

Two Small Farms Newsletter

Issue Number 383, Nov. 15th, 2006

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This Week's Newsletter as a pdf: (click on Nov. 15th)

<http://www.twosmallfarms.com/Newsletters.pdf/newsletter.index.html>

1) In your box this week: Carrots, Green Cabbage, White Turnips, Lettuce, Butternut winter Squash, Apples, Mystery, Romanesco OR Cauliflower

2) **Green Grass Of Home** from Andy

“Dear Lord,” began my Grandpa Graydon in his quavery, old voice. Grandpa was old and he took his time saying grace. I was young and in a hurry to start eating. Prayers made me itch. “Thank you for this moment...,” he continued. But at that moment, to my delight, the reverential mood of the Thanksgiving meal grace was shattered by the bellow of a panicked sheep just outside the dining room window. “Bleaaaahhhh!!!!!!!. Blleaaaahhhh!!!!!!”

My eyes snapped open. I could hear a squeaking of rusty wires being forced and I could see out the steamed up dining room window that one of my grandpa's sheep had gotten her head stuck in the woven mesh fence. The family was holding hands in a circle around the table and I tried to let go. My idea was that attending to the stuck sheep was a much more desirable prospect than enduring grace, and that when I came back to the table prayers would be over dinner would be on. But Grandpa Graydon held on to my hand. Even at eighty he had a relentless grip; a lifetime

of milking cows by hand will do that to you. His voice got stronger too, as he made his prayer heard over the bleats of the agitated sheep.

“Thank you for this moment we spend gathered together,” he continued. Now that I have children of my own I understand better how much this moment of thanksgiving meant to him. My grandparents had three children. My father was their youngest and they’d almost lost him three times. As a tiny infant my father was bitten by a rat and had an abscess the size of an apple in his butt. Later he contracted yellow fever and almost died. Then, he’d got tuberculosis when they were living in a farm labor camp in Moss Landing. My grandfather had been born in 1892, so he didn’t take the miracles of modern medicine for granted. Grandpa’s oldest son, George, had served in the Navy in the Second World War, his daughter Katherine had trained to be an Army nurse, and my father had been in the Korean war, and all three of his children had come home alive and he was grateful for that too. I looked around the table where everybody still had their heads bowed. The impatient sheep went “bleaaaahh!!!!” and I grinned. I caught my Grandma’s direct gaze. She was five foot tall, of sturdy Danish peasant stock, with a blue-eyed gaze that could be as chilly as the Baltic in winter. I quickly twisted my face into an appropriate expression of grace.

“Thank you for this meal in front you place in front of us,” intoned my Grandpa. The Thanksgiving dinner was going to be turkey with all the fixings but on any other special day the meal might have been lamb. My Grandpa cared for his sheep but they weren’t pets. The government only made social security benefits available for farm workers right before my grandparents retired after spending their lives in the fields, which was lucky for them, but the benefits weren’t much, and my grandparents raised almost all of their own food. The brussels sprouts on the thanksgiving table and the scalloped potatoes and the squash and the salad were all from my grandma’s garden. My grandpa tended the fruit trees and cared for the animals. He always wore overalls and he always put apples in his pockets for the sheep. I was thinking about how every time Grandpa left the house the whole flock would come bouncing and flouncing up through the pasture towards him like animated, overstuffed sofas when the prayer finally ended with an “Amen.”

Grandpa asked me to help him with the sheep and I leapt at the chance. I can still remember the sensation of grabbing on to the sheep’s thick, greasy wool and pulling on her butt with all my strength while my grandpa twisted on her head and pushed on her nose. The sheep bellowed like she was being murdered, and when she popped out suddenly I fell on my ass in the wet pasture grass and she ran off bleating over the scandal of it all. “That silly ewe thinks the grass is greener on the other side of the fence,” Grandpa said, and the funny thing was that the grass she was reaching for when she got her head stuck wasn’t any taller than the grass she was standing in.

We went back in and sat down but before the gravy boat even reached my plate there was a loud “bleaaaahhh!!!!” from just beyond the window. The same sheep was stuck again in the same place. Despite her apparent agony minutes before it appeared that she’d already forgotten her lesson.

