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This Week's Newsletter as a pdf: (click on Sept 13th)  
<http://www.twosmallfarms.com/Newsletters.pdf/newsletter.index.html>

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1) In your box this week: Romaine Lettuce, Red and White Carrots, Leeks, Tomatoes, A Brassica, Strawberries, Basil, Mystery

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 in the fridge: tomatoes get mushy and don't need to be refrigerated. BASIL storage: there are many theories: 1) make pesto and freeze it 2) wrap in towel (s) and keep in door of fridge: it's less likely to turn black that way 3) treat like a vase of flowers on the table. Change water often. I prefer method #1 but I've heard the other two often from farmers market customers. -julia

\*We occasionally use '**mystery**' in our list. We use this as an item because of last minute harvest questions: some crops are hard to estimate. Imagine yourself looking at several rows of broccoli di cicco or zucchinis or sweet peppers. Even with Andy's 30 years of experience and Steven's 10+ years, it's hard to estimate. By using the 'mystery' item we're able to give you as much info as possible about the other items, while still putting off the harvest to the last moment to get you the freshest possible vegetables and fruit. Thank you.

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## 2) Squash Trials and Tribulations by Stephen

Seed trials are one of those great ideas that few farmers I know ever have time for. The idea is to

commit a small portion of the farm to trialing new varieties in small blocks in the hopes of finding something new and exciting (or old and exciting) that performs well in the conditions specific to your farm. As those of you who are gardeners know, seed descriptions in catalogs can be highly misleading. And a variety that does well in the North-Eastern part of the country may not be at all suited to conditions out here in the west. Planting out an entire half acre to an unproven variety can be an expensive mistake.

Three years ago we hired a bright and capable intern named Marisha who came to us after finishing up her Master's Degree at Stanford. Keeping her occupied with suitable tasks was at first a challenge, but I found that with her I could finally undertake some of the things I had long wanted to do but never had time for, and seed trials were high up on the list.

We decided to focus on Winter squash first for several reasons. First was the fact that quality-wise the hard squash we grow here on the coast is better than any other that I had tried and if we were to find a few distinctive varieties we could really make a name for ourselves with them. Although it's never been verified, my theory is that because the squash grow more slowly here the sugars develop more fully and the texture is smoother and creamier than squash grown in warmer inland areas.

The first step was to order the seeds. From Mongogo Du Guatemala to Marina Di Chioggia we ordered over 60 different varieties of winter squash and edible pumpkins from the various catalogs I have that feature heirloom and open-pollinated vegetables.

Marisha spent the better part of a day planting them and marking each variety off with stakes. We then set up the irrigation system with drip tape aligned directly over the rows of squash, and gave them a good soaking. Several days later I checked on the plot and by all appearances most of the seed had germinated fine.

Now, for as long as we have farmed here crows have at times been a big problem. They pluck up transplants and newly planted seeds like beans and squash. When I see the crows descending upon recently planted fields on the front side of our house, I routinely drop what I'm doing and slap the white fence beside our house loudly with a 2x4 that I keep next to it for that very purpose. This usually sends them flying off toward the slough. And if I notice them while driving up our driveway I have been known to stop the truck and run out in search of dirt clods to lob their way.

But where we planted the squash trial is out of my normal line of sight, being behind our house and at the bottom of a steep hill. So when the crows descended to wreak their havoc there was nobody there to make loud noises or to lob dirt clods.

And havoc they did wreak. The next time I went down the hill to check on the plot nearly half of the seedlings had been pecked out entirely. Some of the varieties were completely gone. We decided to press on, but when we went to irrigate what was left we discovered that the crows had pecked dozens of holes in the drip tape so that little streams of water shot out in all directions and the plants at the ends of the lines received no water at all. Our irrigator Felix did his best to patch up the lines, but when this happen a second and third time we finally gave up.

2005 brought a new bright and capable intern (Julie) and a new squash trial. Again we ordered

over 60 varieties and carefully planted them out. This time it wasn't crows to wreak havoc upon us; it was a fungal disease called powdery mildew. In a normal year we try to plant our winter squash no later than the 1<sup>st</sup> of May. However, due to an unusually wet spring we were late in getting the ground worked up and didn't get around to planting the trial until the middle of June. The fact that later plantings are more subject to mildew and the fact that it was, according to other growers in our area, the worst year for this disease in a long time meant another total failure for our squash trial. The first spots started to appear before the plants were even in flower and before the first fruit even began to form the leaves were snow white with mildew.

