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This Week's Newsletter as a pdf: (click on Oct. 11th)

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

1) In your box this week: Arugula, Leeks, Braising Mix, Lettuces OR Salad Mix, Tomatoes, Tomatillos, Red and White Carrots, Parsley

[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)

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

[Keep everything BUT the tomatoes in the fridge.](#)

[Photos of many of the items are below in the photos area. AND lots of recipes below too!](#)

[Those carrots: remember Jeanne and I trumpeting the red and white carrots that weren't really ready for harvest? They're ready! Everyone will get them this week. Remember these are great cooking carrots, try them roasted. Or grated into a savory salad if you'd like them raw. BUT they're not as sweet as they're orange cousins for raw carrot stick eating.](#)

2) Pumpkin Notes from Andy

Since we're drawing near to Halloween it's time for an annual warning about making pumpkin

pie.

I don't know how many times I've heard people express shock and dismay that they tried to make a pumpkin pie from scratch, using a real pumpkin, and it came out stringy, watery, and tasteless. The problem is, of course, that they used a real pumpkin. Not all pumpkins are created equal. The dirty little secret is that even the orange goop that comes in the can labeled "pumpkin pie filling" probably isn't pumpkin.

If you want to make an authentic pumpkin pie that tastes good use a smallish kind called the New England Sugar Pie Pumpkin. Another, even smaller, variety that cooks up well is called the Baby Bear Pumpkin. The larger, jack o'lantern pumpkins were originally bred for cow feed and they're no good for pies. Even the cows would complain about eating Halloween pumpkins if they knew better.

Most of the commercial pie fillings are actually not made from pumpkins at all but from huge, yellow fleshed squash called banana squash. They have blue skins and can weigh up to fifty pounds apiece. Now that's what I call a scary squash! On a lighter note Butternut squash make good pies. If you ever feel like you've got too many Butternut squash in your life just put them to one side until that day when you feel like making pies. Butternut squash actually get sweeter over time, whereas pie pumpkins will eventually get starchy and lose their sugar.

Since we're on the subject of pie, what could be more American than pumpkin pie if it isn't political scandal? Scandal is never out of season in Washington, but just for fun let's take a nostalgic look back at a seasonal scandal from yesteryear. I refer, of course, to The Pumpkin Papers. Nowadays we would call the whole affair "Pumpkingate."

To put it briefly, in 1948 Whittaker Chambers accused Alger Hiss of being a commie. Then he hid the evidence inside a pumpkin on his farm, and in due course the House Un-American Activities Committee issued a subpoena and confiscated the pumpkin. Nixon got a hold of the papers and used them to fan his fame. A lot of folks were left wondering what kind of pumpkin it was that held such dread secrets.

Pumpkin is a social word, not a botanical term, and the word can describe a number of large squash, usually orange in color, but sometimes pink, brown, red, white, or even blue. When trying to identify what kind of pumpkin you have it's good to start at the stem.

The pumpkin that Cinderella drove to the dance was a *Cucurbita maxima* type called Rouge Vif d'Etample. *Cucurbita maxima* gourds are notable for their short, corky stems. Her coach was red. Rouge means red, vif means vivid. The Long Island Cheese pumpkin is tan and has the short, hard, five sided stem characteristic of the *Cucurbita moschata* group of squash. The Butternut squash is a close cousin. And then there's the pumpkin that made Nixon a household name. Blurry, black and white photos online show a gourd with a longer, irregular five sided, stem

typical of Cucurbita pepo. The rind of Whittaker Chamber's pumpkin was not especially thick, leading me to believe that he didn't waste a New England Sugar Pie pumpkin, but chose a Connecticut Field pumpkin, a fodder pumpkin typically used for jack o'lanterns. How fitting.

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Pumpkin Recipes: (includes my favorite pumpkin pie recipe -Julia)

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

3) Pumpkin Patch Potluck/ Squash Fest

This Saturday, October 14th

Come pick your Cinderellas, Jack-O-Lanterns, and various cooking pumpkins and squash at our Redman House patch between 1 and 5 PM. Afterwards you may join Jeanne and Steve for a potluck from 5—7 PM at our home ranch a few miles away. We'll cook up different squashes from our winter squash trial. You bring a dish to share. Come to either or both events.

Directions to Pumpkin Patch: From Hwy 1, take Riverside Drive (Hwy 129) exit. Go west off the exit (toward the ocean). Turn right at the stop sign at Lee Rd. Pass the farmstand and turn left into the driveway. Park by the big old house.

Directions to Potluck. From Hwy 1 N, take the Green Valley Rd./Harkins Slough Rd. exit. Turn left onto Harkins Slough. Pass the High School and go 1/2 mile to the end of the road. We're the last dirt road on the left at the very end. From Hwy 1 S, take the Hwy 152 exit. Turn right at the light on Green Valley Rd. Go straight through 2 lights, cross Hwy 1, pass the High School and go to the end of the road. We're the last dirt road on the left at the very end.

