

# Two Small Farms Newsletter

Issue Number 380, October 25th, 2006

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This Week's Newsletter as a pdf: (click on Oct. 25th)

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

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1) In your box this week: Cabbage, Italian parsley, tomatoes, eggplant OR sweet peppers, lettuce, spaghetti squash, leeks, mystery (likely braising mix or kale).

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>

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## 2) Herculean Parsley

Hercules is said to have crowned himself with a wreath of parsley after strangling the Nemean lion. Perhaps this was his way of ironically garnishing himself with edible herbs in front of the dead lion that didn't get to eat him. More likely this act speaks of the respect the ancient world had for parsley.

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It's a safe bet that Hercules didn't garland himself with the stiff curly parsley we're used to seeing as this type doesn't grow well in Mediterranean climates. He probably used the flat leaved parsley known after the Roman invasion of Greece as "Italian Parsley." If he wished to really make a statement on how fine he was Hercules would have used the flavorful and lush variety of flat

leaved parsley known as Catalogna Giant. The Catalogna Giant sounds like some one else Hercules might kill.

Parsley makes a great pesto sauce for pasta and is wonderful chopped into salads. In the ancient world parsley was recommended for curing bad breath and flatulence. But don't take my word for it; no less an authority than Pliny said that sauces and salads should never be without parsley.

If you don't like your parsley feed it to a horse. The epic poet Homer had his warriors feed handfuls of it to their war horses before battle. Keep all this in mind the next time you eat out, and eat the parsley garnish; it may be the best thing on your plate.

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3) We've started delivering again to MIIS (Monterey Institute of International Studies) again on Thursdays: if you'd like to receive a box there for the remainder of this season let Jenny know.

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4) Photos and a Spanish Tongue Twister

**Cabbage:**

<http://www.mariquita.com/images/photogallery/CabbagePointed-lg.jpg>

**Leeks:**

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

**Spaghetti Squash:**

<http://www.mariquita.com/images/photogallery/Spaghetti%20Squash.JPG>

**Recipe Index:**

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

Photogallery:

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

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Here's a tongue twister in Spanish about parsley, impress your friends! ('perejil' is parsley in Spanish)

*Perejil, comí,  
perejil, cené,  
y de tanto comer perejil  
me emperejilé.  
Y ahora, ¿cómo me desemperejilaré?*

(Julia's rough translation:

Parsley, I ate,  
parsley, I dined,  
and from so much parsley eating  
I parsleyed out.  
And now, How will I unparsley?

Ok, so I'm not looking at a professional career in Spanish to English translation! But you get the idea. :- ) -Julia)

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5) Recipes from Julia and Violet

**Cabbage and Potato Pancakes** (from [Simplicity - from a Monastery Kitchen](#))

1/2 head small green cabbage  
4 large potatoes, peeled and grated  
1 medium sized onion, finely chopped  
2 eggs  
3/4 c milk

salt and freshly ground pepper to taste  
a small bunch of parsley, chopped  
8 TBS vegetable or olive oil

1. Quarter the cabbage and steam it for about 6-7 minutes. Drain and chop the cabbage finely.
2. Place chopped cabbage, grated potatoes, and chopped onion in a big bowl. Mash them thoroughly with a masher and mix them well with a spatula.
3. In a separate deep bowl beat the eggs. Add the milk and beat some more. Add the cabbage-potato-onion mixture. Add some salt and pepper and the chopped parsley. Mix all the ingredients together until thoroughly blended. Refrigerate 1 hour.
4. Preheat oven to 250. To make the pancakes use a crepe pan or nonstick skillet. In the pan heat about 1 tablespoon of oil (each time) to low-med and pour in about one eighth of the potato mixture. Flatten the mixture evenly with a spatula and cook over medium heat until the pancake turns brown at the bottom. Turn the pancake over carefully and continue cooking the other side. When the pancake is done, slide it carefully onto an ovenproof platter. Repeat the process until all the pancakes are done. Keep the pancakes in the warm oven until ready to serve.

Below is a link for Wikipedia's page on Spaghetti Squash: they have photos, descriptions on what it is and how to cook it, so I'm sending you to them for the complete skinny on spaghetti squash!

[http://en.wikipedia.org/wiki/Spaghetti\\_squash](http://en.wikipedia.org/wiki/Spaghetti_squash)

and a recipe Violet found:

### **Spaghetti Squash Casserole** (adapted from allrecipes.com)

3 pounds spaghetti squash, halved lengthwise and seeded  
1 tablespoon vegetable oil  
1 leek, cleaned and chopped (white and light green parts)  
1 (8 ounce) can sliced mushrooms or 1 cup freshly sliced mushrooms  
1 teaspoon dried basil or 3 T freshly chopped  
3/4 cup sour cream  
1/4 cup freshly grated Parmesan cheese  
3 slices bread, cubed

Preheat oven to 400 degrees F (205 degrees C).