This year we persevered with our current bright and capable intern, Joanna. We planted almost 80 different squash varieties next to our pumpkin field at the Redman House land. The trial block this year is a lush, beautiful jungle of intermingled vines and tendrils. Carefully wading out into the middle of the patch and pushing back the large leaves reveals a beautiful array of fully formed squash in all colors, shapes, and sizes. The third time is indeed the charm, and this year's squash trial is a tremendous success. You'll have an opportunity to taste several of these squashes at our pumpkin patch potluck October 14th.

-from Stephen Pedersen at High Ground Organics

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### 3) Events and Job Openings

-The Next Tomato Upick is this Saturday, September 16th, at Mariquita Farm from 9am to 3pm. We will have a potluck lunch that day for those that want to eat together and sample each others food. Those that just want to pick tomatoes: no problem. Come earlier for cooler picking conditions. T-shirts will be available at the Upick. <http://www.mariquita.com/events/Events.upcoming.html>

-Tomatoes that we pick: We are offering flats of tomatoes at pickup sites: to keep the delivery part simple we're only sending out one type of tomato each week: for next week Sept. 20<sup>th</sup> we'll be doing dry farmed early girl tomatoes:20# flat for \$28. The following week Sept. 28<sup>th</sup> we'll be doing San Marzanos. Call or email Jenny if you're interested.

### 2 Job opportunities One Each at Each Farm:

#### High Ground Organics

##### Position Available

We need someone to sell at our Watsonville farmstand on weekends 9:30 to 6:30. \$12/hour. call Jeanne and Steve at 831-786-0286 or e-mail [csa@highgroundorganics.com](mailto:csa@highgroundorganics.com) if you're interested. Starts immediately.

#### Mariquita Farm

Full time all around helper/one farmers market person position open late October. Spanish and excellent driving record required. \$12/hour. Email inquiries to [julia@mariquita.com](mailto:julia@mariquita.com)

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4) This week Sept. 13th and 14th is the last paid week of this 9 week vegetable session. Jenny will be contacting you, or you can email or call her to let her know you DO want to sign up, and if you want flowers. Thank you. We'll try to get envelopes out to the pick up sites as well this week. One note: if you're at all able to pay with a check that's better for us: less time in the office and no fees to the bank for us. Thank you. [csa@twosmallfarms.com](mailto:csa@twosmallfarms.com)

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5) What April and then Paul would do with this week's box and a few photos

What April Stearns, CSA member, would do with this week's box:

Right off the bat I'd eat a strawberry or two, or three -- they are so good! Then, because I already have some basil that needs to be used up, I'd make up some pesto and plain ground basil to freeze in ice cube trays for use in the winter when fresh summer basil is a long way off. Then I'd eat some more strawberries. With the cauliflower, I'd steam it, then saute with butter, salt, pepper & fresh parsley. Great with eggs in the morning! Then I'd eat another strawberry. With the tomatoes I'll make plain ole lip-smackin' tomato sandwiches with Golden Sheaf bread & mayonnaise. And I'll enjoy Caprice salads with fresh mozzarella, tomatoes and basil. I'll grill the leeks, and have a salad of fresh Romaine on the side. Finally, I'll roast the carrots with some of last week's garlic and marjoram. And then I'd eat the rest of the strawberries!

What Paul Mishkin, CSA member, would do with this week's box:

With the leeks (and a tiny bit of the basil), I'd make Leeks with Mustard Vinaigrette (another easy recipe):

<http://www.marthastewart.com/page.jhtml?type=content&id=recipe4030280&contentGroup=MSL>

With the tomatoes, I'd make a Caprese salad by cutting them into thick slices, topping them with slices of fresh mozzarella and basil leaves, and drizzling olive oil and balsamic vinegar over them. When making this, I always sprinkle the tomatoes directly with sea salt, since this really brings out their flavor.

For the carrots, I'd trim off the tops and cook them whole in a generous amount of butter until soft and caramelized. If there are leftover almonds from the cauliflower dish, I'd cook some whole along with the carrots. I'd serve the whole, cooked carrots as a pretty side dish to a main entree.

