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This Week's Newsletter as a pdf: (click on Oct. 18th)

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

1) In your box this week: Apples (either Jonagold or Gala), Butternut Squash, Basil, Beets (white or gold, they really are beets), Tomatoes and a hot chile: either jalapeno or Serrano, A Brassica (cauliflower, romanesco, or broccoli), Eggplant OR Sweet Peppers

[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 and butternut squash in the fridge. Remove greens from the beets and store separately: cook up the greens asap: they are great to eat. The beets themselves will keep in a bag in the fridge for at least a week or more: they are delicious roasted in the oven, easily boiled/steamed. More recipes and links to even more recipes below.](#)

2) A note from Andy about Schedules

My wife, Julia, occupies various roles at Mariquita Farm. She's the official Farm Wife, with all the duties too innumerable to list that pertain to that office, and she's also the secretary, the C.E.O. , the C.F.O., the cook, the home schooling Mom, and the all around Big Cheese. I do the other stuff. Having our respective roles well defined helps cut down on the conflicts that arise when marriage partners are also business partners but inevitably we do experience problems, and the most consistent problem we face has to do with our differing concepts over the value and

meaning of time. I see the root of our differences as cultural, and today I want to defend of my cultural values.

When I say that Julia comes from a different culture than I do I'm not referring to any ethnic kind of stuff since we're pretty much the same (mongrel) breed of northern European alley cats. Nor am I talking about differing class backgrounds since both of us have grandfathers that were iron workers and both of us have parents that worked at the University Of California. My father worked for U.C. Berkeley, and her parents worked at U.C.L.A. but I'm not even referring to the fact that she's an L.A. girl and I'm from Northern California. No. It's much deeper than that. It's even deeper than the fact that she's a woman and I'm a man. The fact is we don't trust time in the same way; she is a trained, credentialed kindergarten teacher and I'm a farm worker who has risen through the ranks to be a farmer. The differences can be stark between these two ways of life.

First of all, teachers must make lots of plans to be effective. Their days start at a particular time and end at a particular time, rain or shine. Teachers make lesson plans, for example, and every minute of their day must be planned out if it's not going to end in disaster. Kindergarten teachers have to factor in that their students are young, highly active, and possessed of short attention spans. Successful teachers learn to break their days into short bytes of time so that the lessons are congruent with their students' level of maturity and physical needs. I'm not dismissing the value of tight planning in farming; far from it! I value Julia's sense of time as a resource that can be managed, her appetite for schedules and her respect for every second of the day. But look how different the rhythm of a farm is from a school.

When Julia wants to know what my day is going to be like so she can make plans I suffer a visceral horror over the consequences of being specific. For me time is a force, and usually an adversary. I hate to tip my hand lest I leave myself vulnerable to the vagaries of fate. Here is a list of a few of the variables that snarl my timeline.

A. Someone's car may break down causing them to late for work, or not show up at all. Since all my workers share rides a dead battery or blown transmission can cause up to five people to miss work or show up late. I don't employ a lot of people so I'm talking about the ever constant possibility of 25% of my work force being absent. Granted, this doesn't happen very often but I hate to commit myself to specifics when I know it can. Making firm plans in the face of limited time seems to encourage machines to break. And then there are all my tractors and refrigerators and trucks that can falter and cause delays. Trucks and tractors always break down when they're the most needed because that's when we're using them the most.

B. Weather can dramatically affect how fast or slow we work. Frost can delay the start of harvest by hours, and extreme heat can make harvest almost impossible because produce is wilting in the field and all forces have to be marshaled to keep the crops irrigated. True, these conditions can be more or less predicted, but still, I hate to be pinned down in case there's a sudden emergency. How many times has the presence of a valuable crop of garlic on the ground curing seemed to conjure up threatening rain clouds out of clear skies? I hate to even tempt the gods to punish me by presuming on their beneficence. Tlaloc can be mean, Demeter can be fickle, and did I mention

that refrigerators always conk out on the hottest day?

C. Then there are the customers to consider. People like to think they act individually, but seem from afar they behave more or less like an ocean tides and their desires rise and fall like tides. So, if one customer wants an extra box of tomatoes the chances are they all do, so our work load rises. I'm not complaining, but I do need to take unpredictable behavior on the part of my customers as a given, which is another reason I hate to make short term plans. There's nothing like running out of time to encourage people to make orders, and I do hate disappointing people.