4) Photos and Veggie Information:

Tomatillos:

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

arugula:

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

leeks:

<http://www.mariquita.com/images/photogallery/leekslarge.JPG>

parsley:

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

carrots:

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

Recipe Index:

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

Photogallery:

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

5) Recipes from Julia and Doranne and

Why I love the cookbook *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

This is a heavy tome. It's very thorough and has lots of the 'weird stuff' in it. I like the vegetable cookbooks that list the vegetables alphabetically. She gives good background and storage info, as well as several recipes for each item. Then my favorite part: at the end of each chapter she has "Pros Propose" and lists even more recipes from chefs around the nation/world. Many of these don't give exact measurements, such as the **Punchy Tomatillo-Tomato Relish** recipe below. Try to find it from your library first if you're considering purchasing it. Neither my own local Santa Cruz County nor the Watsonville libraries have it (I'll be recommending it!) But the Los Altos/Santa Clara library does. If your cookbook budget can afford it, just buy it, you won't regret it!

Submitted by Doranne Hardt

BRAISED CHICKEN BREASTS ON CREAMY LEEKS

We adapted this dish from a recipe in *La Cuisine Spontanée* by Swiss chef Frédy Girardet. Braising the chicken breasts over the leeks keeps them satisfyingly moist and tender. Crusty bread is a good accompaniment.

Active time: 25 min Start to finish: 35 min

2 lb medium leeks (white and pale green parts only)
4 boneless skinless chicken breast halves (1 1/2 lb total)
1/2 tablespoon vegetable oil
2 1/2 tablespoons unsalted butter
1/3 cup dry white wine
1/3 cup chicken broth
1/3 cup heavy cream

Halve leeks lengthwise, then cut crosswise into 1-inch pieces.

Pat chicken dry and season with salt and pepper. Heat oil and 1/2 tablespoon butter in a 10-inch nonstick skillet over moderately high heat until foam subsides, then brown chicken on both sides, about 4 minutes total. Transfer to a plate.

Add wine to skillet and deglaze by boiling over high heat, stirring and scraping up brown bits, until reduced to about 2 tablespoons, 1 to 2 minutes. Add leeks and remaining 2 tablespoons butter and salt and pepper to taste, then simmer over moderately low heat, covered, stirring occasionally, until leeks are wilted, about 10 minutes. Stir in broth. Top leeks with chicken breasts and juices from plate, then gently simmer over low heat, covered, until leeks are tender and chicken is just cooked through, about 8 minutes .

Transfer chicken breasts to a plate. Add cream to skillet and boil over high heat, stirring occasionally, until thickened slightly, 1 to 2 minutes. Add salt and pepper to taste.

Serve chicken on top of leeks.

Makes 4 servings. From Gourmet

more leek recipes:

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

All about Tomatillos

from *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

Basic use of tomatillos:

Tomatillo is traditionally cooked, but the raw fruit, chopped or diced and used in moderation, adds freshness to vegetable salad, guacamole, and sandwich fillings.

Storage: They should keep at least a week or three in the fridge.

Herbed Tomatillo and Grape Salsa

from *Vegetables from Amaranth to Zucchini* by Elizabeth Schneider

This recipe caught my eye because of the grapes: I've seen lots at farmers market recently... look for California-grown grapes, no need to buy Chilean this month! -julia

3/4-1 pound tomatillos

1 to 3 small green chiles, such as serrano or jalapeño, halved and seeded

1 garlic clove

1/4 teaspoon kosher salt

1/3 cup tightly packed cilantro leaves

1/4 cup lightly packed basil or mint leaves

1/2s cup stemmed seedless green grapes

about 1 tablespoon lime juice

1. Barely cover husked tomatillos with cold water; cook very gently until tender, the time can range from 2 to 15 minutes, depending upon size and thickness. Check often to prevent bursting. Cool in liquid.
2. In food processor container, combine 1 chile(or more to taste), garlic, salt, and half each of the cilantro and basil(or mint). Whiz to mince.
3. Drain tomatillos if needed. Add to container, with grapes and 1 Tablespoon lime juice. Whirl to a chunky puree. Taste for heat and tartness, adding lime and minced chile to suit. Scoop into a bowl. Cover and chill at least 1 hour.
4. To serve, mince the remaining cilantro and basil(mint). Stir into the salsa. Salt to taste.

Punchy Tomatillo-Tomato Relish adapted from *Chutneys and Relishes* by Lorraine Bodger

Chop cleaned tomatillos. Combine with pulped, seeded, and diced plum tomatoes, minced spicy chile (such as hungarian, jalapeño, or anaheim), and red onion, chopped cilantro, and garlic. Add lime juice, tequila, and salt. Serve with grilled fish, burgers, chicken, or traditional Mexican fare.