“She figures the grass is still greener on the other side of the fence,” said Grandpa, as he and I trooped out to unstick the stupid sheep. I didn’t even mind getting a slow start on the Thanksgiving meal because it was so much fun to be able to help my Grandpa. I was proud that he’d picked me to help instead of calling on one of the grownups. I can still smell the soggy sheep in my memory, and I understand now why everyone else was pleased to let me help. We pushed and pulled and the old sheep bellowed and I fell on my butt again in the mud and then we went in and sat down.

The sheep was back to stick her head through the fence before I’d finished my first helping of stuffing. “Some of us never get past thinking the grass is always greener on the other side of the fence,” Grandpa said as we returned to the pasture. But the old sheep hadn’t gone back to the same spot. That would have been too easy, because the wire was already stretched loose there. Instead she picked a new spot a few feet down the fence to stick her head through where the wire was tight. She had eaten a few bites and commenced to bleat. “I’ve got an idea,” said Grandpa after twisting her head for a minute while I tugged and panted. “This old girl is as contrary as they come. Maybe if you push on her butt, and I pull on her head she’ll fight us and pop her own self out of the fence.” So I pushed, he pulled, the old sheep resisted, and promptly I was flying backwards to land on my butt in the tall green grass. “If she does this again she’s going to have to wait until after the pumpkin pie to get free,” my Grandpa said, and the ewe must have heard him because she hustled off to join the flock and she didn’t come back.

Grandpa is long gone now and my father has passed away too. I’m what passes for a patriarch these days so this Thanksgiving meal I’ll say the grace. In deference to contemporary expectations that all information be measured in tiny bytes I’ll keep my words brief. With my son’s hand in one of my fists and my daughter’s hand in the other I’ll close my eyes, bow my head and say, “Dear Lord, Thank you for this moment we can share together.” My kids will be itchy for the prayer to end so that they can lunge for the bread and butter but I’ll keep a grip on the situation. “Thank you for this meal, and for all you’ve blessed us with,” I’ll continue. I’ve got sheep in the pasture, just like Grandpa did. It’s even possible that one of my beasts will choose the moment of grace to reach for the greener grass on the other side of the fence and get her head stuck in the wire just outside the dining room window and bellow out”bleahhh!!!. But in deference to all those family members who came before me and can join us now only in spirit, I’ll hold the next generation tight in my hands until I end my Thanksgiving prayer with “Amen”.

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Jeanne's Note

It finally feels like winter. Steve spent a meditative night on the tractor this weekend,

discing in this year’s strawberries and planting cover crops. Other farmers were doing the same in nearby fields, so he didn’t get lonely out there at midnight on the tractor. Next year’s berries

are (almost) in the ground. There are several steps that come before planting the berries, but the field is now ready and we'll be putting the plants in soon. After the party for the crew this Thursday afternoon, things will really slow down on the farm and we'll be able to focus on planning for next year, equipment maintenance, farm and house projects, and much needed family time. But our main challenge for the coming season is to find time to cook and eat several 30+ pound squashes that Steve harvested from his now-famous squash trial. We hope you all have lovely holidays and we look forward to growing your vegetables again next year.

3) Facing the Cold Darkness of the CSA Off-Season

by Matt Wall, CSA member

This is the time of year when I just want to go into my shell and hibernate. The days are getting short, the just-a-bit-too-busy holiday season is upon us with a predatory swiftness, and just when we need it the most, our CSA delivery stops. To quote the late Bart Giamatti, wildly out of context, from his poetic essay "The Green Fields of the Mind":

"It breaks your heart. It is designed to break your heart. The [CSA box] begins in the spring, when everything else begins again, and it blossoms in the summer, filling the afternoons and evenings, and then as soon as the chill rains come, it stops and leaves you to face the fall alone."

Sad stuff. In my native New England, where it gets really dark and cold around this time, we treated this sad state of the end of the growing season with something called "comfort food". Now to be fair, much of the cuisine of my native land is already a shade of brown -- even in the height of summer -- Maine potatoes boiled from brown to browner, green beans boiled grey-brown, lobsters dropped into a pot of boiling water until their red jackets turn brown. But in winter it gets really brown, comfy in quantities of carbohydrates and roasted fats, concoctions ranging from Yorkshire pudding to Sunday pot roast designed to provide that full-by-the-fire feeling through the dreary winter nights. Which probably accounts for the reason I was fifty pounds heavier when I arrived in California than I am today. My ancestors may have fed themselves from harvest to planting by such means, but they also worked a lot of that cholesterol and those complex carbs off through hard work to which I am a stranger.

