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This Week's Newsletter as a pdf: (click on Sept 27th)

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

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1) In your box this week:

- Winter Squash (Thurs=Carnival; Wed=Butternut)
- Spicy Hungarian Wax Blush Peppers see recipes and photo below)
- Lettuces OR Salad
- Italian Parsley
- Erbette Chard (a thin stemmed green variety)
- Tomatoes
- Strawberries OR Apples
- Mystery (Wed will likely be one of the following: summer squash, lemon cucumbers, or eggplant; Thursday will likely be red and white carrots)

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 and winter squash in the fridge.

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2) CSA driver and friend John Libby recommended the cookbook "All About Braising" by Molly Stevens. I found it at the library and I've been enjoying it enough to consider buying it. YIKES, another cookbook? Well, yes. Her writing is easy to read and the two subtitles are too tempting

for my current life: “a treasury of one pot meals” and “The Art of Uncomplicated Cooking”. There weren’t any recipes that went well with this week’s box so I’m not including a recipe from this cookbook in today’s newsletter. But one that caught my eye was “Squid Roulades Braised with White Wine & Tomatoes”: it also uses parsley. Perfect! But this particular recipe didn’t pass my ‘not too many steps, not too difficult’ test that I try to put most/all recipes through before they land in this newsletter. I figure that everyone is as busy as me and we all would like to be LESS busy but... those few that do have time to cook can look to their own cookbook collection or browse the library: they’ve got the time, right!? Braising season is just around the corner, order your copy from the library or bookstore today! -julia

Andy is starting fray around the edges: the short answer is he has no special letter this week so below is a sweet (short!) story he wrote two years ago in September:

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

Tomato Upicks are done for the season: we had hoped to have 4-5 tomato upick days, but the season started later than usual, and now it’s cooling down at night much earlier than last year, that slows the maturing of the tomatoes. Next Year...

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### 3) Photos and Veggie Information

Erbette Chard: this is a thin-stemmed variety from Italy. Use in any chard recipe you can find. It works nearly anywhere a cooking green is called for! (Two great recipes below in the recipe section) Photo:

<http://www.mariquita.com/images/photogallery/charderbette1.jpg>

Italian Parsley: flat leaved variety: it will work in nearly all places parsley is called for. It’s the most culinary parsley as far as we know.

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

Winter Squash: you’ll receive either the carnival or butternut variety: they are both winter squash and can be cooked up in similar/same manners:

carnival:

<http://www.mariquita.com/images/photogallery/vegetablesatoz/wintersquash/Carnival.JPG>

butternut:

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

Hungarian Wax Peppers: something like jalapeños: (spicy chile recipes are below)

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

These can be stuffed like a relleno chile, they can be diced raw into salsa. I like cutting one in half and putting in every pot of beans I make, it adds a nice dimension. Same for spaghetti sauce!

You're likely to get either early girl and or san marzano tomatoes: I've successfully used both in salads and made sauce out of both of them. Classically: the early girls are used in salads (but make the lightest, bright red delicious sauce!) and the San Marzanos are used for sauce. In our house we've roasted both kinds, then eaten the roasted tomatoes as is or chopped and tossed them in pasta or a white bean salad with a vinaigrette and scallions... YUM.

A photo of one of each of the tomatoes: (left = Early Girl; right = San Marzano)

<http://www.mariquita.com/images/photogallery/vegetablesatoz/tomatoes/tomato.sanmarzano1.JPG>

Did you get tomatillos last week?? Here's a photo:

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

Here are some recipes: (you can also try to google 'tomatillo recipes')

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

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#### 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.

This would work well with the carnival squash:

##### **ACORN SQUASH WITH APPLE STUFFING**

The Victory Garden Cookbook, Marian Morash

2 Acorn squash

1 tbsp. melted butter

Salt

Cinnamon

1/4 cup raisins

1/4 cup Madeira or port wine

3 medium apples

4 tbsp. butter

1/4 cup brown sugar

1 tbsp. lemon juice

Halve squashes and scoop out the seeds and stringy interiors; trim the undersides so the halves will sit flat. Brush cut surfaces with melted butter and sprinkle with salt and cinnamon. Place in a baking pan with cut sides down. Put 1/2 cup water in pan or enough to just cover the bottom of pan. Bake squash 30 minutes in a preheated 350° oven.

