



# TWO SMALL FARMS

## Community Supported Agriculture

November 12, 13, 14 2008

### Sign Up for 2009!

This is the second to last week of CSA deliveries for 2008. Thanks to all of you, we have had an excellent year of growing and delivering vegetables through the CSA. It has been a year full of challenges: increased costs for fuel, seed, compost, labor, and almost all other farm inputs, combined with an almost overwhelming level of interest in the CSA. We feel confident that we have met these challenges fairly gracefully, thanks to our super competent and dedicated administrator Shelley (and her able assistant Caitlyn), Andy and Steve's ability to plant more and handle the production and delivery end, our excellent route drivers Peter, Mike, Zelda, and Elias, and of course both farms' fantastic field crews.

One lesson we have learned from this year's administrative challenge, is that we need to start earlier to be on top of sign-ups from the first week of the season. Another is that we need to raise our prices. We don't take raising the cost lightly; we want our vegetables to be affordable to all. But we also need the price to reflect the costs, to be able to pay our workers a living wage, and to continue to explore options for lessening our environmental impact in terms of boxes and bags we use. So we have decided on a minimal price increase of \$2/box. Flower cost will increase to \$8 per week.

There will be a 5% discount for those who pay in full by February 16th. This discount is only for people who pay for the full 36 weeks. As always, if you know you will be away for vacations, plan for a neighbor or friend to pick up for you, or ask us to donate the vegetables for those weeks. With our CSA this full, we need to have consistent numbers from week to week, and Loaves and Fishes is extremely appreciative for the vegetables we send them from your donations. (This is a hard time for many charity organizations and we are happy to be able to help them out.)

In order to make sign-ups as fair as possible for 2009, we have instituted the following registration policies. Our goal is for our current customers to have priority in signing up, then to allow those who are still on our 2008 waiting list the opportunity to sign up, before opening up registration for all. (Note that while we are asking for checks to hold your spot now, we will not deposit them until after January 1st.) Our 2009 season starts the week of March 18th, 19th, and 20th and ends the week of November 18th, 19th, and 20th.

**Tier 1 Registration—Current Members Only** (you must be receiving vegetables now):

*November 10th–December 1st 2008:* Send your check now to hold your spot for 2009 (an e-mail or phone call is not enough).

Full year with discount (vegetables only): \$752

First 9 weeks (veg only): \$198

Full year with discount (veg + flowers): \$1026

First 9 weeks (veg + flowers): \$270

**Tier 2 Registration—Waiting List and Returning Members** (you must have contacted us before Nov 10 to be on our waiting list, or be in our system as a previous member in good standing):

*December 2nd 2008–January 15th 2009:* We must receive your check by January 15th for you to have priority in this round. See prices above.

**Tier 3 Registration—Open to All, Full-Year Discount Available**

*January 16th–February 16th:* If you wish to get the full-year discount we must receive your check by February 16th. (If your desired pick-up site is full we will return your check and put you on our 2009 waiting list.)

See above prices, plus:

4-week trial for *new members only* (veg only): \$88

4-week trial (veg + flowers): \$120

**Tier 4 Registration—Open to All, NO DISCOUNT AVAILABLE**

*February 17th—end of season:* Open to all, as spots are available. Contact the office first to see if there is space available at your pick-up site.

Full year (vegetables only): \$792

First 9 weeks (veg only): \$198

Full year (veg + flowers): \$1080

First 9 weeks (veg + flowers): \$270

4-week trial for new members only (veg only): \$88

4-week trial for new members only (veg + flowers): \$120

Checks should be made out to Two Small Farms and sent to PO Box 2065, Watsonville, CA 95077.

If you have questions about 2009 sign-up policies, e-mail or call Shelley and Caty in the office ([csa@twosmallfarms.com](mailto:csa@twosmallfarms.com) or (831)786-0625). We hope to have room for everybody who wants to join in 2009. But please sign up early so that you can have your spot guaranteed. Thank you for being a part of our CSA community!

### This Week

Romaine or Little Gem Lettuce <sup>HG</sup>

Baby Leeks <sup>HG</sup>

Sorrel <sup>HG</sup>

Apples <sup>HG, \*</sup>

Tomatoes <sup>MF</sup>

Erbette Chard <sup>MF</sup>

Yellow Carrots <sup>MF</sup>

Mystery <sup>MF</sup>

Flowers: Mixed Bouquet <sup>HG, \*</sup>

## Notes and Recipes

*Storage notes:* Leave tomatoes out on your kitchen counter. Store the rest of your veggies, including the apples, in your refrigerator. Remove the greens from the carrots before storing.

### Carrot Sorrel Juice

2# carrots	1-2 stalks of celery
1 apple	1/2-1 whole bunch sorrel

Clean the carrots and remove any green parts. Wash the celery but do not remove the leaves. Cut the granny smith apple into 1/8th segments and remove the bitter seed pod. Rinse the sorrel leaves. Run everything through the juicer starting with the carrots. After one or two carrots have been run through the machine put the celery and sorrel through and then alternate carrots and apples until they are gone. Strain the juice through a couple layers of cheesecloth or a fine strainer to remove the pulp that makes it through the juicer screen if desired (this will produce a clear juice devoid of the grittiness, that some people do like).