No, we can't respond to the off-season by curling up by the fire and eating cheese curls, but fortunately in this part of California we have more options than many for getting local fresh vegetables year-round. Nevertheless I have a real quandary round about now, when the structure (and discipline) of getting my veggies picked out for me and delivered in one nice prepaid box disappears. After diving unconsciously into my long-dark-nights, big-brown-plate-of-food habits last year starting with Thanksgiving, I slapped myself a little and resolved to keep up that CSA-eat local, eat healthfully, eat appropriately spirit up throughout the year. Herein are my Top Tips for a Winter Without a Box.

Hit the Farmer's Market

I'm preaching to the choir here as far as how wonderful farmer's markets are, I'm sure, but here's my dirty secret. One reason I like the CSA boxes: I'm lazy. It's a lot harder to go to the farmer's markets on the designated day of the week, wander through picking out things from a gazillion farmers, and then come up with a semblance of a meal plan than it is to simply get my box and cook. It's especially hard in winter, when the pickings are slimmer than summer, it's cold, and it's usually dark by the time I can get around to it.

So here's my two-prong plan for the winter farmer's market patron:

(1) you're not there to buy food. Go to the farmer's market to talk to the farmers. Ask them about their farm, how they grow things, what they think the good crops were this year, and so forth. You'll learn a lot about them (both good and bad, I'm sure), and you will have incentive or disincentive to visit them again. When you've got relationships with the growers, you'll have a better handle on what and when to buy. Another reason I love my CSA box: I have developed a trust of the two farm families in their methods and thoughtfulness behind their food production. You may not be able to replace this entirely, but a little conversation will go a long way.

Prong (2): you don't have to go every week. This is what has killed me in trying to be a faithful farmer's market patron. What you have to do is go twice a month - schedule it if you have to - anything on top of that is a bonus.

Use those CSA Newsletter Recipes

Hey, you've got 36 newsletters from this past CSA year sitting around (I hope), or you can print out fresh copies. That's 150 or more recipes for dozens of ingredients. I know you didn't make every dish on the list. Those newsletters can be inspiration for your winter months. There are basically three basic approaches to take in CSA recipe re-use.

(1) The Greatest Hits approach. You can plan out your menu and your meal planning by going back and hitting the recipes you liked best. You have only 16 weeks in the off-season, so you only have to have half as many recipes as you have newsletters. I just write on my newsletters with stars when I make a recipe, from 1 to 5, completely subjectively, to make it easy to pick out the ones we liked best later on.

(2) The Make-What-You-Missed approach. The inverse of Greatest Hits: pick out the recipes you didn't make, and make those.

(3) The I-Ching method. One of the things I love the most about my CSA box every week is the way I surrender my free will to it. It's very relieving, in a way, to have a set of ingredients handed to one and have to cook around it. I know I'm not alone here. The way to replicate this in the off-season is to randomly choose recipes to make, or ingredients to shop for, or both. While I wish there was a "show a random recipe" button on the Two Small Farms website, there isn't, so you

can use your paper newsletters instead. Just cut up the newsletters and throw the recipes into a bag or a box, and each week start pulling out enough to cover your meal plan. Shop accordingly.

Mail Order Organic

It's not necessarily local to you, but it's local to somewhere. There are lots and lots of organic, small-producer products out there that your local store doesn't carry, but thanks to the magic of the internet and express delivery services, there's an astonishing array of interesting produce (and meats) available to you. The off-season is a good time to explore a few of these. The carbon footprint on these foods is a bit higher because of the requirements of transportation, and they're more expensive than your box, but you may get some of the surprise of the CSA box by web-surfing for some food, and you can replace the guilty pleasure of comfort foods with the guilty pleasure of on-line shopping. Google and gobble.