Finally, I'd make a Greek salad with the romaine: Shred or chop the romaine, and add chopped tomatoes (also from the box), crumbled feta, and pitted olives. Other ingredients to add, if they are on hand, would be: drained and rinsed canned chick peas, chopped cucumber, red onion, and dried oregano. If you have any sweet peppers or spicy Hungarian peppers still around from previous weeks' boxes, those would be good additions, too. Make a simple dressing by whisking together lemon juice, salt, pepper, and olive oil.

romanesco: (cook it like cauliflower)

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

One of my all time favorite Andy Vegetable photos: this is of orange, red and white carrots. In this

week's box you'll receive red and white carrots:

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

basil:

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

Early Girl Tomatoes (great for salads and saucing)

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

San Marzano Tomatoes: (these are GREAT for making tomato sauce)

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

Leeks:

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

Photo Gallery:

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

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## 6) Recipes from Sandy, Natalie, Paul, and Julia

First a note on your carrots this week: they are Red and White, not the orange ones we're used to. These are both very flavorful cooking carrots, not as sweet as salad or carrots for sticks for those that are accustomed to the super sweet orange raw carrots. Taste them first: maybe they are perfect. In our house we really like them tossed with a cooking oil (I usually use a mild olive oil but safflower, sunflower, peanut, etc might all work too) then roasted. I usually cut them into smallish sticks or coins, then roast them on the pan, you can add garlic and herbs too.

Here's a photo of a pan of roots ready for roasting I took 2 years ago: that day I also had onions, potatoes, and orange carrots. But there are lots of red and white carrots in there too! You could section cleaned leeks and add those, cauliflower... or use up white beets (some of you got those last week).

<http://www.mariquita.com/images/photogallery/prepared%20food/roastedroots/roastedroots1.JPG>

### Baked Cauliflower Cream

1 1/2 pounds of cauliflower, leaves trimmed and core removed

3 T unsalted butter

1 chicken bouillon cube, crushed

1 medium onion, chopped

1 clove garlic, chopped

1 cup sour cream

Salt and pepper

Chopped parsley

1. Preheat oven to 350 F. Cook the cauliflower in boiling water for 12 to 15 minutes until tender. Drain and cut into flowerets.

2. Melt 1 T of the butter in a medium skillet. Stir in the bouillon and onion. Cook 1 minute. Add the garlic; cook 4 minutes longer. Remove from heat.
3. Place the sour cream in the container of a food processor. Add the onion mixture and the cauliflower. Add the remaining 2 T of butter bit by bit as you process the mixture until smooth. The mixture should be the texture of mashed potatoes. Season to taste.
4. Spoon the mixture into a lightly buttered 1-qt. baking dish. Bake 15 minutes and garnish with parsley to serve. Serves 4 - 6. Submitted by Sandy Watkins

### **Cauliflower Gratin with Manchego and Almond Sauce from Food and Wine**

**ACTIVE TIME:** 30 MIN

**TOTAL TIME:** 1 HR

**SERVES:** 6

#### **ingredients**

- 3/4 cup half-and-half
- 1/2 cup whole roasted almonds with skin, plus 2 tablespoons coarsely chopped almonds(3 ounces)
- 4 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- 3/4 cup plus 2 tablespoons finely shredded Manchego or other mildly nutty semi-aged sheep's- or cow's-milk cheese (3 1/2 ounces), such as Gouda
- Pinch of freshly grated nutmeg
- Salt and freshly ground pepper
- One 2-pound head of cauliflower, cut into 1 1/2-inch florets
- 1 medium onion, finely chopped
- 1/4 teaspoon Pimentón de la Vera (smoked Spanish paprika)

#### **directions**

Preheat the oven to 400°. In a small saucepan, heat the half-and-half until steaming, then transfer it to a food processor or blender. Add the 1/2 cup of whole almonds and process until finely ground. Let stand for 10 minutes. Strain the half-and-half through a fine sieve set over a bowl, pressing on the almonds to extract as much liquid as possible. Discard the ground almonds.

1. In a medium saucepan, melt 2 tablespoons of the butter. Add the flour and whisk over moderately high heat for 1 minute. Add the milk and the half-and-half and cook, whisking constantly, until thickened, 5 minutes. Remove from the heat. Add 3/4 cup of the Manchego and whisk until melted. Whisk in the nutmeg; season with salt and pepper. Keep warm.
2. In a large skillet, bring 1/2 inch of salted water to a boil. Add the cauliflower, cover and cook over high heat until crisp-tender, about 4 minutes. Drain the cauliflower in a colander. Wipe out the skillet.

