



RANCHO PICCOLO CSA NOTES

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Pick List

Broccoli
Cabbage
Endive
Carrots
Asparagus (Full)
Daikon
Turnips
Butter Leaf Lettuce
Mache

We are now on

Face Book

Just sign on to Face Book (it's free) and search for Rancho Piccolo and become a fan to get additional information and updates.

Eggs from Grass fed hens
For Sale as an
Add On:

Dozen:
\$5.75 4 week order: \$23

Half Dozen:
\$3 4 week order \$12

I spoke to soon last week, it is still Winter, no doubt. Oh well!, it is something for us to look forward to. I for one am so looking forward to it! For one the boys and I and maybe David too will be taking a much needed vacation to Arizona with my folks. We will be gone the first 2 weekends of April—just the kids and I—David will be still be on site most of the time in order to run the show! The third weekend of April is Earth Day. On the 17th of April we will be in Modesto and on the 18th of April we will be in Stockton. We would LOVE to have volunteers to help us at any one of those events. We will also be in Merced on Saturday the 17th as well and will need help for sure in Merced. Let us know if you hold any interest. So, we have decided to hold our Open House on May 15, 2010 as to NOT compete with graduating seniors. I know it's 2 1/2 months away, but if you are like us, the year just seems to book up so fast that I figured I would toss the date out now so as to get us on your calendars. I have to admit that our Open Houses are really fun! We offer U-Pick, hay rides, and farm tours and we have activities for the kids too. Fun stuff to look forward to!

Our workers came up with a really yummy box this week. We are so fortunate to have mache and asparagus again. This time the Full shares get the asparagus. More to come though! I know that there will be some tasty salads this week. Saturday I made a very simple yet truly wonderful salad—mache, red leaf lettuce, blue cheese crumbles, dried cranberries, chopped pecan and honey vinaigrette.

If you do not get to the mache the first night you get it home, please store it in the crisper to keep it at its freshest. In fact keep all your salad greens—lettuce and endive in the crisper as well. This will keep them from losing their water content and wilting. The mache is in a vented clamshell box. We can re-use those so please return them if they are clean. Thanks for your help. When you return the boxes, clamshells, water bottles and etc it really helps keep our prices down.

I have added several recipes on the back that I hope you will give a try.

Have a great week!

Michelle

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Curried Cabbage, Carrots, and Onions

1/2 small cabbage
3 medium carrots
2 large onions
1 tablespoon ghee or butter
1/2 teaspoon cumin
1/4 teaspoon turmeric
1/4 teaspoon mustard seeds
1/4 teaspoon chili powder
1/4 teaspoon coriander
1/4 teaspoon cinnamon powder
1 salt, to taste

Cut the cabbage into small pieces.

In a separate container cut carrots into thin rounds.

Peel onions and cut into small pieces.

In a medium-sized pan saute the onion with butter or margarine. When onions feel soft, add mustard seeds. 30 seconds after that add cumin powder, coriander powder, and turmeric powder. Mix the spices. Drop carrots in pan and saute. Put the lid on for 5 minutes. Now add cabbage. Mix all the vegetables together. Add cinnamon powder, salt, and chili powder. Put the lid on. Wait for 5 minutes. Turn over mixture in pan. Make sure the spices don't stick to the bottom of the pan. Put the lid back on and leave it another 8 minutes. If you want curry to be softer, keep the lid on longer after cooking.

Pureed Turnip Soup

1 lb white turnips (about 4 medium turnips) Chopped
1 medium Russet (or other starchy) potato Chopped
2 Tbsp unsalted butter
1 medium onion, peeled and roughly chopped
1 clove garlic, peeled and crushed
1/2 cup dry white wine
1 qt vegetable broth or stock
Kosher salt, to taste
Ground white pepper, to taste

In a heavy-bottomed soup pot, heat the butter over a low-to-medium heat. Add the onion, garlic and turnips and cook for 2-3 minutes or until the onion is slightly translucent, stirring more or less continuously. Add the wine and cook for another minute or two or until the wine seems to have reduced by about half. Add the stock and the potato. Increase the heat to medium-high and bring to a boil. Then lower the heat and simmer for 15 minutes or until the turnips and potatoes are soft enough that they can easily be pierced with a knife. Don't let them get mushy, though. Remove from heat and purée in either a blender or with a blender wand. Bring to a simmer again, adding more broth or stock to adjust the thickness if necessary. Season to taste with Kosher salt and white pepper.