

# Locally Produced

## Farms, Food & Gardening on the Southcoast

### La Honda, Pescadero & San Gregorio



Volume 21

January 2010

### Fresh from the Farm

#### Produce Stands:

**Phipps Country Store & Farm**— Open Tuesday thru Sunday, 10am-5pm – Freshly harvested dry beans. Runner beans back in stock: black, scarlet, and emmergo.

**Pie Ranch** – We are open from 12pm-6pm, Saturdays and Sundays. Also, every 3<sup>rd</sup> Saturday of the month, we host a community volunteer time in the afternoon from 2-6pm, potluck from 6-7pm and barn dance from 7:30-10:30pm. Sliding scale donation \$7-\$15. Lots of fun! 2080 Cabrillo Hwy, Pescadero, 94060; Telephone: 650-879-0995. Website: <http://www.pieranch.org>

#### Farms and Ranches:

**Blue House Farm** – Our Community Supported Agriculture (CSA) program provides individuals and families with weekly boxes of organic, locally grown, seasonal fresh produce. Taking signups now for 2010 season. Contact: Ned Conwell and Ryan Casey, 2601 Cloverdale Rd., Pescadero, Phone: 650-879-0704 Email: [bluehousefarm@gmail.com](mailto:bluehousefarm@gmail.com); <http://www.bluehouseorganicfarm.com/>

**Green Oaks Creek Farm** – 2060 Green Oaks Way, Pescadero, CA 94060, Phone: 650-879-1009 Email: [paulandsteph@greenoakscreek.com](mailto:paulandsteph@greenoakscreek.com)  
Website: <http://www.greenoakscreek.com/>

**Harley Farms** – While the farm is still open for business, Dee and her staff have been busy with annual farm maintenance tasks. Farm dinners are in full swing this year – if you're interested in learning more, check them out on the farm's new website. Life's cycles are clearly illustrated on the farm with new baby goats due to arrive around Feb. 12, 2010 and the passing of Bart the llama (there will be a service for him on UPDATED: January 31<sup>st</sup>, 11am-1pm). On January 15-17, Harley Farms will be participating at the Fancy Farm Food Conference in SF followed by the Eco Farming Conference in Monterey January 20-23, 2010. 205 North Street, Pescadero, 94060, Phone: 650-879-0480, Website: <http://www.harleyfarms.com/>

#### **Markegard Family Grass-Fed Cattle and Lamb: Providing the community with locally born, raised and processed beef.**

We are now accepting orders for our 2010 share program! Shares of Half or Whole Lamb will be ready in March. Beef Shares will be ready in mid-summer. Due to the high demand for local grass-fed meat, please make sure to get your order form in early to reserve your share. Give us a call or e mail us and we will send you our latest newsletter and order form. **Our standards:** Never grain fed - Ranch is pesticide and chemical fertilizer free - Cattle are not given synthetic hormones or antibiotics No genetically modified organisms (GMOs) - Raised on a family farm - Cattle are not put in feedlots - Fed only the forage the range provides - Our grazing methods improve the biodiversity of the land. (650) 747 0205  
[doniga@designsbydoniga.com](mailto:doniga@designsbydoniga.com)

### Our Local Schools

#### School Meal Update—January 2010 – by Kathy Webster

A new year and some new and exciting things are happening in the school kitchen. We have added some new items to our menu, with great success. Since it is winter, I can't help but think of a nice bowl of soup to warm up to. We have added three new soup recipes—chicken and rice, minestrone, and beef barley. We have been serving our soups with a salad, and warm whole-grain rolls. Regina and I have a lot of fun making the soups. We use our industrial soup kettle and it cooks up enough soup for all four schools. For the minestrone, we used fresh vegetables, even some local butternut squash from our very own TomKat Ranch. This was delicious. Even the high school students stopped me to tell me how much they love the soups. La Honda wants the soup recipes. In fact, they had a great suggestion of a school cookbook as a fund raiser.

We continue to use as much fresh and local ingredients as possible. By utilizing seasonal fruits and vegetables, we are able to take advantage of produce that is at its prime, and it's easier on our budget. Right now we are serving up kiwi, clementines, and oranges. And just when they get tired of them, we'll be on to the next seasonal fruit.

