and keep chilled. Rewarm before continuing.)

Add grated cheese and sour cream to chili; stir just until chili is heated through and cheese melts (do not boil). Ladle chili into bowls and

garnish with cilantro and green salsa. Serve.

\* Also known as California chilies; available at Latin American markets and many supermarkets.

Makes 10 to 12 servings.

Bon Appétit

December 2002

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### **Cabbage Soup**

(recipe from our friend Jean-Philippe Cottin)

Put a small pat of butter in a stockpot or other large pan over moderate heat. Dice 1 onion and add it to the pan. Cook until the onions are translucent. Dice one or two red or green bell peppers and add them to the pan. Grate a carrot, or cut it into thin slices, then add that to the pan. Salt and pepper to taste. Optionally, add a crushed garlic clove.

Slice the cabbage horizontally and vertically (so you have dice and not spaghetti ), and add it on top of the sauteed vegetables. Add water to the level of the vegetables, and let cook for another 20 minutes, stirring occasionally, for a total cooking time of 30-35 minutes.

### **Braised Fennel With Parmesan**

3 medium fennel bulbs; 1 pound

1 teaspoon extra-virgin olive oil

salt and pepper

1/4 cup freshly grated Parmesan cheese

Cut off and discard feathery top of fennel. Trim base; discard tough or bruised outer layers. Cut bulbs lengthwise into quarters.

In saucepan of simmering water, cook fennel just until tender when tested with fork, about 10 minutes; drain.

Drizzle oil into shallow baking dish just large enough to hold fennel in single layer. Add fennel and turn to coat with oil; sprinkle with

salt and pepper to taste. Cover and bake in 375 F oven for 20 minutes. Sprinkle with Parmesan; broil, uncovered, until cheese melts, 3 to 5 minutes.

Make ahead: Let stand at room temperature for up to 2 hours.

from Anne Lindsay's *New Light Cooking*

Yield: 6 servings

### **Simple Chiles Rellenos**

15-20 whole Anaheim peppers, charred under the broiler, steamed in a bag and then skinned

3/4 pound meltable cheese, such as fontina, Oaxacan, mozzarella, jack, etc

3-4 cups tomato sauce (mine was thick homemade sauce cooked with chopped onion, garlic, S & P.)

Put half the sauce in an oblong glass baking pan. Stuff peppers with thin sticks of cheese, then place on top of sauce. Top peppers with rest of sauce. (You may need to put the peppers in two layers, that's fine.) Bake until cheese is melted in a medium (350ish) oven for about 30 minutes.

### **Harissa**

Harissa is hot pepper sauce from North Africa

It can be served with vegetables, rice dishes, couscous.... etc.

1/2 pound fresh hot chilies, roasted and peeled

2 garlic cloves

1 tablespoon paprika

1 ts. salt

1 1/2 tsp. fresh ground pepper

1 1/2 tsp. ground cumin

1 tsp. ground coriander

olive oil

Place the roasted, peeled chiles in a processor and chop until coarsely ground. Add the other ingredients (except oil) and process until smooth.

### **Some things you can do with spicy peppers:**

The peppers should be roasted and peeled first:

Chop them up and bake them in corn bread.

Stuff them with a filling of shredded chicken, chiles, raisins, olives, walnuts and rice. Top with sour cream or Mexican crema.

Slice them up and fold them in quesadillas with a good anejo mexican cheese.

Stuff with rice that's been doctored any number of ways: onions and garlic, shredded hard cheese, etc.

Use them to make goulash.

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.

### **Fennel and Cheese for Dessert**

adapted from The Victory Garden Cookbook by M. Morash

Fennel bulbs

One great cheese, such as blue cheese or a local goat cheese

best olive oil

S & P

Wash and trim fennel bulbs. If small, cut in half; quarter larger ones. Serve with slices of cheese and pass the oil, salt, and pepper

### **FENNEL, GRAPE, AND GORGONZOLA SALAD**

1 large fennel bulb (sometimes called anise)

2 tablespoons extra-virgin olive oil

1 tablespoon fresh lemon juice

1/2 cup halved black grapes, seeded

2 ounces Gorgonzola cheese, crumbled (about 1/2 cup)

1 cut thinly sliced radicchio (in my kitchen I would leave this out, but I'll leave it in the recipe in case you both enjoy radicchio and have access to it. - Julia)

1 cup thinly sliced romaine (wash and dry before slicing)

Trim fennel stalks flush with bulb and discard any tough outer layers. Halve bulb lengthwise, discard core, and slice fennel thin. In a bowl toss together fennel, oil, lemon juice, and salt and pepper to taste and let stand 10 minutes. Add grapes, Gorgonzola, radicchio, and romaine

and toss to combine.

**CREAMY FENNEL SOUP** from:  
<http://www.recipeland.com>

- 2 cups stock (chicken, beef, vegetable....)
- 1 full sized Fennel bulb, about 1 pound
- 1 Sliver garlic
- 2 T Chopped onions
- 1 T Lemon juice (or more to-taste)
- 1 t Lemon zest, chopped
- 1/2 t Dried dillweed (or 1 1/2 t fresh)
- 1 t Ground coriander
- 1 qt Nonfat yogurt

Clean and slice the fennel bulb, reserving any greens for garnish. Cook the fennel in the stock with the garlic and shallots until soft. Puree in a blender with the lemon juice and zest, and the spices. Strain the puree if you wish a smoother texture. Combine well with the yogurt and chill. Serve garnished with chopped fennel greens or chopped cilantro.

### **Rochelle's Beet Salad**

We love it, it's fast, easy and healthy.

I just threw it together, so it's a simple one. trim ends off beets, then steam until soft rinse with cold water, so that the skin peels right off. dice up, mix with thinly sliced onions, (red, white or yellow), add crumbled crostini, and plenty of balsamic vinegar, salt/pepper to taste with a dash of extra virgin olive oil. Toss, EAT.

### **BEET AND BLUE CHEESE SPREAD**

Cooking Light magazine

- 2 beets
- 2 apples, cut into 8 wedges
- 1/4 cup blue cheese, crumbled
- 1 tbsp. horseradish

Preheat oven to 400 . Wrap beets in foil and

bake for

1 hour or until tender. Cool and peel the beets.

Place beets, apples, cheese and horseradish in a food

processor, process until well blended. Serve with

crackers or pita chips.

For those of you with carrots still in your crisper drawers....

### **BEET BURGERS**

*From Asparagus to Zucchini*, Madison Area CSA Coalition

- 2 cups grated beets
- 2 cups grated carrots
- 1/2 cup grated onion
- 1 cup cooked rice
- 1 cup toasted sunflower seeds
- 1/2 cup toasted sesame seeds
- 2 eggs, beaten
- 2 tbsp. soy sauce
- 1 cup grated cheddar cheese
- 3 tbsp. flour
- 1/4 cup oil
- minced fresh or dried garlic, cayenne & fresh or dried parsley to taste
- Toast sunflower and sesame seeds in dry skillet or hot oven several minutes, tossing often. Mix ingredients, form into patties, and bake at 350 degrees. Unless patties are very large, it should not be necessary to turn them. Makes 6-8 burgers.

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