

Table of Contents:

- 1) In your box this week
- 2) When the Circus Comes to Town
- 3) Photos and Veggie Information
- 4) Wreath Making with Jean Thomas at Thomas Farm
- 5) Recipes
- 6) Two Small Farms T-Shirts
- 7) Veggie Notes
- 8) Unsubscribe
- 9) Two Small Farms Contact Information

This Week's Newsletter as a pdf: (click on Oct. 4th)

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

1) In your box this week:

- Apples (likely Jonagolds, possibly a few will receive galas)
- Red Beets
- Spinach
- Scallions OR Summer Squash
- Sweet Peppers* OR Winter Squash
- Tomatoes OR Eggplant
- Cauliflower OR Broccoli or Romanesco
- Cilantro OR Radishes

This week's vegetable list: I try to have it updated by Monday night, sometimes by Mon. am:

<http://www.twosmallfarms.com/CSAinfo/thisweekslist.html>

Keep everything BUT the tomatoes and winter squash in the fridge.

ARGH: why so many "this OR that"? The weather is cooling at night so things are growing more slowly... Steve and Andy are trying to make the nicest boxes for the CSA every week. Think of it as a present!

*Sweet Pepper note: these are sweet: we're not putting ANY spicy peppers in the boxes this week. You may receive Friorelli Italian Frying Peppers, Photo:

2) When the Circus Comes to Town, By Stephen

The spinach in your boxes this week has had its 15 minutes of fame. Along with a certain gangly farmer in a green shirt it has appeared in dozens of newspapers from coast to coast—including *USA Today*.

The photographer who took that picture was in as big of a hurry as I was to have it over with—something I was thankful for. It had been an exhausting couple of days. On top of overseeing the weekend harvest and trying to get the ground worked up for next year's strawberry crop, Jeanne and I suddenly found ourselves in the middle of the media frenzy surrounding the e coli spinach scare.

It all started the day before, when a reporter for the Santa Cruz Sentinel, who had come to our farm stand working on an unrelated story, saw that we were selling bunched spinach. He excitedly called in for a photographer and, as luck would have it, as soon as one arrived an articulate nurse happened into the stand to buy a bunch of spinach. She figured prominently in the article that appeared with the heading "High Ground Stands by Its Spinach" on the front page of the paper the next morning.

That very morning at around 8 O'clock as I was working with two UC researchers to set up a crop trial for next year's strawberries, an AP reporter sent down from San Francisco came hobbling through the field with a video camera and a microphone. Jeanne, who had come to the stand with fresh bunches of spinach for the AP reporter to shoot video of was met there by a second news crew wanting an interview.

The focus on us selling our spinach shows how far-reaching the effects of the FDA warnings were. No store would carry spinach, and no restaurants could serve it. We could continue to sell our spinach because we are a self-contained small farm that was obviously not implicated in any way. We grow and wash our own produce and sell it directly to customers. With the centralized food distribution in this country that has become very rare. One of the reporters—a bit unclear on the whole concept—asked, "But what if it (the e coli) is in the water?" as if it were suddenly in everyone's water (but somehow only affected spinach). She seemed to miss the point that if we had an e coli problem it would be in everything we sell, and that there was no earthly reason to think we had such a problem.

As quickly as they came, they all left and the scandal has died down. The e coli was traced back to Dole brand conventional spinach, processed at the Natural Selections plant. The FDA has now declared all spinach again safe to eat. I'm still a bit bewildered as to how we got caught up in the middle of it. When I reflect back on it the thing I am amazed by is, for all the effort they put into it, what a poor job the media does of actually informing people. While growers of bunched spinach in the Salinas Valley lost their shirts because people were under the impression that all spinach was somehow endemically bad, we heard secondhand reports that

Natural Selections bagged salad sales had increased dramatically even though they are processed in the same facility as the tainted spinach.

The other thing that amazes me is how out of proportion the whole story became. One newscast I saw featured a reporter in front of a “command center” map highlighting all of the states in which the outbreak had “spread” to. To put things in perspective, according to the CDC, there are an estimated 76 million cases of food born illnesses in an average year including over 5000 deaths. There are over 73,000 cases of illness due to e-coli H0157:H7 alone every year. And if this year follows those trends, during the roughly two weeks that the scare lasted we would expect about 192 deaths due to food borne illnesses to have occurred.

Unlike most other spinach growers, we did not have to disc in our spinach field. In fact, we have been selling more spinach than ever at our farmstand once people heard that we had it. The crop we had planted for you is now ready to harvest after its photo was shot around the world. The only danger you’re in is that it may start putting on airs.

3) Photos and Veggie Information:

Cauliflower: the leaves and stems are great steamed as well: they’re sweet when they’re fresh.