3. Melt the remaining 2 tablespoons of butter in the skillet. Add the onion and cook over moderately high heat, stirring until lightly browned, about 5 minutes. Add the cauliflower and cook, stirring until lightly golden, about 2 minutes. Season lightly with salt and pepper. Transfer the cauliflower to a 7-by-10-inch glass or ceramic baking dish and spread the Manchego sauce on top.
4. Sprinkle the gratin with the remaining cheese, the 2 tablespoons of chopped almonds and the paprika and bake in the center of the oven for 20 minutes, or until bubbling and browned on top. Let stand for 10 minutes before serving. Submitted by Paul Mishkin

As for strawberries, I like to make milkshakes with them -- just blend milk, vanilla ice cream, and a few strawberries (it doesn't take many). -Paul Mishkin

I noticed you have carrots again, and I tried something out last night with last week's carrots and beets that worked out really well. (I should mention also that I stir fried the beet greens - which were excellent). I first sliced the carrots and beets and roasted them in a glass baking dish with a little bit of butter at about 400 degrees. After 10 minutes in the oven, I sprinkled fresh chopped ginger, soy sauce, and sesame oil over the veggies, added a little bit of water to the pan, and kept them in the oven for another 15 minutes.

When I took them out, I sprinkled them with chopped herbs from the CSA box. They were very tasty and very easy to prepare! (Julia's note: you can make this with just the carrots, the two colors of carrots this week would be pretty...)

-submitted by Natalie Sierra

### Grilled Eggplant Panini

5. 2 tablespoons mayonnaise
- 2 tablespoons chopped fresh basil
- 2 tablespoons extra-virgin olive oil, divided
- 8 1/2-inch slices eggplant (about 1 small)
- 1/2 teaspoon garlic salt
- 8 slices whole-grain bread
- 8 thin slices fresh mozzarella cheese
- 1/3 cup sliced jarred roasted red peppers
- 4 thin slices red onion

1. Preheat grill to medium-high.
  2. Combine mayonnaise and basil in a small bowl. Using 1 tablespoon oil, lightly brush both sides of eggplant and sprinkle each slice with garlic salt. With the remaining 1 tablespoon oil, brush one side of each slice of bread.
  3. Grill the eggplant for 6 minutes, turn with a spatula, top with cheese, and continue grilling until the cheese is melted and the eggplant is tender, about 4 minutes more. Toast the bread on the grill, 1 to 2 minutes per side.
  4. To assemble sandwiches: Spread basil mayonnaise on four slices of bread. Top with the cheesy eggplant, red peppers, onion and the remaining slices of bread. Cut in half and serve warm.
- Submitted by April Stearns

### Lemony Leek Soup

adapted from *Recipes from a Kitchen Garden*

1 T butter  
2 T vegetable oil  
6 cups thinly sliced leeks  
1 carrot, thinly sliced  
1 stalk celery, thinly sliced (I would use fennel here if it's what was in my fridge)  
6 cups chicken stock  
1 T grated lemon zest  
2 T lemon juice  
2 t fresh marjoram or 1 t dried  
1 T chopped parsley  
1/4 cup rice  
1/2 cup milk  
S & white pepper to taste

garnish: sour cream or yogurt  
3 T minced chives

In a 4-5 quart saucepan, heat butter and oil, add leeks, carrot and celery and saute until softened. Add stock, lemon rind, lemon juice, marjoram, parsley and rice and simmer, covered, for about 40 minutes until vegetables are very tender. Puree in a blender (or with a stick blender) or food processor. Pour mixture back into pan; add milk, & S & P to taste. If soup is too thick add more milk or stock. Heat soup through, but do not boil. Serve hot or cold, sprinkled with chives and dollop of sour cream or yogurt. Serves 6-8

This would be great with the red and white carrots:

### **Carrot Yogurt Soup adapted from Sunset's Make-Ahead Cookbook**

**2 T cooking oil**  
**1 large leek or onion, chopped (leek should be cut in half, cleaned and then white and light green parts chopped. The dark green parts can be tossed or used to make stock.)**  
1 garlic clove or 1 stalk green garlic, chopped  
**1 teaspoon each curry powder and flour**  
**3 cups stock: chicken or vegetable**  
**3 large or 6 medium carrots, scrubbed and sliced, (peeled if you like)**  
**1 cup plain yogurt**  
**cayenne pepper, ground**  
**1/3 cup chopped, toasted salted peanuts**