Great news! We just received word that LHPUSD Food Program was awarded this year's Sustainable San Mateo County Award. The award recognizes San Mateo County businesses, community groups, and individuals that have demonstrated an outstanding commitment to bringing sustainable practices to their work. Nominees must demonstrate they are making positive contributions to the County's economy, environment and social equity. The food service staff, with the support of the School District and TomKat Ranch Educational Foundation, has worked hard to make this food program successful and this award helps recognize all of our efforts.

## What's Happening Around Town

Mike from Archangeli Grocery (Norm's Market) shared the following with us: "We have a new pepper-cot sauce which is wonderful as a baste for any meat or can also be used as a topping for cream cheese. Marchi Ranch local artichokes are in stock. Back in the Meat Department, Matt has a new pork sausage with feta and cheddar cheese. Don has created a new pie, Raspberry-Rhubarb. Come try our new bread, Parmesan Herb Ciabatta in a 1.5lb loaf."

### Bookshelves – Cooking, Gardening, Magazines



More Than Soup - Bean Cookbook By Anna Aughenbaugh (1990)

**From: December 28, 2008: Summit Daily News:** *"Can you summarize the book's story or intention?"*

**Anna Aughenbaugh:** Beans are an almost perfect food for today's health-conscious consumers. They are inexpensive, just one cup of cooked beans more potassium than one banana and more calcium and iron than 3 ounces of cooked meat. Serving beans with any grain product, such as rice or crackers provides a complete protein. My cookbook is intended to give cooks easy ways to fix healthy meals by showcasing the versatility of beans in 110 recipes in desserts, soups, salads and main dishes. This variety keeps meals from being boring — no more just pinto bean soup.

<http://www.summitdaily.com/article/20081223/AF/812239979/1021&parentprofile=1057>

From Sandra Stent: I found this neat little cookbook many years ago on the shelves at Phipps Ranch. As a newly cooking person, I was ready to try anything. The author filled her first few pages with a wealth of good information about cooking and cooking with beans. Very helpful tips as basic as the two methods of soaking beans: 1) overnight or 2) quick soak; to other considerations such as alkaline vs acid conditions: beans soften and tenderize in an alkaline base while acid will slow down cooking – therefore always add tomatoes or vinegar to your recipe when the beans are almost fully cooked. She also addresses bean's claim to fame: flatulence! Recommendations include: "Do not cook your beans in their soaking water as the complex sugars will be re-absorbed; Cook your beans slowly – they become easier to digest; Eat more beans – your body conditions itself to better digest them."

While I can't remember which recipes in here were my favorites, judging by the wear and tear on page 54, **Pinto Casserole**, seems to have been made many times. Published in 1990 by Starlite Publications in Ft. Collins, Co – I could only find some copies available for purchase on EBAY.

### Recipes, Menus & Health

#### **Beans, beans—not only do they taste great, but they are good for you! By Kathy Webster**

Did you know that bean eaters typically have a smaller waist and are less likely to be obese? Beans are naturally low in fat and high in fiber, and they are very high in antioxidants (these may protect your cells from the damage caused by free radicals, unstable molecules. Free radical damage may lead to cancer.). One cup of beans provides 13 grams of fiber (that's half of your daily fiber requirement for the day!). Beans are loaded with protein (about 15 grams per cup) and dozens of key nutrients—such as, calcium, potassium, and magnesium. Studies also tie beans to a reduced risk of heart disease; type 2 diabetes, high blood pressure, and breast and colon cancers. The key nutrients in each bean vary by type. Give your body a broader range and reap the anti-aging and disease fighting benefits by mixing it up. Red, pinto, and kidney beans are the highest antioxidant food, beating out both blueberries and cranberries.

Buying tips:

- Dried beans are inexpensive and easy to store. And, you can buy them locally at Phipps Ranch
- Canned beans are nice to have on hand and are ready to eat. Just remember to put them in a colander and rinse them well as they are high in sodium.
- When buying canned beans, avoid dented or bulging cans. Small dents and dings are okay, but if you find a badly dented or swollen can in your cupboard, or if a can spurts liquid when opened, toss it out right away using disposable gloves. When in doubt, throw it out.