### Sautéed Apples, adapted from *Nourishing Traditions* by Sally Fallon

6 apples, peeled and cut into chunks	4 TBS butter
Pinch cinnamon	Whipped cream to top if desired

In a heavy skillet, sauté the apples in butter until golden. Add a bit of cinnamon. Serve with whipped cream.

### Carote al Giudia—Braised Carrots Jewish Style, adapted from *Cucina Ebraica* by Joyce Goldstein

¼ cup olive oil or rendered goose or duck fat	1.5 pounds carrots, any color, peeled and thinly sliced
¼ cup water	6 TBS raisins, plumped in water or sweet wine
3 TBS pine nuts, toasted	S & P to taste
Dash of vinegar or sugar to taste, optional	

Warm the oil (or fat) in a sauté pan over medium heat. Add the carrots and sauté until well coated with fat, 5-8 minutes. Add the water and cover the pan. Reduce the heat to very low and simmer until the carrots are tender, about 20 minutes.

Add the raisins with their liquid, and the pine nuts. Season with S & P. Add a little vinegar or sugar, or both. Serve warm or at room temperature.

## Events

*100-Mile Thanksgiving*, Friday November 14 in Palo Alto: Valley of Heart's Delight 3<sup>rd</sup> annual 100-Mile Thanksgiving Tasting, featuring organic and locally grown Thanksgiving dishes. Call (650) 938-9300 x18 for more information.

*Holiday Wreath Making Workshops* at the Thomas Farm in Aptos. Workshop dates: November 22nd, November 23rd, December 13th, and December 14th. \$20/wreath. Call or e-mail Jean Thomas to reserve your space: 724-4013 or [thomfarm@hotmail.com](mailto:thomfarm@hotmail.com).

*Winter Native Planting Days at High Ground*, Saturday, Nov. 22 and Saturday, Dec. 13: 10–12:30, followed by potluck lunch. 521 Harkins Slough Rd. in Watsonville. Call Laura Kummerer (831)761-8694 for more details.

## Leek and Sorrel Pancakes with Smoked Salmon,

adapted from *Big Oven*

¼ cup unsalted butter; (½ stick)	4 cup leeks, cleaned and chopped
salt; optional	vegetable oil
2 cups sorrel, washed	4 oz smoked salmon; (4 to 8)
2 eggs	sour cream; for garnish
¼ cups all-purpose flour	chopped chives; for garnish

Heat sauté pan over medium-high heat. Add butter when pan is hot. After butter melts, add leeks and sauté until tender but not brown. Add sorrel; cook briefly to wilt sorrel. Remove from heat; let cool. In a medium bowl, whisk eggs until frothy. Add flour; whisk until smooth. Add cooled leek mixture. Heat griddle over medium-high heat. Film with oil. When oil is hot, drop about 2 TBS batter for each pancake on griddle. Cook until brown. Turn and continue to cook until brown on other side. Remove from griddle and top with salmon, sour cream and chives. Serve immediately. (8–10 appetizer servings.)

### Apple Sorbet with Sorrel Recipe, from *Victory Garden*, via the RecipeZaar

2 cups apples	2 cups apple juice
2 cups french sorrel, firmly packed	

The apples should be peeled and diced into cubes. Bring the apples and apple juice to a boil over high heat. When it boils, turn the heat to medium and simmer for 25 to 30 minutes. Pour the apple mixture into a bowl and refrigerate until it is cold [approximately 1 hour]. Process apple mixture and sorrel leaves in a blender at high speed, until smooth. Freeze according to ice cream machine makers directions for Sorbet. You can also place in casserole dish and freeze in freezer for 2 to 3 hours. Serve.

### Leek Frittata, adapted from *Nourishing Traditions* by Sally Fallon

4 medium to large leeks, well rinsed, dried, sliced	2 TBS olive oil
2 TBS butter	6 eggs
1/3 cup crème fraiche or yogurt or Mexican 'crema' or milk	1 tsp. finely chopped lemon rind
1 cup grated Monterey Jack or other nicely melting cheese	½ teaspoon finely chopped fresh rosemary or pinch dried
S & P to taste	Pinch dried oregano

In a cast iron or other oven-proof skillet, sauté the leeks in 1 TBS of each butter and olive oil until soft and beginning to brown. Remove with a slotted spoon. Beat eggs with cream (or milk) and seasonings. Stir in the leeks. Melt the remaining butter with the remaining olive oil in the pan and pour in the egg mixture. Cook over medium heat about 5 minutes until underside is golden. Sprinkle cheese on top and place under the broiler for a few minutes until the frittata puffs and browns. Cut into wedges and serve.

*Everything in your box and the flowers are organically grown. From Mariquita Farm: tomatoes, Erbette chard, yellow carrots, mystery. From High Ground Organics: lettuce, leeks, sorrel, some apples, some flowers. From Thomas Farm: some flowers. From Billy Peixoto: some apples.*