**Heat oil in 3-4 quart pan over med. heat. When oil is hot, add onion, then garlic, stirring, until onion is soft. (About 10 minutes). Add curry powder and flour; continue to cook, stirring, for about 30 seconds. Add broth and carrots. Cover and simmer until carrots are tender when pierced (15 to 20 minutes)**

**Blend with immersion blender, food processor or regular blender with 3/4 cup of the yogurt until pureed. Season to taste with S and P and cayenne (use sparingly!). Let cool; cover and refrigerate for up to 1 day or freeze for up for 4 months.) Thaw overnight or defrost in microwave.**

**To serve: Serve at room temperature or hot. Garnish with peanuts, yogurt, and if you like carrot curls you can make by using a vegetable peeler and ‘peeling’ long carrot curls from a carrot. Put these curls in a small bowl of ice water to help them stay curly and crunchy before you serve them in the soup.**

### **Carrot Bread Recipe**

adapted from justgreatrecipes.com

1 cup sugar  
1-1/2 cup flour  
1 tsp baking soda  
1/4 tsp salt  
2 eggs  
3/4 cup salad oil  
1 tsp baking powder  
1 tsp cinnamon  
1 cup grated carrots  
1/2 cup chopped walnuts and or 1/2 cup chocolate chips

Cream together sugar and oil. Sift together flour, soda, baking powder, salt and cinnamon. Beat into sugar mixture. Stir in carrots. Then beat eggs in 1 at a time. Beat well. Stir in walnuts and or chocolate chips.

Place dough in loaf pan, then sprinkle with sugar and cinnamon. Bake in medium loaf pan at 375 degrees for 55 minutes.

### **Carrot and Lentil soup — Sharon’s Own**

4 large carrots; 4 ounces of orange lentils; 1 large onion; 1 large tin of tomatoes; 2 pints of vegetable stock.

Method:

Chop the onion into medium size pieces and place into a saucepan. Use non stick - you don't need to add any oil so its healthier.

Fry the onions until they are soft and translucent then add the carrots you may want to add a little stock just to wet them and carry on cooking until you have them warmed through. Add all the stock and bring to the boil. Turn the heat down to a simmer and add the lentils, cover with a lid and leave to simmer for 15 minutes.

The lentils will go soft and absorb most of the liquid. Blend the soup in the saucepan with a hand blender and then add any extra liquid (either water or stock) to the thickness you want.

Add the tin of tomatoes and carry on blending until you have a smooth orange soup. The soup now is complete and should be brought back to the boil for a few moments to ensure the tomatoes are heated through.

If you wish this is the time to add any extra flavourings that you may like such as garlic or herbs but do taste the soup beforehand as the flavour is so good it doesn't really need much else.

To garnish you could add chives and a little blob of crèème fresh but again that is optional.

Serve with your favourite bread either hot or cold and you have a filling, nutritional and healthy meal.

## **Braised Carrots with Orange and Lime Butter**

*The Yellow Farmhouse Cookbook* by C. Kimball

8-10 medium carrots (about 1 pound), peeled, cut in half lengthwise and then into 2-inch lengths  
1 teaspoon orange zest  
juice of 1 lime (or 1 lemon)  
1/4 cup white wine  
1/2 cup chicken stock or water  
2 tablespoons unsalted butter  
1/2 teaspoon salt  
black pepper to taste

Put all ingredients into a large nonreactive skillet and bring to a simmer. Cover and simmer until carrot pieces are tender, about 25 minutes. Remove cover, increase heat to medium-high, and stir constantly for a few minutes or until carrots are coated with a thin glaze.

Tomato Sauce Photo Essay:

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

Leeks:

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

Basil:

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

Salad Dressings:

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

Strawberries:

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

Tomato Recipes:

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

Cauliflower:

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

recipe index:

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

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7) 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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## 8) Veggie Notes

From High Ground: Flowers, Strawberries, Cauliflower/Romanesco, Leeks, Lettuce  
From Mariquita: Tomatoes, Mystery, Basil, Carrots,

To see a picture of the 2 farm families:

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

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9) Unsubscribe/Subscribe From/To This Newsletter <http://www.mariquita.com/news/newsletter.signup.html>

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## 10) Two Small Farms Contact Information

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