### Western Heirloom Beans with Ham Hocks



1 lb. Phipps Ranch Western Heirloom Beans mix  
 2 Tbls. olive oil  
 1 yellow onion  
 2 cloves of garlic, chopped  
 2 ribs of celery, chopped  
 2 carrots, chopped

1 red bell pepper, chopped  
 2 leaves Dinosaur Kale, chopped  
 2 Ham hocks (meat counter in Norms Market)  
 1 packet of dried herbs( included in Heirloom Bean Mix )  
 6 cups water

Sort and rinse the beans. Put in a pot and cover with water. Soak overnight. Saute onion and garlic until soft. Add celery, carrot and bell pepper, and sauté a bit longer. To vegetables, add ham hocks, drained beans, herb packet and water to an inch over top of ingredients. Bring to a boil. Reduce to a simmer. Cook until beans are tender (I like them on the soft side). In the final 15 min. of cooking, add kale. Remove ham hocks from soup. Cut meat off the bone, chop and return to soup. Serves 6

I like to serve with warmed Seeded Sourdough Bread from Norm's Market or corn bread with butter and honey. Enjoy, Annie Fresquez



### Hearty Tuscan Bean Stew – Submitted by Kathy Webster From: [www.cooksillustrated.com/april](http://www.cooksillustrated.com/april)

In this recipe you soak the beans in salted water, which gives them softer skins and a creamier texture.

Table salt

1 pound dried cannellini beans (about 2 cups), rinsed and picked over  
 1 tablespoon extra-virgin olive oil, plus extra for drizzling  
 6 ounces pancetta, cut into ¼-inch pieces  
 1 large onion, chopped medium (about 1 ½ cups)  
 2 medium celery ribs, cut into ½-inch pieces (about ¾ cup)  
 2 medium carrots, peeled and cut into ½-inch pieces (about 1 cup)  
 8 medium garlic cloves, peeled and crushed  
 4 cups low-sodium chicken broth  
 3 cups water  
 2 bay leaves  
 1 bunch kale or collard greens (about 1 pound) stems trimmed and leaves chopped into 1-inch pieces (about 8 cups loosely packed)  
 1 (14.5-ounce) can diced tomatoes, drained and rinsed  
 1 sprig fresh rosemary  
 Ground black pepper  
 8 slices whole-wheat country bread, each 1 ¼ inches thick, broiled until golden brown on both sides and rubbed with garlic clove (optional)

Dissolve 3 tablespoons salt in 4 quarts cold water in large bowl or container. Add beans and soak at room temperature for at least 8 hours and up to 24 hours. Drain and rinse well.

Adjust oven rack to lower-middle position and heat oven to 250 degrees. Heat oil and pancetta in large Dutch oven over medium heat. Cook, stirring occasionally, until pancetta is lightly browned and fat has rendered, 6 to 10 minutes. Add onion, celery, and carrots. Cook, stirring occasionally, until vegetables are softened and lightly browned, 10 to 16 minutes. Stir in garlic and cook until fragrant, about 1 minute. Stir in broth, water, bay leaves, and soaked beans. Increase heat to high and bring to simmer. Cover pot, transfer to oven, and cook until beans are almost tender (very center of beans will still be firm), 45 minutes to 1 hour.

Remove pot from oven and stir in greens and tomatoes. Return pot to oven and continue to cook until beans and greens are fully tender, 30 to 40 minutes longer.

Remove pot from oven and submerge rosemary sprig in stew. Cover and let stand 15 minutes. Discard bay leaves and rosemary sprig and season stew with salt and pepper to taste. If desired, use back of spoon to press some beans against side of pot to thicken stew. Serve over toasted bread, if desired, and drizzle with olive oil.