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

Romanesco (cook just like cauliflower!):the leaves and stems are great steamed as well: they’re sweet when they’re fresh.

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

French Breakfast Radishes: if you get radishes eat the greens: they’re great cooked up just like chard, but do cook them in the first day or two: radish greens ‘go south’ very quickly: just take a look at the radish greens in the super market. And Yes, this variety is supposed to be half white and half red... (Thanks to GoogleImages and Virtual Davis for this photo!)

http://www.virtualdavis.com/images/first_radishes.jpg

Sweet Peppers: you may get them or if not you’ll get a hard squash(likely cute mini pumpkins that CAN be eaten: delicious.) You’re peppers are NOT spicy. They might be Friorelli Italian Frying Peppers (photo is on the This Week’s List Page:

<http://www.twosmallfarms.com/CSAinfo/thisweekslist.html> If you get these: you can treat them like pimienta de padron peppers: what we like is to blister them in hot olive oil then sprinkle with salt. That’s it! They are really good that way.

Recipe Index:

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

Photogallery:

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

4) Wreathmaking with Jean Thomas at Thomas Farm in Corralitos

Jean Thomas (Stephen's Aunt) will be holding wreathmaking sessions at the Thomas Farm in Corralitos during the weekends of Oct 28-29, Nov 25-26, and Dec 2-3. Cost is \$25 per wreath; materials, guidance, and clamping machines are provided. Space is limited. Call Jean directly for an appointment (831/724-4013).

5) Recipes from Julia and Jean Pinard

"The beet is the most intense of vegetables The radish, admittedly, is more feverish, but the fire of the radish is a cold fire, the fire of discontent, not of passion. Tomatoes are lusty enough, yet there runs through tomatoes an undercurrent of frivolity. Beets are deadly serious."

Tom Robbins

Teriyaki Beets from *Fresh from the Farm and Garden* by The Friends of the UCSC Farm and Garden

julia's note: you can add one finely minced clove of garlic to this sauce if you like. Any color beet will do quite nicely in this recipe.

12 small beets (or one bunch full sized, beets quartered)
4 Tablespoons butter or canola oil
2 Tablespoons honey
1 Tablespoon minced fresh ginger
1 Tablespoon soy sauce

Boil or steam beets until almost tender (10-15 minutes). Rinse in cold water and cut in half. Combine rest of ingredients in small pan. Heat gently, stirring, until sauce is smooth. Brush sauce on beets and heat under broiler 5-10 minutes, basting frequently.

Honeyed Beet Quinoa Summer Salad, with variations
from *Fresh from the Farm and Garden* by The Friends of the UCSC Farm and Garden

julia's note: I make many variations of this salad, with whatever vegetables/alliums/dressing I have on hand. I love using quinoa, but brown rice and couscous also work nicely. Likely other

grains too. For this much salad I usually use half the amount of cheese they recommend and half the amount of nuts. Any mixture of the below herbs work well: just parsley, just cilantro, just basil, or any combo... chives, tarragon for a different flavor..... the possibilities are endless and having a salad like this on hand makes healthy lunches/dinners much easier.

6 beets, roasted
1/4 cup honey
1 1/2 cups orange juice
juice of 1 lemon
1/2 cup fruity olive oil
3 cups cooked quinoa, or another grain such as brown rice or couscous or??
1 cup crumbled feta cheese, or shredded parmesan, or??, optional
1 cup toasted walnuts or almonds, roughly chopped
1/2 cup chopped basil OR cilantro
1/2 cup chopped parsley
6 minced green onions or 3 shallots or other mild allium
lettuce greens, ready for eating as salad

Dice roasted beets and marinate in orange and lemon juice and honey at least one hour. (Julia's note: I warm up my honey a bit before mixing it in the juices/oil... but don't make it too hot or it will 'cook' the juice and fruity oil!) Combine with other ingredients except salad greens. Chill at least one hour to allow flavors to blend. Serve on bed of salad greens.

I found a recipe in "The Victory Garden Cookbook" 1982 edition, for Radish Top Soup. I didn't have enough radish tops, and had to substitute some Swiss chard for about 1/3 of the greens, and make about 1/3 of the recipe, but it was so delicious, I decided to send it in.

I cooked the potato in chicken broth, cooked the onion and greens in a little canola oil and eliminated the butter and optional cream. Here is the recipe with the author's comments:

Radish Top Soup

Don't throw out your radish greens. Believe it or not, those fuzzy leaves can be transformed into a smooth green soup, with a hint of watercress flavor.

