

Table of Contents:

- 1) In your box this week
- 2) Spinach! Thoughts from Andy and Steve
- 3) Last 9 week session is next week
- 4) Recipes
- 5) Two Small Farms T-Shirts
- 6) Veggie Notes
- 7) Unsubscribe
- 8) Two Small Farms Contact Information

This Week's Newsletter as a pdf: (click on Sept 20th)

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

1) In your box this week: Winter Squash (Carnival variety), Cauliflower OR Broccoli, Sweet Peppers, Little Gem Lettuces, Cilantro, Garlic, Tomatoes, Mystery *(likely to be one of the following things, but maybe something different, read note below: lemon cucumbers, summer squash, erbette chard....)

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, winter squash, and garlic in the fridge.

Andy's been using 'mystery' in recent boxes: that helps him keep things flexible as the harvest happens after I send out this newsletter! Many CSAs don't put out their list ahead of time at all (most?) But we do try to let you know as well as Steve and Andy know what they're thinking. Please understand that the fields sometimes have different ideas: such is farming!

Andy truly thought those carrots would be ready last week and they WEREN'T: you'll have them in a week or three when the weather cooperates and helps them get to the right size. Here's a small thing I wrote on the Carrot Apple week:

<http://www.twosmallfarms.com/CSAinfo/carrotssept06.html>

2) Spinach!!! Both Andy and Stephen were asked many times all about the safety of eating spinach this weekend: Andy stood in our tomato field and talked about spinach and Steve stood in the Mt. View farmers market and talked about spinach. Andy spoke to the LA Times today about spinach and I've answered several emails. Spinach is still a great vegetable to eat!! We all believe it's mostly about the processing. I've asked both Steve and Andy to write a bit about it this week in our newsletter since it's very present in the news and we grow your vegetables!

From Steve at High Ground:

I've been answering lots of questions from people concerned about the safety of eating organic spinach after the recent e coli outbreaks. Many people have the idea that the problem is somehow endemic to all spinach, which is absolutely untrue. At issue are the many brands of pre-washed, pre-bagged spinach that are packed by the Natural Selections Company based in San Juan Bautista. Our spinach is unaffected, and is as safe to eat as it always was.

Although as of yet the ultimate source of the contamination is unknown, some things are clear. The major e coli outbreaks that have occurred during the last decade have been limited mainly to pre-washed, pre-bagged, ready-to-eat salad mixes and spinach. There are two possible points of contamination—during the production or the processing stage. Although the initial source of contamination may have been from the field, it is clear that these mammoth processing facilities, where produce from dozens of contracting growers is combined in big batches are where the problems are being compounded. Come see our farm at our October 14th Pumpkin Patch and see why our spinach is safe to eat. -Steve

From Andy at Mariquita: His is a longer piece, I'll post the first paragraph then a link to the whole article

Deborah Shaw, a reporter from the L.A. Times, called me to ask for an opinion about the e coli outbreak in prepackaged fresh spinach that has killed one person and sickened hundreds more. And yes, I have an opinion. I think the F.D.A. employee that I heard on the radio yesterday urging people to play it safe and not eat fresh spinach is ignorant. Although the victims got sick by eating spinach from a sealed bag it's wrong to seize on spinach as the culprit in the controversy; it makes more sense to look at the processing and handling of pre-packaged greens in general. Put another way, it's the harvest procedures that were followed, the pre-washed claim made for the greens, and the bagged environment the greens are in that are the relevant issues, not the specific variety of leafy greens that were actually contaminated at some point during the harvest and post harvest handling. By fingering any spinach as suspicious, even bunched fresh spinach, the F.D.A. isn't educating anyone, or solving the problem. They're just spreading fear on a national scale.

The whole article, it's well worth reading!

<http://www.ladybugletter.com/articles/spinach.html>

3) Carrots and Apples!

Read Julia's timeline of early last week to find out why many of you received apples instead of carrots, even though the newsletter was full of carrot recipes....

<http://www.twosmallfarms.com/CSAinfo/carrotssept06.html>

4) Recipes from Julia

Winter Squash!