## Recipes Submitted by Locally Produced Subscribers:

### Meredith Reynolds:

Hi, all - I just made a really good **Lentil Salad**, using the end of my CSA box - so it's a late autumn and dried lentil dish. The recipe comes from California Country, Nov - Dec 2009, published by the Farm Bureau. Their recipes have been good. The suggestion was to serve it under pan-fried salmon; I had some fresh-caught steelhead straight from the Klamath. This is a good, hearty salad alone and, thanks to the bell pepper and cucumber, refreshing. The recipe as written is huge. I cut it in half. I used local lentils which mostly disintegrated. Next time I'll use the recommended Umbrian lentils.

2lbs. Umbrian lentils  
1 red onion, diced small  
1 red bell pepper (I used a green), diced small  
1 cucumber, diced small  
1/2 cup diced sun-dried tomatoes  
1 bunch chopped Italian parsley  
1 1/2 cup virgin olive oil (I scrimped on this)  
1/2 cup white balsamic vinegar  
Kosher salt

Cook lentils 45 minutes; I monitored and found them cooked after 30 mins. Put in a colander, drain and shake to get out as much moisture as possible. Add vegetables, oil, vinegar, and salt, it took more salt than I usually use, but the lentils sop it up. I also added grated pepper. Let it sit for awhile if you have the time. Ages well in the refrigerator.

### Darolyn Gonzales:

**Turkey Chili** - This recipe is from "Clean Eating Magazine." I prepared it once as written but since have monkeyed around with it into a version that we enjoy more.

2# extra-lean ground turkey breast	Diced red onion
1 can non-fat chicken broth	Chopped celery
2 cans chili-style tomato sauce	Chopped carrots
4 T. chili powder	1 small jar jalapenos (optional)

My changes: Add: 1 – 15oz can of black or pinto beans (rinsed well before adding)

Reduce Chicken broth to 1/2 can

Replace chili-style tomato sauce with: 1 – 15oz can of Rotel Tomatoes (original) and 1 – 8oz can tomato sauce

Quantities: onion: 1 small; celery: 2-3 stalks; carrots: 10 small or 2 large

Brown turkey over medium-high heat. Working with a wooden spoon, break the meat into small pieces until the meat is thoroughly cooked. Pour chicken broth and tomato sauce (*or use my substitutes*) into meat. Add chili powder and vegetables. Bring to a boil. Cover and reduce heat to low. Let simmer for 10 to 15 minutes. Serves 8.

## Innovations, Tools & Gadgets

### **GREENHOUSE VEGGIES** by Flori Curran

Driving thru town looking at the gardens, I see empty beds or spaces that few months ago were filled with beautiful vegetables and big blooming flowers. I see a few of the cold weather varieties like broccoli, kale and swiss chard hanging in there but it's just not the same. As I sit here planning out next season's garden, I look out at my own garden and see its nakedness. To the right the greenhouse sits with tables inside empty. I then ponder on the thought of growing year round veggies. Why not? I do have a greenhouse. So experimenting I went.

I looked in my seed catalogs and found tomatoes and cucumbers specifically for greenhouse growing. So I couldn't help but buy a packet of each. You know, I have a bunch of left over 2009 seeds from the summer, "What the heck, I thought, let's plant them too - what have I got to lose!" So my once empty tables are now covered with six packs and 4 inch pots.

To my surprise when I came back from Christmas vacation I had seedlings coming up like spring time! My tomatoes, cucumbers, celery, cilantro, peppers and varieties of lettuce are coming up nicely. I had a scalloped squash growing but

it succumbed to fungus. But my prize plant is my pole beans. It's not as "hefty" as if they were grown outside during the summer but it's producing! Naturally when I saw all this the wheels began turning in my head. I have so many ideas and kinds of plants that I want to experiment with. Annie has even planted some of her leftover floral seeds and the place looks like HMB nursery. Her violas are absolutely gorgeous.



Greenhouse Tomato Plants



Green Pole Beans



Annie's Violas

So don't let your passion to grow things stop just because it's winter. You don't need a greenhouse building either. Get one of those 5-shelf portable greenhouses and a heat mat and you're set. Just keep in mind the space you'll need once the plants start taking off. Happy Growing.

