



# This Week's Word From the Farm

## Week of 9/1/08

### What's In Your Box?

- Salad Mix
- Tomatoes
- Cherry Tomatoes
- Broccoli Rabe
- Tomatillos
- Cilantro
- Peppers
- Pears
- Eggplant
- Summer Squash
- Carrots
- Cucumbers
- Scallions
- Basil
- Garlic

### Dear Friends,

A farm like this, though small, is quite capable of producing a large volume of fruits and vegetables. Last year, the first year of our CSA, I was worried about growing enough to keep everyone's boxes full, and planted too much of certain things. A good deal of that ended up as compost. This year, although we more than doubled the size of the CSA, I was more careful, and ended up planting too little of certain things. That hasn't affected our CSA boxes, but had a significant impact on our ability to sell to our other markets, such as at our farmstand, Farmers' Markets and restaurants. All the same, we have still had a surplus of certain things from time to time.

Hopefully most of you have met Elijah, who works here on the farm. He is a remarkable young man of strong back and strong convictions (and a pleasure to work with). Among his convictions for this year was that the surplus food we grow should not go to waste or to compost. He has managed for the past month or more to make a trip each week to a local organization called the Interfaith Food Ministry loaded with that week's surplus of fresh vegetables. The Interfaith Food Ministry supplies fresh and processed food to many facilities around the area to be distributed to seniors and other needy folks. Many thanks to Elijah for all that he does!

### Recipes of the Week:

#### Tomatillo Salsa Verde

- |                             |   |
|-----------------------------|---|
| 1 1/2 lb tomatillos         | 1/4 teaspoon sugar  |
| 1/2 cup chopped white onion | 2 Jalapeño peppers (or other peppers),<br>stemmed, seeded and chopped |
| 1/2 cup cilantro leaves     | Salt to taste   |
| 1 Tbsp fresh lime juice     |   |

Remove papery husks from tomatillos and rinse well. Cut in half and place cut side down on a foil-lined baking sheet. Place under a broiler for about 5-7 minutes to lightly blacken the skin. Place tomatillos, lime

juice, onions, cilantro, Jalapeño peppers, sugar in a food processor (or blender) and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator. Serve with chips or as a salsa accompaniment to Mexican dishes.

## Chili Verde

- 2 lb. lean pork - cut into cubes (leave some fat on for flavor)
- 2 cloves garlic, crushed
- Salt and pepper to taste
- 1 lg. onion, chopped
- 6 fresh tomatillos (depending on size)
- 1/2 tsp. cumín seed, crushed
- 1/2 tsp. cilantro seed, crushed (also known as coriander)
- 1 lg. can green chilies, roasted (Ortega brand is good), chopped
- 6 fresh peppers (mild, medium or hot)

Place meat, onion, salt and pepper into pan and brown lightly. Transfer all (including juice) to slow cooker on high heat and add green roasted chilies. Crush seeds and garlic and soak in 1 tablespoon hot water for 1/2 hour, then place in cooker. Prepare tomatillos by removing husks, washing and cutting into quarters. Chop fresh chili peppers and place tomatillos and peppers into blender and reduce to a sauce. Put half of the sauce in the cooker and retain the rest for spreading over the burritos. Turn cooker to low heat and cook until meat is tender. To serve - use fresh flour tortillas and use as a filling, or serve as a stew.

## Broccoli Rabe alla Migliorelli

- 1 bunch broccoli rabe
- 1/4 cup olive oil
- 6 large garlic cloves, peeled and chopped
- 3/4 teaspoon salt
- 1/4 to 1/2 teaspoon crushed red pepper

Bring a large pot of water to a boil. Meanwhile, cut off the bottom 1/4 inch of the broccoli rabe stems and discard. Discard any yellow or brown leaves. Add the green to the hot water and simmer for 5 minutes. Drain in a colander: rinse with cold running water until cool, then cut into bite-size pieces. Heat the olive oil in the pot over medium-low heat, add the garlic, salt and crushed red pepper, and cook for 2 minutes. Add the broccoli rabe. Stir everything together, cover and cook until heated through and tender, at least 5 and up to 30 minutes, depending on your taste.

Consider serving this over hot pasta. Some variations include the addition of Italian-style sausage or topping the dish with some goat cheese.