While squash is baking, soak raisins in wine to plump. Chop apples into 1/2-inch cubes - either peeled or unpeeled, as you like. In a small frying pan, melt butter and add apples. Cook for 3-5 minutes until slightly wilted; stir in sugar and lemon juice. When squash has cooked for 30 minutes, then fill squash cavities. Cover and bake for 20-30 minutes more or until tender. Serves 4.

#### **Julia's informal squash soup recipe:**

Cook some chopped onions (1/2 cup or more and a bit of chopped garlic too if you like) in olive oil or butter in a large soup pan. Then add squash pureé (6 cups?) and vegetable or chicken stock. I then use my immersible blender to pureé the whole thing, right in the pan. Add salt and pepper and that's a simple soup. Wonderful additions include: fried sage leaves, chopped parsley, sliced mushrooms (fresh or dried, added at the sauté-the-onion stage, if using dried, add the water they were plumped up with too.), sherry, white wine, other cooked vegetable bits, and so on.

#### **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.

### Winter Squash Recipes:

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

### Spicy Chiles:

#### **Chile Chutney**

adapted from The Great Chile Book by Mark Miller et al

5 hungarian wax mature peppers, roasted, peeled, and diced

3/4 cup sugar

1 teaspoon dried oregano

1/4 cup cider vinegar

1/2 teaspoon salt

Mix the ingredients together and cook for 10 minutes or so over medium heat in an enamel or stainless steel pan. Allow to cool and serve cold. Serve with crab cakes, eggs, pork, chicken, or sauteed trout or salmon. It keeps well stored in the fridge.

More spicy chile recipes:

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

### Chard:

#### **CHARD DAHL**

The Vegetable Book, Spencer

1/4 cup brown lentils

1 tbsp. turmeric

1 bunch chard

1/2 cup orange lentils

salt and pepper

Lentils do not have to be soaked. Into 7 cups of boiling water, throw the brown lentils with the turmeric. Let simmer for 20 minutes. Add the chard and bring back to a boil. Simmer for 10 minutes more. Add the orange lentils and simmer for another 10 minutes. Season with salt and pepper. The lentils should have soaked up all of the water and can be served at once, though it will do no harm to let them rest in the warm pan.

(Julia's note: I added some toasted sesame oil and it made this dish even better. You can find bulk turmeric and both colors of lentils at health food stores and asian markets.)

### **Chard and Tomatoes**

from *Too Many Tomatoes, Squash, and Other Good Things* by L. Landau and L. Myers

2 T olive oil

1 onion, diced

2 cloves garlic, minced

3 large tomatoes (or equivalent with different sized tomatoes), peeled and diced

1/2 cup cooked ham (optional)

2 cups cooked chard (easy to blanch: just immerse roughly chopped leaves in boiling water for 1-2 minutes)

butter

S & P

Nutmeg

1/2 cup grated parmesan cheese

Saute the onion and garlic in the olive oil until golden. Stir in the tomatoes, ham if using, and chard and heat until bubbly. Add butter, Salt and Pepper and nutmeg to taste. (This dish can be kept 'lighter' by skipping the ham and the butter!) Serve, sprinkling with the parmesan cheese.

More Chard Recipes:

<http://www.mariquita.com/recipes/chard.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>

recipe index:

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

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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>

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6) Veggie Notes

From High Ground: Flowers, Lettuce/salad, Winter Squash, Berries

From Mariquita: Tomatoes, Mystery, Peppers, Parsley, Chard

From Billy Peixoto: Apples

To see a picture of the 2 farm families:

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

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7) Unsubscribe/Subscribe From/To This Newsletter

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

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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](mailto:csa@twosmallfarms.com)

<http://www.twosmallfarms.com>

<http://www.mariquita.com>

<http://www.highgroundorganics.com>