6 Tb butter
1 cup chopped onions or leeks
8 cups loosely packed radish leaves
2 cups diced peeled potatoes
6 cups liquid (water, chicken stock)
Salt
1/2 cup cream (optional)
Freshly ground pepper

Melt 4 tablespoons butter in a large saucepan, add onions or leeks, and cook until golden, approximately 5 minutes. Stir in radish tops, cover pan, and cook over low heat until wilted, 8-10 minutes.

Meanwhile, cook potatoes until soft in liquid along with 1 teaspoon salt. Combine with radish tops and broth, and cook, covered, for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with butter, salt and pepper. -submitted by Jean Pinard

Julia's Favorite Way to Eat Radishes: eat with butter and sea salt. That's it! With the greens too if they're fresh.

Cauliflower and Scallions adapted from *Fresh from the Farm and Garden* by The Friends of the UCSC Farm and Garden

1 small head cauliflower
1-2 bunches scallions
3 tablespoons canola or safflower or other light cooking oil
1/2 teaspoon mustard seeds
1/2 teaspoon turmeric
1 or 2 jalapeño chiles, or other spicy chile (Hungarian?!) or 1/4 teaspoon red pepper flakes
salt to taste
1/3 cup hot water

Separate cauliflower into very small florets. Wash and drain. Trim scallions and chop into 1/4 inch pieces.

Heat oil. When oil is very hot, add mustard seeds. Stir constantly for about a minute. Add turmeric, chiles, salt, and scallions, stirring rapidly. Cook for half a minute or so before adding cauliflower. Stir to mix everything well, add the water, and simmer, covered, on low for 15-20 minutes, until cauliflower is tender. Increase heat to evaporate any liquid.

Fragrant Broiled and Pureed Eggplant adapted from *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

This recipe suits any large eggplants - ones with a large proportion of flesh to skin. Season, broil until smoky and squishy, drain, and puree. Do not trim off the stems, which act as handles during preparation.

Serve as a salad course, accompanied by olives, sliced tomatoes, and breadsticks or toasted pita triangles. Or thin puree slightly to offer as a dip with raw fennel and other vegetable strips. Allow to mellow overnight before serving. Mince feathery fennel tops to sprinkle over the dip.

3 large garlic cloves
1 teaspoon ground coriander
1/2 teaspoon ground cumin
1/4 teaspoon ground anise, fennel or allspice
about 2 Tablespoons flavorful olive oil

2 or 3 eggplants of equal size (to total about 2.5 pounds)

1 teaspoon sugar

1/2 Tablespoon kosher salt

about 1/3 cup whole-milk yogurt or a smaller quantity of thick drained ('Greek') yogurt to taste

Black pepper or ground hot pepper to taste

1. Preheat broiler. Cut garlic into long slivers or slices. Combine in cup with coriander, cumin, anise, and 1/4 teaspoon oil; mix well. With knife tip, cut deep slits in eggplants. Holding slits open with knife, insert garlic. When garlic is used up, rub eggplants with any remaining spice mixture.

2. Place eggplants in a baking pan as far from broiling element as possible. Broil, turning once, until skin wrinkles and blackens and eggplants collapse - about 20-30 minutes, depending upon size of eggplants and type of broiler.

3. Remove from heat, cover, and let stand about 10 minutes. Holding stem of one still hot eggplant, gently remove skin with a small knife. Discard skin along with stems. Place flesh in a strainer to drain as you peel remaining eggplant (s).

4. Combine eggplant flesh, sugar, and salt in food processor and pulse to barely mix. Pulsing, gradually add yogurt to taste, then add remaining oil. Do not puree until smooth - some texture is nice. Scrape into a bowl. Add pepper and adjust seasoning. Refrigerate overnight. Season before serving, preferably at room temperature.

Best Baked Mini-Pumpkins adapted from *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

Cut off the caps, scrape out seeds, season, re-cap, and bake. That's all it takes to give each diner a yummy little pumpkin, custom-flavored. Bake while you roast some meat or vegetables, or both! Or, for an all veggie meal, serve with braised greens and toasty baked grains. Make sure you cook dull skinned (not shiny coating like the supermarkets do just for decoration!). As the Cinderella coaches bake, natural oils surface and they turn as glossy and bright as painted and shellacked decorations.