Make the CSA Boxes Last All Winter

This does take a little advance planning, but is well worth the time and kitchen storage place. You've been dosing your body all summer long with the soil, the air, and the sunshine of these two terrific farms in Watsonville and Hollister. Not to get too new age-y here, but your body has become accustomed to this; in fact, part of your body has generated itself from these ingredients. Be nice to your body and take it home for a visit once a week or so during the off-season via the frozen leftover or the dried herb. There's basically three ways to take a little bit of your CSA box and store-it-forward. Some foods will keep on the shelf for a while, such as your winter squashes - save them as long as you can. My favorite is to get a flat of tomatoes at tomato time and sauce it, freezing the basic mix. You don't have to use it just for spaghetti or pizza sauce - a little tomato sauce goes a long way in a lot of dishes to adding that splash of summer sunshine. You can dry any excess herbs as you go along during the season - they won't be as good as fresh herbs but they'll be better than store-bought dried herbs. And if you can make a big pot of soup, or a dutch oven full of casserole or gumbo out of your vegetables, put up a container or two in the freezer for the winter months. Do this once a week and you'll have a good stock for the winter. Most dishes will store well up to four months, and if you ration yourself out to a leftover a week, you can just make it to the start of next year's boxes.

Have a Potluck

Getting food to your table is not a solo endeavor, even in the simplified locally-grown organic production mode. The paradox of local food is that in being a bit parochial about your food, you encourage diversity both globally (by decentralizing food production) and on your own table (by accepting what the farm produces, which is significantly more varied than what most other people shop for in a given week). Being creatures of habit, it's hard for us to break out of our dietary cycles, often focussed on the weekly trip to the grocery store. One way to inject a little diversity into the off-season is to have a potluck. Invite enough people that you have a little guaranteed diversity. My ideal potluck number is seven families or cooks. One variation a friend of ours tried once was a "Rainbow" potluck (also known as "Twister" potlucks): everybody is assigned a color of the rainbow (instead of the traditional main dish-side-salad-dessert

assignments) and has to bring a dish with that color dominant (violet can be purple, and indigo can be a wild card, or brown.) My grandmother, who was born in the 19th century before refrigeration or even mass packaging was common, had the idea of a balanced meal being one where there were at least four colors on one's plate. There may be something to this as an easier-to-remember rule of thumb than the food pyramid (especially since blueberries are so good for you).

Here's another tip: you have to take home somebody else's leftovers.

Eat Cranberries

You can't seem to get them around here except between Halloween and New Year's, but I want to put in a plug for the dominant produce of my home, Cape Cod (even though more cranberries are now grown in Minnesota). (The only real farm labor I've done in my life was bringing in the cranberry harvest one year. This is done standing in cold water in October. BRRRRR. But the berries are beautiful, bobbing around in the water as you gradually lose all feeling in your extremities.) They've got tons of proanthocyanidins (PACs), substances that keep nasty bacteria (including e. coli) from adhering to parts of your GI tract, celebrated as a cure for urinary tract infections. They've also got more antioxidants in them than every other fruit in creation. You can get them fresh, freeze some, and dry some more and make them last all year. There are lots of ways to use cranberries than in plain old thanksgiving relish from desserts to main dishes: give the humble cranberry a chance and support my homies down in the bogs. You can go back to your arugula and water cress in the spring.

Grow Some Food Indoors

You're not going to get a lot of consumable food from your average chia pet herb garden or a window box of cherry tomatoes, but there's nothing quite so satisfying as occasionally eating something that you yourself have grown. You will have to think a bit about the sunshine that's coming in, the soil you've planted the seeds in, and just remembering to water it. In winter time especially, there's nothing like a little indoor gardening to remind you of how food gets to you.

And the Point is...?

You may now be saying to yourself: what exactly is the point, since none of these things really replaces the CSA Box?

I used to work at Brandeis University, outside Boston, and one of my students one year came from a very traditional Jewish household that kept strictly kosher. This student was rather cloistered in his upbringing, and he encountered many new foods during his freshman year. He'd frequently come in to my office and ask questions such as, "what exactly is jello made out of?" and "what food group is a 'Slim Jim' in?" He was constantly calling his rabbi back home to find out if this food or that food was kosher. Frustrated with the seemingly random answers he was getting, he asked the rabbi one day (so he told me), "Why do we bother? Does God really care whether a marshmallow is kosher or not, and whether I eat it?" The answer from his rabbi, which

I thought was pretty good, was "God probably doesn't care. He just wants you to think about him every day, and you have to eat every day, so it's convenient for both you and God."

