

# Locally Produced

## Farms, Food & Gardening on the Southcoast

### La Honda, Pescadero & San Gregorio

Volume 19



October 2009

### Fresh from the Farm

#### Produce Stands:

**Phipps Country Store & Farm**— Open daily – Freshly harvested dry beans.

**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** – Community Supported Agriculture (CSA) Fresh locally grown organic produce – 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 & Ranch

**Green Oaks Creek Farm – Fall Masquerade - Festival & Fundraiser** - Saturday, Oct. 17<sup>th</sup> 1 - 11:00 p.m. - Local Art, Live Music, Farm Fresh Crepes, Local Brew, U-Pick Tomatoes, Raffle, Prizes, Farm Tours, Workshops - Fun for Kids & more - **Come celebrate the harvest with us!** 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** – 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.**

Plan your Fall BBQ using organic, local meat. We now have 10 and 20 pound family packs available. Call or e mail us for an order form to take advantage of our special family packs that will fit in your freezer. Also available: Ground Beef, Corn Beef, Liver, Bones and Individual Prime Steaks of Filet Mignon, Tri-Tip, Flank and Skirt Steaks. Orders are filling up fast! [doniga@designsbydoniga.com](mailto:doniga@designsbydoniga.com) or (650) 747 0205


#### Farmer's Markets:

**Coastside Farmer's Market** – Saturdays, 9am -1pm, at Shoreline Station (east side of Hwy 1, between Kelly Avenue & Hwy 92).

**Santa Cruz Famers' Markets** - We have two markets open year round for your shopping convenience. The Downtown Santa Cruz Farmers' Market is open rain or shine every Wednesday afternoon from 2:30pm to 6:30pm. Our weekend market is the Westside Farmers' Market and it operates every Saturday morning from 9am to 1pm.

### What's Happening in Town –by Annie Fresquez

*Last week we decided to have a staff barbeque at TomKat Ranch and test out hamburgers from our first harvested grassfed beef. Yum! I headed into town for condiments and while I was there checked out what's new around town.*

*At the Pescadero Country, my eye was immediately caught by the picture perfect  organic tomatoes from 5<sup>th</sup> crow farm, almost a crime to take a bite out of them. I also noted that Cindy changed the store's hours, staying open now until 7pm.*

*I have to confess, I'm in love with the meat counter in Norm's Market! Really, I am! The quality and fair prices I always find there, keep me coming back time and time again. Today I saw Jambalaya and Beef Lasagna in single servings, ready-made, just heat and serve. Mike let us know Sera is back making pumpkin pies again, ummm... and seasonal pumpkin butter is also available. Coming soon will be the store's Olallieberry jam. New pie for Fall is their Raspberry-Rhubarb. With Artichokes back in stock, Shirley is making an Artichoke-Spinach cream cheese spread.*



Caught Dee down at **Harley Goat Farm** and had a quick chat. She's using freshly available pumpkins to make Fromage Blanc Pumpkin Spice – a great spread on graham crackers for dessert. The Farm's fresh organic egg sales continue to do well with customers calling ahead to make sure they're available. As part of her commitment to Sustainable Farming and her community, Dee said they've been volunteering down at the middle and high school – currently working to fix up the snack shack.



**Phipps Ranch's** pumpkin display prompted me to pull in and take a peek. I'm wild about pumpkins too! They have some beautiful turban, banana and butternut squash; perfect for Fall recipes and decorations. Dried beans are in stock and plentiful! Over 50 varieties that they grow right here in Pescadero. Lovely display of peppers: pasilla, jalapenos and a variety of bell. Beet lovers rejoice – goldens now available. End of season fresh corn still coming in.

## Our Local Schools

### School Meal Program Update from Kathy Webster

Regina & I and the food service staff have just been astounded by the generous donations the school kitchen has been receiving from some of our local farmers. The variety of the produce donated has been incredible. It has been extremely exciting to include so much fresh and locally-grown produce in the schools' breakfast and lunch program.

We have incorporated the produce in many ways, such as whole-wheat zucchini muffins, homemade salsas (utilizing both tomatoes and tomatillos), scrambled eggs with zucchini and broccoli, fresh green salad with tomatoes, and fresh strawberries –yum!



An enormous thank you to **fifth crow farm** who has been coming by weekly with an abundance of produce after farmer's market day. Some of the foods they have donated include red baby lettuce (triple washed), heirloom tomatoes, summer squash, arugula, spinach, and tomatillos.