For Each Serving:

1 mini pumpkin

pinch of ground coriander, nutmeg, cinnamon, allspice, or garam masala or big pinch of dried savory, sage, or thyme, crumbled to powder

pinch salt

pinch pepper

1 teaspoon butter or nut oil

1 Tablespoon prune, apple, cranberry, or orange juice

1 teaspoon maple syrup or honey

1. Set oven to 350 degrees to 375 degrees, as suits whatever else is roasting. With sturdy sharp knife, cut a square (or 5-6 sided) cap around pumpkin stem, poking into the heart of the squash to cut the fibers. Pry out the cap. With melon ball cutter or grapefruit spoon, scoop out and scrape interior to remove all seeds and fibers. Trim fibers from cap.
2. Sprinkle spice (or herbs), salt, and pepper inside and tap to distribute. Add butter, juice, and sweetening. Set cap back in opening, but do not press in fully (or it may slip inside). Place in baking dish.
3. Bake until creamy-soft inside, about 30 minutes for small squash, 45 minutes for larger ones. Test with knife tip - it should slide through easily. Let stand 15 to 60 minutes, as convenient.

Easy Pasta Fresca from Recipes from America's Small Farms

4 small eggplants, peeled and cut into 1 inch cubes
2 red bell peppers, cut into 1 inch pieces
1 large onion, coarsely chopped
4 or more large garlic cloves, peeled
olive oil
2-3 large tomatoes, peeled, seeded, and chopped
1/4 cup chopped basil
1/4 cup chopped parsley
1/2 tsp. balsamic vinegar
salt and freshly milled black pepper
8 servings hot cooked pasta or rice
Parmesan cheese

Preheat the oven to 400 degrees. Combine the eggplant, peppers, onion, and garlic with olive oil to coat. Spread in an oiled shallow baking dish and roast for about 45 minutes, stirring every 10 minutes or so, until nicely caramelized. Mash together the tomatoes, basil, parsley, roasted garlic cloves, and balsamic vinegar; fold into the remaining vegetables. Do not cook; taste, and add salt and pepper. Serve at room temperature, or slightly warmed, over pasta or rice, or use as a pizza topping. Pass your favorite grated cheese (Parmesan or feta is excellent).

Cauliflower Salad with Lemon Dressing

from Verdura by Viana La Place

1 head cauliflower
salt
1/4 cup extra-virgin olive oil
juice of 1 large lemon
salt and freshly ground black pepper to taste
sprigs of Italian parsley
1 small bunch of radishes
handful of small olives, such as Gaeta or Nicoise

Trim the cauliflower by snapping off the leaves and cutting away enough of the stalk so that the cauliflower has a flat base. Plunge the cauliflower into abundant salted boiling water. Cook until it is just tender with a touch of crispness to it. Cooking time will vary according to the size and freshness of the cauliflower. Drain completely. In a small bowl, beat together with a fork the olive oil and lemon juice, adding salt and pepper to taste. Place the cauliflower in the center of a round serving dish. Pour the olive oil and lemon mixture over the top of the cauliflower and let the dressing pool around the edges. Grind a little black pepper over the top of the cauliflower. Garnish the platter with parsley, radishes and olives.

Crockpot Applesauce

3 lbs. tart apples, peeled, cored, and sliced
1/2 cup brown sugar
1 1/2 Tbsp. lemon juice
1 tsp. cinnamon

In 3-4 quart crockpot, combine the apples, brown sugar and lemon juice. Cook on high 3-4 hours. Mash with a potato masher into the consistency you want. Stir in cinnamon and serve warm or cold.

Fresh Apple Cake

2 cups sugar
3 cups flour
1 1/2 tsps baking soda
1/2 tsp salt
1/2 tsp ground cloves
1/2 tsp nutmeg
1/2 tsp ground cinammon
2 tsp vanilla extract
1 cup oil
3 eggs
3 cups chopped fresh apples
1 cup chopped pecans

Preheat oven to 350. Sift dry ingredients together. Add liquid ingredients, stirring well to combine. Add chopped apples and nuts. Bake in large lightly oiled bundt or cake pan at 350 for about 1 hour 15 minutes. Sprinkle top with powdered sugar when cooled.

Or add glaze: Melt 1/2 cup butter, add 1/4 cup water, 8-16 oz. powdered sugar and 2 tsps cinammon. Blend well, and pour over cake when still hot.

Beet Recipes:

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

Spinach Recipes:

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

Apple Recipes:

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

Sweet Peppers:

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

Winter Squash:

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

Pumpkins:

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

Eggplant:

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

Cilantro:

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

Radishes:

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

Tomato Recipes:

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

recipe index:

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

6) 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>

7) Veggie Notes

From High Ground: Flowers, Spinach, Radishes/Cilantro, Cauliflower/Broccoli

From Mariquita: Eggplant/Tomatoes, Beets, Scallions/Summer Squash, Peppers/Hard Squash

From Billy Peixoto: Apples

To see a picture of the 2 farm families:

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

8) Unsubscribe/Subscribe From/To This Newsletter

<http://www.mariquita.com/news/newsletter.signup.html>

9) 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>