



# This Week's Word from the Farm

10/18/10

## What's In Your Box?

- Peppers / Chili Peppers
- Jerusalem Artichokes – also called Sunchokes. Use this root crop as would potatoes – no need to peel them first. They can also be eaten raw.
- Tomatillos
- Carrots
- Lettuce
- Okra
- Tomatoes
- Sauce Tomatoes
- Potatoes
- Garlic
- Onions
- Cherry Tomatoes – u-pick
- Strawberries – u-pick

Dear Friends,

I'm starting to get melancholy. I'm not melancholy because the end of this year's farm season is in sight. There's some relief in store for all of us who work in the fields that comes with the changing of seasons. Along with the cool rainy weather and respite from summer's heat, it's usually a welcome change when it does come. The end of the farm season brings with it some time to rest and reflect, think about what did and what didn't work well, look for new interesting varieties of things to grow, and plan for next season.

I'm melancholy because we are nearing the end of tomato season. Eating seasonally is a little like visiting with an old friend that doesn't live nearby. You anticipate the visit with excitement, yet when your friend arrives, you quickly fall into familiar patterns despite the time you've been apart. You may even take for granted your time together and lapse into silence or go to bed early, as though your friend wasn't going to leave. Then, when it's time for you to say goodbye, you realize that you didn't take full advantage of your friend's company and, if you are like me, you either get sad or you try to cram every possible meaningful conversation into the last hour available.

Despite the cool Spring and early Summer weather and my fears that we'd never get a good crop of tomatoes this year, it has proven to be a banner year for tomatoes. We will measure most years in the future against this year. Yet, I'm sad to say I'm not sure I really took full advantage of our tomatoes this year.

There are many wonderful things that one can do with a tomato. Thanks to the proximity of the cherry tomatoes to the farmstand, you've all had the opportunity to enjoy standing in the rows, note the light reflected from the tiny hairs on the tomato leaves, and pop juicy, sweet cherry tomatoes into your mouth...one for the basket, one for me. Many of you took advantage of our offer of flats of heirloom tomatoes and made oven-roasted tomatoes. From all the reports back, as well as the many second orders (after the first order got eaten without setting any aside for winter!), it was apparent that that savory, sweet caramelized goo was really a hit.

So, quick, before it's too late, spend some time thinking about how best to enjoy the tomato days that remain. If you are inexperienced or short on ideas, use the internet for recipes. Try platters of sliced tomatoes with sharp asiago cheese, olive oil and balsamic vinegar topped with kalamata olives and capers and a squeeze of lemon juice. Stuffed tomatoes baked in the oven. Tabouli with tomatoes and mint. Amatriciana sauce over pasta with pepper flakes or some of our spicy peppers and topped with bread crumbs toasted in butter. Tomato bisque with onions and peppers. Other than the sauce that we've put up for the winter, we folks here at Riverhill Farm won't be eating tomatoes until next August, when our fields are again in the full abundance of high summer. So, join us and, before they're all gone, pay tribute to the lovely tomato. Buon appetito!

# Recipes of the Week

**Black Bean and Roasted Tomatillo Soup** ~ *This comes from our wonderful CSA member and volunteer, Bonnie Madden*

3 cans black beans, drained	½ bunch cilantro leaves
4 tomatillos	1 jalapeno pepper, diced
Olive oil	3 cloves garlic, minced
Salt and pepper	4 cups vegetable broth
1 ½ onions, sliced thinly	

Peel the dry skin off the tomatillos, cut them in quarters, and toss lightly with olive oil and salt and pepper. Place them in a heavy-bottomed, ovenproof dish just big enough to hold them in a single layer, and roast for 15 minutes in the oven, until they are soft. When done, puree them in a blender until smooth. Cook the onions and garlic in olive oil, seasoned with salt and pepper until they are soft and translucent. Add the jalapeno pepper and sauté lightly. Add the beans, broth and cilantro and cook until the flavors meld. Add the blended tomatillos and cook until they are warm. Serve garnished with sprigs of cilantro and sour cream if desired.

- Adapted from Chez Panisse (they used dried black beans and pureed the soup at the end) I like lumps in my soup! I served it with cornbread but it could also be thickened and served over polenta.

## Amatriciana Sauce Over Pasta

1/3 cup olive oil	1 teaspoon sugar or honey
4 onions, chopped	¾ dry red wine
4 cloves garlic, chopped	1 ½ teaspoon salt
8 ozs. Pancetta or bacon, chopped into pieces	1-2 teaspoons ground pepper
4 cups roma tomatoes, chopped into ½ pieces	Bread crumbs toasted in butter

Saute onions in oil until transparent. Add garlic and sauté for three minutes. Add pancetta or bacon and continue sautéing until lightly browned. Add tomatoes and heat until just steaming, then add remaining ingredients. Heat through, about ten minutes, uncovered, over medium heat. Serve over rotelle or penne pasta topped with bread crumbs toasted in butter.

## Authentic Chile Rellenos

6 Anaheim or Poblano chile peppers, charred and peeled	1 teaspoon baking powder
1/2 pound Cheddar cheese, cut into strips	1 teaspoon baking soda
1 cup milk	1 teaspoon salt
1 cup all-purpose flour	1 teaspoon canola oil
1 egg, beaten	1/2 cup all-purpose flour for coating

Remove seeds and membranes from peppers. Stuff each pepper with a strip of cheese. In a small bowl combine milk, the 1 cup flour, egg, baking powder, baking soda, salt and canola oil, mix well to make a batter. Pour enough oil in a heavy frying pan to reach 1 inch in depth and heat over medium-high heat. Roll each pepper in the remaining flour and dip in the batter. Fry until lightly browned on both sides. Serve with your favorite fresh tomatillo or tomato salsa.