### Custom Seed Starting...

Has reading Flori's article and seeing young plants growing got your gardening juices flowing again? Do you find yourself wanting to start your own seeds but don't have the time, space or equipment? Are you trying to do more of your purchasing locally? If yes is the answer to all of the above, keep reading!

Beginning this year at TomKat Ranch, Flori & Annie are offering custom seed starting for backyard gardeners. Using list of vegetable and flower plants that Annie & Flori have found to do well in our community – you will be able to select what plants you'd like to purchase and the quantity and when you'd like to have them ready for your garden. You can sit back while they do all the work for you. They will obtain seeds from reputable suppliers, start the plants, and then harden them off so all the plants will be ready for planting in your garden upon pickup.

Generally speaking, you can expect your plants to be ready in April, May & June – just at the right time, when the days are getting longer and you have a hankering to get your hands back into the soil. Some cooler crop varieties such as kale, swiss chard, broccoli, cauliflower and lettuces may be ready as soon as the end February, Early March. In the flower department, some spring favorites are: sweet peas, violas & pansies, calendulas, foxglove, nicotiana and baby blue eyes.

Prices: Jumbo 6-Packs (Veg & Flower) \$2.75

4" Annual Vegetable \$1.75

4" Annual Flower \$1.25-\$1.75

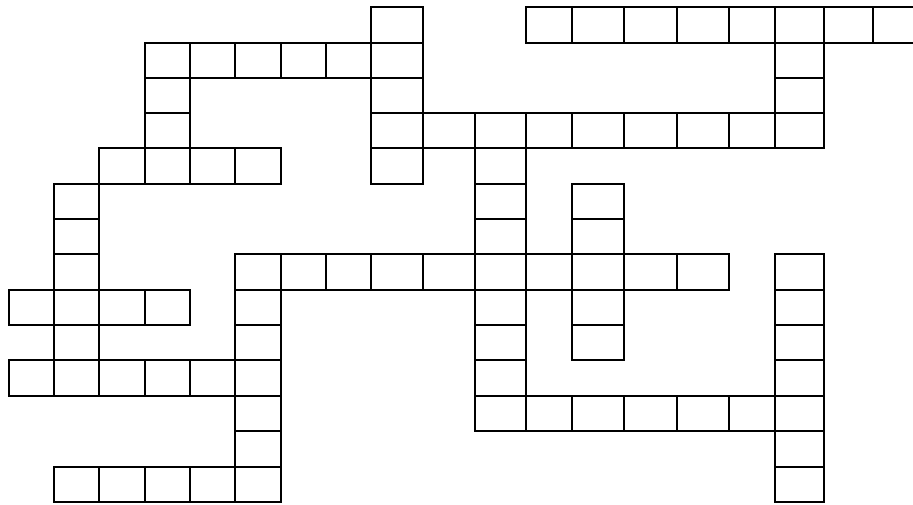
First come, first serve. For more information or to place your order, please contact Annie & Flori at 879-0530 or email [tkgardener@earthlink.net](mailto:tkgardener@earthlink.net)



Spring Veggies - Started from seed, hardened off and ready for the garden

## Budding Chiefs, Farmers & Gardeners

### Counted Crossword - Varieties of Dry Beans



#### 4 Letters

FAVA  
LIMA  
MUNG  
NAVY

#### 5 Letters

BLACK  
PINTO  
WHITE

#### 6 Letters

ADZUKI  
KIDNEY  
LENTIL

#### 7 Letters

ANASAZI  
CALYPSO  
SOLDIER

#### 8 Letters

GARBANZO  
PINQUITO

#### 9 Letters

APPALOOSA  
CRANBERRY

#### 10 Letters

CANNELLINI

## Backyard Gardens & Orchards

### Growing Dry or Shelling Beans

At this point of the newsletter, you've likely got the gist of this month's issue – Dry Beans! Wouldn't you love to look up into your shelves in the cold winter months and see a wonderful supply of beautiful bean varieties ready for hearty soups, chilis, etc.? Beans that you grew and harvested yourself, right in your own backyard? Amazingly, this is as easy said as done.