So I value flexibility and I desire a schedule that is as open ended and open to improvisation as my days are likely to be full of unforeseen problems. Geology makes sense to me; I'd make a great studier of rocks and their changes over the fullness of time as long as I didn't have to teach students about the subject according to a lesson plan. Julia tears her hair out over what ought to be a simple conversation with me over tea and coffee in the morning (there's another big cultural difference! I'm coffee, she's tea) because I cannot, or will not, make the slightest concession about how my day will unfold. I'm evasive, unclear, obtuse, vague, ambiguous, and ambivalent about every time budgeting question she has. Julia: "Will you be available at three o'clock to pick our daughter up from gymnastics?".... Andy: "Hmm.. That's a toughie..." And when I'm cornered, as in, "Will you be available at four?" I go deaf and dumb like a possum.

But even if she and I aren't often on the same page of the calendar I do make plans; three o'clock gives me a head ache but three months from now has a comfortable ring to it. Next year, for instance, will be our tenth year running a farm based around a community supported model of farming, and to that end my plans are already well advanced. This past weekend we planted the garlic we will harvest in the spring, and next week we begin planting the fava beans for harvest in April. I've bought seed already for broccoli crops that will be started in the green house next month for a mid December transplant. When I get done writing this letter I'll make a call and arrange for the soil that will support these broccoli plantings to be fertilized. Next week we begin putting out cover crops to fertilize patches of ground that will be utilized for spring sowing. All of you can feel good that I'm planning to take care of your vegetable needs deep into the future, and those punctual, detail oriented souls among you can feel especially happy that you will get the vegetables, on time, without being married to me.

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3) Pumpkin Patch/Potluck Note from Jeanne

It was nice to meet many of you at the pumpkin patch on Saturday and to get to enjoy a wonderfully diverse and abundant potluck dinner with some of you afterward.

Someone left what looks like a cell phone ear attachment thingy at the pumpkin patch. If you e-mail me your address, I can send it back to you.

Thanks! -Jeanne

4) Photos

White and Gold Beet:

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

Butternut Squash:

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

Recipe Index:

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

Photogallery:

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

5) Recipes from Julia and Michelle

Soft Taco with Roasted Chile and Goat Cheese

Adapted from Local Flavors cooking and eating from farmers markets by Deborah Madison
serves 1: can be doubled etc.

2 long green or red chiles, such as poblanos, serranos, or other chile

1 large wheat tortilla

soft fresh cheese: goat or other

chopped cilantro

chopped tomatoes, optional

Roast the chiles until charred (under broiler, over barbeque, open flame on gas stove (careful!), or dry on a hot grill pan), then drop into a covered bowl to steam for 10 to 15 minutes. Slip off the skins and pull out the seeds, then pull into strips with your fingers. Place the tortilla in a dry skillet over med. heat. As soon as the bottom is warm, flip it over. Put the chile on top, crumble the cheese over it, and add the cilantro. (you can add tomatoes and or salsa too, if you like.)

When the cheese starts to soften, slide the tortilla onto the counter, then fold it in half. Press down, wrap in a napkin, sit down, and enjoy.

Julia's note: I love all of Deborah Madison's books: I think I have them all. Her new soup book is a recent revelation, her Vegetarian Cooking for Everyone is in my top three of cookbooks that I go to over and over again every week every month every year. It's a bit difficult to find used, a sure sign that it's a GREAT cookbook that folks don't part with.

CAPELLINI WITH LEMON AND BASIL

The Savory Way, Deborah Madison

zest of 1 lemon, cut into narrow strips

juice of 1 lemon

1 1/2 tbsp. unsalted butter

1 1/2 tbsp. extra-virgin olive oil

8 fresh basil leaves, finely sliced

2 tsp. finely chopped parsley

3 oz. capellini

salt

freshly ground pepper

freshly grated Parmigiano-Reggiano (optional)

Put the lemon zest, juice, butter, oil and herbs in a bowl large enough to hold the cooked pasta comfortably. Also have ready 2 heated pasta bowls or plates.

Bring several quarts of water to a boil, salt to taste and add the pasta, and cook until al dente. Lift out the noodles with a pasta scoop and add them immediately to the large bowl. Repeatedly lift the noodles with a pair of tongs, mixing them with the other ingredients as you do so. Divide the pasta between the 2 bowls and add a little pepper. Serve with cheese, if desired.