What I have enjoyed most about being a CSA subscriber is the way the Two Small Farms families make me think and re-think about what I eat and what I feed my family. It's a pretty basic thing that we tend to ignore in our modern society, but from the newsletters to the farm events to the simple act of planning a menu around a box, I find I've been in an extended conversation about this most basic function in our existence. So in the off-season, when I'm missing the box, I try to keep that conversation going, even if I can't eat quite as well as I do during the season.

4) This is our last week of 2006 deliveries.

Thanks to all of you for your support!

Coming in December, January and February! We're planning to open the High Ground Organics Farm Stand at the Redmond House once a month during the winter with the produce of the two farms, a sort of mini-farmers market. We'll let you know details and dates in our first winter newsletter. I'll also put information as we plan it on the 'what's coming in your box' page on the twosmallfarms.com website. We'll have information about signing up for 2007 in the January and Feb. newsletters. -Julia

What to do with your bag of vegetables/apples when you arrive home:

Remove greens from the carrots and turnips. Cook the turnip greens that same day or within 1-2 days. The greens continue to take energy from the roots so it's good to separate them before you store them. The carrot greens are 'edible' but ask yourself, are they palatable? Try googling for carrot greens recipes if you're so inclined. I like feeding them to animals and compost. But yes, I'm married to a Carrot Farmer. Once the greens are removed the carrot and turnips themselves can be stored at least a week or two or three in the fridge. Eat the lettuce within 2-6 days, we always try to make lots of green salads soon after receiving our box (yes, Jeanne and I are 'on the list' so we get the other farm's goodies!) just to make room in the refrigerator.

Everything should be stored in the fridge except the butternut, I don't think refrigeration will hurt it but it's not necessary. The apples will last longer in the fridge, but if your family is going to eat them up within 1-3 days they can be displayed in a tempting bowl as healthy snacks! The cabbage will keep at least a week if not 2-4 weeks in the fridge.

Monthly Winter Updates

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 Jenny know asap. 831.786.0625 or csa@twosmallfarms.com Any friends or family are welcome to receive the free email version,

send them to this link:

<http://www.twosmallfarms.com/Newsletters.pdf/signup2sf.html>

5) Photos of the Vegetables

Butternut Winter Squash:

<http://www.mariquita.com/images/photogallery/wintersq.butternut.jpg>

Chantenay Carrots:

<http://www.mariquita.com/images/photogallery/carrots.jpg>

Bull's Heart Cabbage: (it's an Italian variety, it's supposed to be 'conical'):

<http://www.mariquita.com/images/photogallery/vegetablesatoz/cabbage/cabbagebulls.JPG>

Turnips: eat the greens!

<http://www.mariquita.com/images/photogallery/turnipwhitedoll.jpg>

Romanesco:

<http://www.mariquita.com/images/photogallery/romanesco1.jpg>

Recipe Index:

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

Photogallery:

<http://www.mariquita.com/images/photogallery/index.html>

6) Holiday Shopping! We are happy to offer gift certificates now and through December in case you want to give the Gift of Vegetables as a holiday gift. Email Jenny for more information on Dec. gifts: csa@twosmallfarms.com. We can send an attachment gift certificate via email or send out an actual paper copy. Happy Thanksgiving to all - Julia

We also have T-shirts! More:

<http://www.twosmallfarms.com/Gifts/T-shirts-TSF.html>

7) Recipes from Julia

Recipe Request: I plan to write about vegetables-for-breakfast during one of our winter newsletters, please send me your ideas of how you incorporate vegetables for breakfast in your house! (Leftover pumpkin pie, anyone!?) Email ideas and or recipes to Julia@mariquita.com

thank you.

How to use Turnips, from Deborah Madison's *Vegetarian Cooking for Everyone*

Serve fresh turnips raw, with sea salt, as a crudite. Turnips and rutabagas can be included in winter vegetable stews and soups, steamed, pureed, cut into julienne strips and combined with other vegetables, or roasted.

Turnip Tips from "From Asparagus to Zucchini"

Try turnips raw. Slice or create turnip sticks and add to veggie platter or eat alone with or without dip.

Grate raw into salads.

Bake turnips alone for 30-45 minutes at 350 degrees, basted with oil, or bake along with other seasonal roots.