Beans are one of the simplest crops to grow in your garden once your soil is warm. The nice large seed is easy to handle and plant. If you have children that would like to help in the garden, planting beans are a great place to start. (Straight rows aren't everything – go for the wide row approach instead if things get a little wild). Once your plants are up, they don't ask for too much from you... an occasional picking off of menacing manbugs (aka spotted cucumber beetle), diligent gopher control, and a weekly inch or so of water.




As the season passes, the plants soon flower and then flowers turn to bean pods. Smile as you walk past them, they working two-fold, creating a winter food source for you and adding nitrogen to your soil in their roots. They won't look any better than they do now. As August rolls into September, the pods fill with full-size beans. The plants start to lose their green vitality and you don't need to water them anymore. Let them die back, completing their life cycle. When the pods are dry on the plant, it's time to harvest. My method was to pluck the bean pods off the plant and toss them into a paper grocery bag. Keep filling your bags until you're done harvesting; be sure to keep your varieties separate. I'd store my bags in a dry spot until when those Fall evenings got longer and longer. Then I liked to sit in front of our woodstove and shell beans. Running your

fingers through them all is pretty cool too. I'd store them in airtight clear containers so I could admire them up on my shelves. Very pretty and satisfying!



The hardest part about growing beans is trying to decide which ones to pick! You may have your old-stand by favorites like the small white navy bean or you may decide to choose something a little more exotic like



the yellow Tiger's Eye and the striking black and white Calypso . Phipps Ranch is a great place to learn about beans – you can see so many different varieties then take some home to sample. I've had great success with the navy, black, pinquito, motezuma red, appaloosa, cranberry and others. Beans seem to love our climate. Seed catalogs are a good source also, especially if you'd like to grow some heirloom varieties.

Seeds Savers Exchange: <http://www.seedsavers.org/Items.aspx?hierId=18>

Seeds of Change: [http://www.seedsofchange.com/Detail\\_Product\\_Results.aspx?q=beans&page\\_no=1](http://www.seedsofchange.com/Detail_Product_Results.aspx?q=beans&page_no=1)

Bountiful Gardens: <http://www.bountifulgardens.org/products.asp?dept=18>

## Orchards:

Dropping temperatures in the Fall trigger our fruit trees to drop their leaves and enter dormancy for the winter months. While they're resting up for Spring, it's up to us to take a good look at them while they're stripped and naked. Following the 3 D's of pruning, remove anything that is: Dead, Diseased or Damaged. If you feel your trees need more pruning than you feel confident doing, help is out there:

### Wegmans: Fruit Tree Care and Pruning Seminar

Our Annual Fruit Tree Care and Pruning Seminar will be held on Sunday, January 10, 2010 from 1 to 3pm at Wegman's Nursery. Mr. Ed and Matt Leddy, Professor of Horticulture at CSM will facilitate.

You will learn about: dormant spray chemicals and their applications; pruning demonstration of various trees; and the how, when and why to prune deciduous fruit and citrus trees. There will be a question and answer period and handouts will be provided.

Bring your pruners and wear weather appropriate clothing. There is no cost for the Seminar. Light refreshments will be served.

**Common Ground: FRUIT TREE PRUNING Kevin Raftery** Saturday, January 16, 2010 10:30 - 2:00

\$42, To register call 650-493-6072 or <http://fruittreep pruning.eventbrite.com/>

Learn how to maximize tree health, fruit production and dead wood identification. Espalier care also discussed. Meet at Common Ground, then proceed to a local orchard Ñ rain or shine. YOU BRING: pruning shears, bag lunch and a notebook. *Kevin is a Certified Arborist with a degree in horticulture. He teaches at Foothill College and has been associated with Common Ground for over 30 years.*

### Filoli: Fruit Trees

Saturday, January 30, 2010, 1:30 pm – 3:30 pm

Learn proper pruning techniques in Filoli's heirloom orchard, with emphasis on apples and pears.

Fee for this course: \$30 for members; \$35 for non-members

[register http://tickets.filoli.org/filolipub/member\\_login.aspx?eventID=7172](http://tickets.filoli.org/filolipub/member_login.aspx?eventID=7172)