In case you still have parsley:

I think I've sent this recipe for basil in the past, but this is a bit different. With last week's box and my swapping out of lettuce, I ended up with two bunches of parsley -- and I already had one in the fridge. I subbed parsley for basil and WOW -- I like it better! Excellent on brussel sprouts, excellent on goat cheese ravioli, excellent on a spoon! Freezes well... -Michelle

3/4 cup walnuts

2 cups fresh parsley leaves, firmly packed

1 garlic clove

2 T fresh lemon juice

1/3 cup extra virgin olive oil

1 t barley miso

1/2 t salt

1/4 t freshly ground black pepper

Puree all in a blender -- that's it!

Adapted from [The Voluptuous Vegan](#) by Myra Kornfeld; submitted by CSA member Michelle Fleury

Caprese Salad Serves: 6

Several ripe tomatoes, (about a pound or a little less) cut into slices (fancier presentation) or quarters (for smaller tomatoes, for a simpler more 'homey' presentation)

6 oz. FRESH mozzarella cheese, cut into thinnish slices (for the tomato slices) or cubed (for the quartered tomatoes)

3 Tbsps. extra virgin olive oil

12 medium fresh basil leaves, whole for version one, or shredded for version 2

1 clove garlic, minced (optional, only for version 2!)

1/8 tsp. salt (optional)

1/8 tsp. ground black pepper

Instructions:

Version 1: Arrange the tomato, cheese and whole basil leaves laying on top of each other. I used "google images" to find a nice photo since I don't have my own. You can try that if you're trying to imagine how to present this salad. Sprinkle with a bit of S & P. Gorgeous, delicious, healthy, easy. One of the perfect dishes for home meals and parties.

Version 2: Combine all ingredients in a bowl and toss. Serve with fresh bread.

From Amandine on Chowhound.com

A Simple TOMATO AND BASIL SAUCE

The Top 100 Italian Dishes, Diane Seed

1 tbsp. olive oil

1 small onion, chopped

2 cloves garlic, minced
2 lbs. tomatoes, peeled
8 basil leaves

Heat the oil and gently fry the onion and garlic until they are transparent. Add the tomatoes and cook quickly in a shallow uncovered pan so that the sauce thickens and remains a bright red. Season to taste then puree with the basil leaves.

Julia's informal baba ganoush

Pulp from 1 or 2 pounds roasted eggplants
juice from one lemon, or 1-2 tablespoons rice vinegar
3-5 tablespoons tahini(toasted sesame paste)
2-3 finely chopped cloves garlic
small amount smashed up roasted pine nuts, optional
salt and pepper

Mix everything up together, you may need to mash the eggplant pulp together with a fork. You can add olive oil to make it smoother (and tastier.)

these are just really, really good:

LAURA'S GLAZED PUMPKIN GINGER BARS

Shepherds Garden Cookbook by Shepherd and Raboff

julia's note: I've used lemon juice and zest instead of the orange for the glaze: it was great. Lena (daughter/cookie baker in our house) recently made these with butternut squash pulp and skipped the glaze but added 1 cup of chocolate chips: it worked! Adapt away.

1 3/4 cup unbleached flour
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. ground ginger
1/2 tsp. nutmeg
1/2 tsp. allspice
1/2 cup butter, at room temperature
1 cup lightly packed dark brown sugar
1 egg
1 tsp. vanilla extract
1 cup cooked, pureed pumpkin
1/2 cup chopped walnuts or pecans
1/2 cup chopped candied ginger

GLAZE:

1 cup sifted confectioners' sugar
2 tsp. grated orange zest

3 to 4 tbsp. orange juice

Preheat oven to 350°F. Grease a 10x15-inch baking pan. Sift together flour, baking powder, baking soda, salt, cinnamon, ground ginger, nutmeg, and allspice. Set aside.

In a large mixing bowl, beat butter until creamy then add brown sugar, beating until fluffy. Add egg, vanilla, and pumpkin, beating well. Add dry ingredients, mixing until batter is smooth. Stir in nuts and candied ginger. Spoon batter into prepared pan. Bake for 15 to 18 minutes or until cake pulls away from sides of pan.

Combine confectioners' sugar with orange zest. Add orange juice gradually to confectioners' sugar, adding just enough to give the proper consistency for spreading. Spread on the warm bars. When cool, cut into diamonds or squares and store covered for a day to let flavors blend before serving. Makes 4 dozen.

Note: Any winter squash can be substituted for the pumpkin. Julia used lemon zest and lemon juice instead of orange and it was delicious.