Place turnips alongside roasting meats.

Mash or scallop turnips, just like you would potatoes.

Dice or cube turnips into hearty soups or stews, and thinly slice into stir fries.

Turnip Carrot and Split Pea Soup

3/4 c Dried split peas 2 tb olive oil or butter 1 Onion, chopped 1 c Carrots, chopped 1 c Turnip, chopped 2 c Vegetable stock Salt & pepper to taste Wash peas and soak them overnight in cold water, or in hot water for one hour. Drain them and set aside. Heat the butter in a saucepan and saute the onion until light brown. Add the carrots and turnip and continue cooking 5 mins. Add the peas and veg stock, and stir well. Cover the pan, bring to a boil, and simmer 1 - 1 1/2 hours until the peas are really tender. Stir occasionally, and add water if necessary. Season to taste

Chef Andrew's Turnips:

Cut turnips up into half inch squares, more or less. Put in a pan so the cubes are mostly one layer. Add water just 1/4 of the way up the cubes (or less), a nob of butter (1 Tablespoon per bunch of turnips cooking?), and a pinch of sugar. Cook the turnips slowly over medium heat til the water is gone, and they will begin to take on that delicious browning feature. Season to taste and eat when they look right!

Grated Carrot and Black Olive Salad from Simplicity from a Monastery Kitchen by Brother Victor-Antoine d'Avila-Latourrette 3-4 servings

5 large carrots, sliced julienne style
1 tablespoon chopped parsley
2 green onions or 1 shallot, thinly sliced
15 medium whole black olives, pitted
4 Tablespoons good olive oil
2 Tablespoons wine vinegar
2 teaspoons Dijon mustard
S & P to taste

1. Place the julienned carrots in a big deep bowl. Add the parsley, shallots, and black olives. Mix well.
2. In a separate bowl, place the olive oil, vinegar, mustard, salt and pepper, and mix thoroughly with a fork until a smooth sauce is achieved.
3. Pour the sauce over the carrot mixture and mix the ingredients well. Refrigerate the salad and keep cold until ready to serve.

CARROT SOUP

from the Moosewood Cookbook by Mollie Katzen

2 lbs. Carrots, peeled or scrubbed and chopped
4 cups stock or water
1 ½ tsp. salt
optional: 1 medium potato, chopped (for heartier soup)

Bring the above ingredients to boil. Cover and simmer 12-15 minutes. Let cool to room temperature.

1 cup chopped onion
1-2 small cloves crushed garlic
1/3 cup chopped cashews or onions

Saute the above ingredients in 3-4 Tbs. butter with a little salt, until onions are clear. Then puree everything together in a blender until smooth. Return the puree to a kettle or double boiler and whisk in ONE of the following:

1 cup milk
1 cup yogurt or buttermilk plus a little honey
½ pint heavy cream
¾ cup sour cream

Heat very slowly. You can season with 2 pinches nutmeg, ½ tsp. dried mint and a dash of cinnamon, OR ½ to 1 tsp. each of thyme marjoram and basil, OR 1 tsp. fresh-grated ginger root sauteed in butter plus a dash of sherry, (add just before serving). Garnish with grated apple or toasted nuts or yogurt or sour cream. 45 minutes to prepare, serves 4-5.

CARROT BREAD

The Victory Garden Cookbook, Marian Morash

This is a good recipe for leftover carrots. All you need is a cup of mashed carrots.

1 1/2 cups flour
1 tsp. baking soda
1 1/2 tsp. cinnamon
1/2 tsp. salt
2 eggs
1 cup sugar
1/2 cup oil
1 cup mashed carrots
1/2 cup chopped nuts

Sift together the flour, baking soda, cinnamon, and salt; set aside. Beat the eggs, and beat in the sugar, oil, and carrots. Gradually beat in the flour mixture. Stir in the nuts. Pour into a greased 9 x 5-in. loaf pan and bake in a preheated 350 degree oven for 55-60 minutes. Cool 10 minutes in the pan, then turn onto a rack to cool. Makes 1 loaf.

Chilled Marinated Cauliflower

Adapted from *The Enchanted Broccoli Forest* by Mollie Katzen

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

Combine 1/2 cup water, cauliflower, oil, lemon juice, garlic, salt and pepper in a 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. Six servings.