Tomatillo soup

adapted from *Vegetarian Southwest* by Lon Walters

- 3 Stalks celery; sliced
- 1 lg Leek*; sliced
- 2 md Carrots; sliced
- 1/2 c Red bell pepper; seeded & diced
- 1/2 c Yellow bell pepper; seeded & diced
- 1/4 c Poblano chile; seeded & diced (or other spicy chile)
- 2 c Tomatillos; sliced (husks removed)
- 1 Tablespoon Olive oil
- 1 teaspoon Dried oregano
- 1 teaspoon Dried thyme
- 1 teaspoon Dried sage
- 1 Tablespoon Ground cumin
- 1 Tablespoon Ground red chile
- 1 teaspoon Kosher salt
- 6 c Water
- 1/3 c Fresh orange juice
- 1/4 c Fresh lime juice
- 1/4 c Chopped cilantro

*white & tender green parts

In large pan over medium heat, saute the celery, leek, carrots, bell peppers, poblano, and tomatillos in olive oil. Add oregano, thyme, sage, cumin, red chile and salt. Add water to cover and simmer until tender. Add juices and cilantro. Season with salt to taste. Serves 6. Author's note: Soup keeps well and tastes very good the second and even third day after preparation, so don't hesitate to make this early.

Tomatillo Dressing

This thick and smooth dressing can be used with salad greens, shrimp salad, or chicken salad. Pour some into an avocado half instead of a traditional vinaigrette. This dressing is sharp-tasting but not acidic.

from *Vegetables Every Day* by Jack Bishop

makes about 1 cup

1/3 # tomatillos, husked, rinsed, and quartered

1 Tablespoon lime juice (use lemon if that's what you have)

1/4 cup best virgin olive oil

salt and pepper

Place the tomatillos, lime juice, and oil in a food processor or blender and puree until smooth. Add salt and pepper to taste. Use the dressing immediately or refrigerate it in a covered container for several days. Shake well before using.

Café Azul Tomatillo-Avocado Salsa

1/3 pound tomatillos, husked, rinsed, and quartered

1/4 pound fresh jalapeño chilies, rinsed, stemmed, seeded, and halved

2 cloves garlic, peeled

1/2 cup lightly packed fresh cilantro

1 tablespoon olive oil

1 firm-ripe avocado (about 1/2 lb.), peeled and diced

1/2 cup minced onion

1 1/2 to 2 tablespoons lime juice

Salt

1. In a blender or food processor, whirl tomatillos, chilies, garlic, and cilantro until coarsely puréed. Pour into a bowl.

2. Stir in olive oil, avocado, and onion. Add lime juice and salt to taste.

Nutritional analysis per tablespoon.

Yield: Makes about 2 1/2 cups

CALORIES 13(69% from fat); FAT 1g (sat 0.1g); PROTEIN 0.2g; CHOLESTEROL 0.0mg;
SODIUM 0.8mg; FIBER 0.2g; CARBOHYDRATE 0.9g
Sunset, MARCH 2000 (submitted by Doranne Hardt)

Tomatillo Recipes:

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

Arugula:

The arugula can be eaten as a salad green alone or added with lettuce, or used like lettuce on a sandwich, or cooked up like spinach alone or in a pasta dish or in a soup. It's very versatile! If you're not a fan of it raw I recommend cooking it, it's healthy and milder when cooked.

TOMATO SANDWICH W/ OLIVE PASTE, MOZZARELLA, AND ARUGULA

Vegetarian Cooking for Everyone, Deborah Madison

A lusty sandwich if the tomatoes are juicy and you're generous with the olive paste. Spread country or sourdough bread or garlic-rubbed toast with a layer of Olive Paste (recipe below). Cover with overlapping layers of fresh mozzarella and thick-sliced tomato. Add a pinch of salt and plenty of arugula leaves, then top with another slice of bread and serve.

OLIVE PASTE

1 cup olives, such as Nicoise, Kalamata, or green, pitted
1/4 cup capers, rinsed
2 small garlic cloves
2 tsp. chopped thyme leaves, or 1/2 tsp. dried
1 to 2 tbsp. extra virgin olive oil
Freshly ground pepper
Fresh lemon juice

In a food processor, make a smooth paste of the olives, capers, garlic, and thyme if using dried. Add the olive oil while the machine is running. Season with pepper and add lemon juice and thyme if using fresh.

ARUGULA AND TOMATO SALAD

from Debbie's kitchen

Wash and dry the arugula; tear into bite size pieces. Toss arugula with olive oil, balsamic vinegar, salt and pepper. Add chopped tomatoes and serve. (My 2-year old couldn't get enough of this salad.)

More arugula recipes:

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

BRAISING MIX: this is a great invention. Stephen will cut several different cooking greens and then toss them up. Then you give them a quick rinse and cook them! If there are a few large stems remove, but otherwise these are ready to go. Cook as you would in any kale or chard or other cooking green recipe.

Cooking Greens recipes:
<http://www.mariquita.com/recipes/cookinggreens.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, arugula, leeks, braising mix, lettuces, salad
From Mariquita: tomatoes, tomatillos, carrots, parsley

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

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