In case you've never tried to cook winter squash, it couldn't be simpler: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, I like salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

Winter Squash Gratin

adapted from The Greens Cookbook by D. Madison and E. Brown

2 tablespoons olive oil
1 onion, finely chopped
1 clove garlic, minced
1/4 teaspoon thyme
1 bay leaf
salt
1/2 cup dry white wine
1/4 teaspoon cayenne pepper or 1/2 teaspoon paprika
1 pound tomatoes, peeled, seeded and chopped
sugar, if necessary
Pepper
1 butternut winter squash, weighing 2 1/2 to 3 pounds
4 ounces Fontina or Gruyere cheese, sliced
Freshly chopped parsley

Heat the olive oil and add the onion, garlic, thyme, bay leaf and a little salt. Cook over medium heat, stirring frequently, until the onion is soft; then add the wine and let it reduce by half. Add the cayenne or paprika and the tomatoes. Cook slowly for 25 minutes, stirring occasionally, until the sauce is thick. Taste, add a pinch of sugar if the tomatoes are tart, and season with the salt and freshly ground black pepper.

While the tomatoes are cooking, prepare the squash. Cut it open, scoop out the seeds and strings, and then, with the flat cut surface resting on the counter, shave off the skin. (The butternut can easily be peeled with a vegetable peeler before it is cut in half. Another method is to cut the squash into pieces and then remove the skin from each piece. This takes more time,

but you may find it easier.

Slice the peeled squash into large pieces about 3 inches long and 1/4 inch thick. Heat enough oil to generously coat the bottom of a large skillet, and fry the squash on both sides, so that it is browned and just tender. Remove it to some toweling to drain; then season with salt and freshly ground pepper.

Preheat the oven to 375 degrees. To form the gratin, put a few spoonfuls of the tomato sauce on the bottom of individual gratin dishes, or use it all to cover the bottom of one large dish. Lay the squash on top in overlapping layers with slices of the cheese interspersed between the layers. Bake until the cheese is melted and the gratin is hot, about 15 minutes, and serve with the fresh parsley scattered over the surface.

Curried Mushroom & Squash Soup à la Moosewood

(p. 12 in the original Moosewood Cookbook by Molly Katzen)

At least one and one-half hours to prepare & simmer 4-5 servings

3 cups winter squash (2 medium butternut or acorn squash)

2-1/2 cups water or stock

1 c. orange juice

2 Tbl. butter

1/2 c. chopped onion

1 medium clove crushed garlic

6 oz. mushrooms, sliced

1/2 tsp ground cumin

1/2 tsp coriander

1/2 tsp ground ginger

1/2 tsp cinnamon

1/4 tsp dry mustard

1 tsp salt (or to taste)

a few dashes cayenne

optional: fresh lemon juice

garnishes: chopped, toasted, almonds

yogurt

Split the squash lengthwise and bake face-down in a 375s oven on an oiled tray, 30 minutes or until quite soft. Cook and scoop out the insides. You'll need about 3 cups worth. Put it in the blender with the water or stock and purée until smooth. Combine in a kettle or saucepan with the orange juice.

Heat the butter in a skillet and add the garlic, onion, salt and spices. Sauté until the onion is very soft. (You may need to add a little water if it sticks). Add mushrooms, cover and cook 10 minutes.

Add the sauté to the squash, scraping the skillet well to salvage all the good stuff. Heat everything together very gently. Taste to correct seasoning. Since this is a fairly sweet soup, you may want to spruce it up with some fresh lemon juice.

Serve topped with yogurt and chopped, toasted almonds. (Note: this soup need not be served immediately. Simmer a while, and the flavors can mature.)

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.

GARLIC: one of my favorite ways to prepare a bounty of garlic is to roast whole heads in an oven after rubbing them with a bit of oil.