Navy Bean and Winter Squash Soup from *Vegetable Soups from Deborah Madison's Kitchen* by Deborah Madison

julia's notes: D.M. suggests either chopping the vegetables in small dice or larger chunks depending on how you want the final soup to come out. The list and directions are long but this is

a simple soup to make in the end. And you can take out the entire first step and list of ingredients by using a can of beans and 6-7 cups vegetable or chicken broth.

The Beans

1 cup navy or cannellini beans, soaked

3 large garlic cloves, smashed

1 onion, peeled, halved, and studded with 2 cloves

Aromatics: 1 bay leaf, several sage leaves, a thyme sprig, 4 parsley branches

1 tablespoon olive oil

S & P to taste

The Vegetables

2 to 4 Tablespoons olive oil

1 pound, more or less, butternut squash, peeled, seeds removed, and flesh diced

1 large onion, diced

3 to 4 small turnips, peeled and cut into chunks

1 Tablespoon chopped sage

2 Tablespoons chopped parsley

1 plump garlic clove, chopped

Aromatics: 1/2 teaspoon dried oregano, pinch dried thyme, 2 bay leaves

1/2 pound savoy or other cabbage, chopped into squares

To Finish

1 1/2 cups fresh bread crumbs

1 Tablespoons olive oil

3 Tablespoons finely chopped sage

1 garlic clove, minced

1. Drain and rinse the beans and put them in a pot with 2 quarts water, the garlic, onion, aromatics, and 1 Tablespoon olive oil. Bring to a boil, then lower the heat and simmer, partially covered, for 1 hour. Add 1 teaspoon salt and continue cooking until the beans are tender, another half hour or so - cooking times vary according to altitude, age of beans, and hardness of water. Drain the beans, leaving them in just enough liquid so that they don't dry out, then strain and reserve the cooking water. You should have 6-7 cups.

2. Warm the oil in a soup pot. Add the squash, onion, turnips, sage, parsley, garlic, aromatics, and 1 teaspoon salt. Give a stir, then cook over medium heat, stirring occasionally, until the vegetables have started to brown a bit here and there and caramelize, about 15 minutes. Add the cabbage and let it wilt, then add the bean broth or equivalent amount of vegetable stock. Bring to a boil, then lower the heat and simmer, partially covered, until the squash is tender but still intact, 15 to 20 minutes depending on size. Add the beans and continue cooking until heated through. Taste for salt and season with pepper.

3. Toss the bread crumbs with the 2 Tablespoons oil and sage to moisten them, then put them in a skillet and cook slowly over medium heat until crisp and golden, about 10 minutes. Add the

garlic during the last few minutes so that it doesn't burn. Season with S & P. Serve the soup and add a generous helping of the hot crumbs to each bowl.

Turnip Recipes:

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

Winter Squash Recipes: (that's the butternut...)

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

Cabbage Recipes:

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

Cauliflower Recipes (these all work with romanesco too!)

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

Carrot Recipes:

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

Apple Recipes:

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

Salad Dressings:

<http://www.mariquita.com/recipes/salad%20dressings.html>

recipe index:

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

8) Two Small Farms T-shirts!

100% organic cotton. \$12.95 each (this includes tax but not shipping). We can ship via USPS or sell at events. We're not able to deliver with CSA boxes, the details to too many, sorry about that! For photos and more details:

<http://www.twosmallfarms.com/Gifts/T-shirts-TSF.html>

9) Veggie Notes

From High Ground: Flowers, Mystery, Romanesco, Cauliflower, Lettuce

From Mariquita: Carrots, Turnips, Cabbage, Butternut,

From Billy Peixoto: Apples

To see a picture of the 2 farm families:

<http://www.mariquita.com/images/photogallery/twosmallfarmers.hg.jpg>

10) Unsubscribe/Subscribe From/To This Newsletter

<http://www.twosmallfarms.com/Newsletters.pdf/signup2sf.html>

11) Two Small Farms Contact Information

Two Small Farms

Mariquita Farm/High Ground Organics

Organically Grown Vegetables

831-786-0625

P.O. Box 2065

Watsonville, CA 95077

csa@twosmallfarms.com

<http://www.twosmallfarms.com>

<http://www.mariquita.com>

<http://www.highgroundorganics.com>