COOKING TIPS FOR WINTER SQUASH

From Asparagus to Zucchini, Madison Area CSACoalition

- Boil or steam 1 1/2 to 2-inch chunks for 15-20 minutes, or until tender as desired. You may peel the squash before or after. It is easier to peel after cooking, but it must be cooled first.
- Mash cooked squash and top with butter. Serve hot.
- Puree cooked squash for a creamy soup, or add uncooked chunks to hearty soups and stews.
- Cook squash chunks alongside roasting meats.
- Add small amounts of squash to yeast breads, quick breads, muffins, cookies or pancake batter to add color, moisture and sweetness.

I know the recipe below looks like lots of work: but most lasagne is plenty of work. This looks good to me, but I admit I've never made it! -julia

Mushroom & Butternut Squash Lasagne

Eating Well Sept/Oct 1996

Serves 8

12 ounces lasagna noodles -- (dry or 1 lb. fresh)
10 sun-dried tomatoes -- (not oil packed)
3/4 cup dried porcini mushrooms -- (3/4 oz.)
1 1/3 cups skim milk (or whatever milk you have on hand!)
3 tablespoons all-purpose flour
1 teaspoon all-purpose flour
2 ounces reduced-fat cream cheese -- (3 tablespoons)
1 cup spaghetti sauce
2 teaspoons balsamic vinegar
salt and pepper -- to taste
2 teaspoons olive oil
1 onion -- chopped
1 small carrot -- chopped
2 cloves garlic -- minced

12 ounces fresh mushrooms -- (reg or wild)
1 1/2 teaspoons fresh rosemary -- (or 1/2 tsp dried)
1/2 cup grated fresh Parmesan cheese
1 1/2 pounds butternut squash -- peeled/thinly sliced

1. In a large pot of boiling water, cook noodles until barely tender (8 minutes for dried, 1 minute for fresh). Drain and rinse under cold water. Spread the noodles on clean kitchen towels, cover with plastic wrap and set aside.

2. In a small bowl, combine sun-dried tomatoes and dried porcini mushrooms. Add 1 cup boiling water, cover and let stand for 10 minutes. Lift out the tomatoes & mushrooms and chop. Strain the soaking liquid through a fine sieve and set aside.

3. In a saucepan, heat 1 cup of the milk over medium heat until steaming. Meanwhile, put 3 tablespoons of flour in a small bowl and gradually whisk in the remaining 1/3 cup of milk until smooth; whisk into the hot milk and stir constantly over the heat until the sauce comes to a simmer and thickens. Continue cooking and stirring for 1 minute. Remove from heat. Whisk in the cream cheese, then 2/3 cup of the spaghetti sauce and the vinegar. Season with salt and pepper. Set aside.

4. In a large non-stick skillet, heat oil over medium-high heat. Add onions, carrots and garlic and saute until soft, about 2 minutes. Add fresh mushrooms, rosemary, and the reserved tomatoes and porcini; cook until the fresh mushrooms are just wilted, about 2 minutes longer. Stir in the remaining 1 teaspoon of flour. Add the reserved soaking liquid and the remaining 1/3 cup of spaghetti sauce. Cook until the mixture thickens, about 1 minute. Remove from heat, season with salt and pepper.

5. Preheat oven to 400 F. Lightly spray a 9 x 13 in baking sheet with cooking spray or oil.

6. Smear the bottom of the prepared dish with 1/2 cup of the sauce. Line bottom with 1/4 of noodles (1 layer). Then spread 1/2 of mushroom mixture & sprinkle with 2 tablespoons Parmesan. Add 2nd layer of noodles, then the squash (sprinkle with salt and pepper) and another 1/2 cup of the sauce. Add 3rd noodle layer, remaining mushroom mixture and 2 tablespoons of Parmesan. Top with remaining noodles and sauce, then remaining Parmesan.

7. Lightly oil a large piece of aluminum foil or coat it with cooking spray, and use it to tightly cover the baking dish. Bake the lasagna for 30 minutes, uncover and bake for additional 10 to 15 minutes or until lightly brown and bubbling. Let stand for 10 minutes before serving.

Winter squash recipes:

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

Beets:

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

Basil:

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

Eggplant:

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

Spicy Chiles:

<http://www.mariquita.com/recipes/chiles.spicy.htm>

Sweet Peppers:

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

Cauliflower:

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

Apples:

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

Tomatoes:

<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, Cauliflower, Broccoli, Romanesco, Winter Squash
From Mariquita: Beets, Basil, Tomatoes, Peppers, Chiles, Eggplant,

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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