Cook squash on a baking sheet in the preheated oven for 40 minutes, or until tender. Shred with a fork once cooled slightly, then transfer to a lightly oiled casserole dish, discarding shell. Do not turn off the oven.

Heat 1 tablespoon of oil in a skillet over medium heat. Cook and stir the leeks, mushrooms, and basil until leeks are a bit translucent and tender. Stir leek mixture and sour cream into the squash until well mixed. Sprinkle with Parmesan cheese and cover with bread cubes.

Bake in the preheated oven for 15 minutes, or until warmed through and top is lightly browned and toasted.

**Polenta with Leeks and Gorgonzola** garnished with Caramelized Fennel and Onions from *The New Vegetarian Epicure* by Anna Thomas

2 large fennel bulbs  
3 yellow onions  
5 TBS fruity green olive oil  
S and P to taste  
2/3 C dry red wine  
2 large leeks, white part cleaned and cut up (about 1 1/2 cups, sliced)  
1 tsp butter  
6-7 cups broth: vegetable or chicken or....  
3 ounces gorgonzola cheese  
chopped Italian Parsley

Trim the fennel bulbs, wash them well, cut them in half lengthwise, and then slice them about 1/4 inch thick. Peel the onions and slice them the same way.

Heat 3 TBS of the olive oil in a large non stick pan and cook the fennel and onions in it slowly, stirring often, adding a little salt and pepper to taste, until they are completely soft and golden brown. Stir in the wine, and continue cooking until it almost all simmers away, then set the pan aside.

Clean the leeks thoroughly, cut them in half lengthwise, then slice them quite thinly crosswise. Heat the remaining oil and the butter in a non stick pan and saute the leeks in it, stirring them often, until they are soft and beginning to color. Add a little sprinkle of salt but not too much.

Heat 6 cups of broth in a med. saucepan and whisk in the polenta. Lower the heat and simmer the polenta, stirring with a wooden spoon constantly, or at least ver often, until it is thick and smooth, about 30 minutes. Stir in the sauteed leeks; break the cheese into chunks and stir it in. Keep stirring until the cheese is all melted into the cornmeal. The polenta should be thick and smooth, but not stiff. If it is holding a shape as you stire it, gradually mix in a bit more vegetable broth.

Meanwhile, warm up the caramelized fennel and onion mixture. This too could be moistened with a bit of vegetable broth if needed.

Ladle the polenta into warm, shallow bowls or onto warm plates, and spoon some of the fennel and onion mixture around the polenta. Scatter some fresh parsley across the top and serve at once with a good red wine.

### **Sunday chili**

adapted from *the Vegetarian Times*

3 cups dry kidney beans (I used canned)  
2-3 leeks, cleaned and chopped: white parts and light green parts only  
4 cloves garlic, minced  
1 bell or other sweet pepper, chopped  
2 cups coarsely chopped green cabbage  
1/2 cup diced unpeeled potatoes  
2 cups chopped tomatoes, or 10 oz. can tomatoes, with liquid  
1 to 2 tbs chili powder  
1/2 tsp cumin  
1/2 cup uncooked brown rice  
5 cups water or vegetable broth (I used broth)  
salt and pepper to taste

Soak beans overnight in cold water to cover. Drain. Put beans in slow cooker.

In a large skillet over medium-high heat, water saute leeks and garlic until soft, about 3 to 5 min. (or oil saute them in a tablespoon cooking oil) add bell pepper, cabbage, potatoes, tomatoes, chili powder, and cumin. Continue cooking, stirring frequently, for 3 min; transfer to slow cooker. Add rice and broth, cover and cook on low for 6 to 8 hours. Season to taste. Serves 8..

Many ideas and recipes for cooking greens:

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

Parsley Recipes:

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

Tomato Recipes:

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

Leek Recipes:

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

recipe index:

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

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### 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>

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#### 7) Veggie Notes

From High Ground: Flowers, Lettuce, Spaghetti Squash, Leeks, Braising Mix/Kale, Summer Squash

From Mariquita: Peppers/Eggplant, Cabbage, Parsley, Tomatoes

To see a picture of the 2 farm families:

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

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#### 8) Unsubscribe/Subscribe From/To This Newsletter

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

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#### 9) Two Small Farms Contact Information

Two Small Farms

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