Cilantro:

EXPERIMENT WITH CILANTRO

Fine Cooking Magazine

- Garnish tomato-, carrot- or coconut-milk-based soups with chopped fresh cilantro.
- Serve iced tea or freshly squeezed juice with a splash of lime juice and sprigs of cilantro.
- Make a flavorful dip from chopped tomato, cilantro, cucumber, green chiles, and plain yogurt.
- Try making pesto using cilantro in place of basil.
- Rub chicken or fish with chopped cilantro, ginger, and black pepper before grilling.
- Sprinkle chopped cilantro and chopped cashews or slivered almonds over cooked rice or couscous.
- Add cilantro to your favorite gazpacho or salsa recipe.
- add it to any beans or soup, stems included, then remove as you would a bay leaf

SPICY FRESH CILANTRO SALSA

More Recipes from a Kitchen Garden, Shepherd & Raboff

2 jalapeno chiles, roasted, peeled and stems removed (leave seeds in if you like it very hot!)
4 cloves garlic
1/2 cup coarsely chopped red bell pepper
1 medium red onion, coarsely chopped
1 cup lightly packed cilantro leaves
1/2 tsp. cumin seed, toasted and ground
1 tbsp. fresh lime juice
2 tbsp. red wine vinegar
1/2 tsp. salt
2 medium tomatoes, quartered, seeded, and drained (about 1 cup)

In a food processor or by hand, mince the jalapenos and garlic. Add the remaining ingredients except tomatoes, and process or chop until chunky. Add tomatoes and process or chop until just combined. Set aside for about an hour to allow flavors to blend. Taste for seasoning. Chill.

Drain off excess liquid before serving. Makes about 2 1/2 cups.

CILANTRO SALAD Bon Appetit May 1998

- 1/4 cup olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon grated peeled fresh ginger
- 3 heads lettuce hearts, chopped
- 1/2 cup chopped fresh cilantro

Whisk first 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Combine mixed greens and cilantro in large bowl. Toss salad with enough dressing to coat. Season to taste with salt and pepper.

Ten Minute Stir Fried Chicken with Nuts
adapted from The Minimalist Cooks at Home by Mark Bittman

- 1 Tablespoon peanut or vegetable oil
- 2 cups sweet pepper strips, onion slices, or a combination of the two
- 1 pound boneless skinless chicken breasts, cut into 1/2 inch chunks
- 1 cup halved walnuts, whole cashews, or other nuts
- 3 Tablespoons hoisin sauce

1) Heat oil in a large nonstick skillet and heat on high for one minute. Add the veggies in a single layer and cook, undisturbed, until they begin to char a little on the bottom, about one minute. Stir and cook one minute more.

2) Add the chicken and stir once or twice. Cook one minute until the bottom begins to char. Cook and stir another minute or two, then check a chicken piece to make sure it's done. Lower heat to medium.

3) Stir in the nuts and the hoisin sauce. Cook about 15 seconds then add 2 T water. Cook, stirring, until it's bubbly and glazes all the chicken and veggies. Serve with rice.

Tomato and Sweet Pepper Salad

adapted from The Vegetable Market Cookbook by Robert Budwig

- 3 sweet peppers
- 4 ripe tomatoes
- 1/4 preserved lemon (or 2 teaspoons grated zest with some of the lemon's juice)
- 2 cloves garlic peeled and crushed
- pinch sweet paprika
- 1/2 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1/2 black pepper

Grill or roast peppers, remove skins, cut into small cubes and set aside. Blanch tomatoes for 15-20 seconds in boiling water. Drain and remove skins and stems. Cut in half and remove seeds. Cut into small cubes. Rinse the preserved lemon under running water and remove the pulp. Cut the rind into fine dice. Arrange peppers, tomatoes and lemon in a dish. Mix remaining ingredients to make a dressing and pour over the salad. Mix well.

Winter Squash Recipes:

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

Tomato Sauce Photo Essay:

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

Salad Dressings:

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

Tomato Recipes:

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

Cauliflower:

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

Sweet Peppers:

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

recipe index:

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

5) 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>

6) Veggie Notes

From High Ground: Flowers, Cauliflower/Broccoli, Lettuce, Winter Squash, Cilantro
From Mariquita: Tomatoes, Mystery, Garlic, Sweet Peppers, Mystery

To see a picture of the 2 farm families:

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

7) Unsubscribe/Subscribe From/To This Newsletter

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

8) 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>