Thank you to **Double Dog Ranch** for sharing their delicious red tomatoes and cherry tomatoes. The students loved the addition of the backyard tomatoes in their Caesar salads.



We are very grateful to **Pie Ranch** for the gorgeous, sweet strawberries, squash, and golden cherry tomatoes, and wheat flour.

Lastly, we've been offered local produce at reduce prices from Orlando, **Ladybug Farms** and **Potrero Nuevo**. The delicious heirloom green beans from Ladybug were steamed and well-enjoyed by the students. We created homemade coleslaw from Potrero Nuevo's lovely red and green cabbage to accompany the Niman Ranch hotdogs being served that day.

With these donations and local purchases, the meal program has been able to not only save money, but also been given the chance to share with students the wonderful flavors of fresh and local foods. We are very proud of this unique opportunity being shared with the children in our community. Once again, heartfelt thanks to one and all!



## Bookshelves – Cooking, Gardening, Magazines

Yep, the magazine bug bit me again... Seeing this one on the rack in the grocery store did whet my appetite and tweak my curiosity... what could be inside? Yes, of course, I did a quick thumb-through like everyone does...the photos of tantalizing foods broke down the last of my resistance. Tossed that periodical right on top of my cart and headed for checkout quick before my common-sense kicked in- humming as I went, I skillfully tuned out that inner voice asking, “Really?? *“Italian Parsley & Beet Salad? Japanese Turnips with Miso???* Yeah, right”!



### **GOURMET Magazine September 2009 From A (Apples) to Z (Zucchini)**

The Ultimate Harvest Cookbook – Recipes for Everything in Season Right Now!

Seriously! Could you pass up that title?? Are you with me on this one? Yeah, couldn't wait to get home and crack it open! Planting myself in a comfy chair, with great anticipation, I flipped the magazine open. Persued the first few pages; Contents, okay, all right already, let's get to the good stuff; next section “You Asked for It” where Gourmet hunts down favored recipes that readers would like to have; yeah, yeah, yeah, where's the produce? Where's the Fruit? Next section: Good Living A-Z – What now? Under “G” a recommendation for the Garden Restaurant in Zurich – definitely not my world! What had I actually bought here?

Flipping pages, I continued onward... Ohhh, Finally! Here they are: Recipes A-Z!!! A – Apple Pie with Cheddar Crust – uh, maybe not for me, next... B - Broccoli Garlic Quiche – hmm, like broccoli, love garlic, but wait, in custard?? Nope. Next page please...C - Roasted Cauliflower with Kalamata Vinaigrette – picture was not tempting at all...next! D - Dill Chicken Paillards with Tomato-Dill Relish – Do you know what I paillard is? I don't... next! By now both you and my common sense know that I'm on the road to nowhere! These recipes are meant for a palate much more sophisticated than this simple ranch woman's. Not one to be called quitter, I boldly continued, my rose-colored glasses firmly in place, I WOULD FIND SOMETHING I MIGHT LIKE!! Finally, paydirt at H!



**Heirloom Tomato and Herb Pasta Salad (pg 51)** – I'm not sure what the ingredient “crème fraiche” is, but everything else sounded tasty, fresh and currently available.

¼ c. extra-virgin olive oil  
1/3 c. crème fraiche  
1 T. white-wine vinegar  
1 to 1 ½ t. sugar (optional)  
Salt & Pepper

2 lbs. mixed heirloom tomatoes  
2 T. finely chopped shallot (from 1 medium)  
1 lb. fusilli or other short spiral pasta  
¾ c. chopped mixed herbs (like basil, parsley, thyme, oregano and tarragon)

Whisk together oil, crème fraiche, vinegar, sugar (if using), 1 t. salt, and ½ t. pepper in a large bowl. Coarsely chop tomatoes and toss with shallot and dressing. Marinate until ready to use, at least 10 minutes.

While tomatoes stand, cook fusilli in a pasta pot of well-salted boiling water until al dente. Drain in a colander and immediately add to tomato mixture, tossing to combine. Cool to warm or room temperature (do not chill), tossing occasionally, then stir in herbs.

So, are you wondering how the rest of the alphabet went? Well, not so good... there was one that I might consider trying for Bob; in the Gourmet Entertains, C – Carmelized Chipotle Chicken (pg 74) – he does enjoy those hot peppers! For me, personally, this magazine's recipes were way over my head but if you enjoy blending unique ingredients and tastes, for \$4.50 this issue could be just the ticket for you. In the meantime, I'll stay on the prowl for the next undeniable purchase... “shhh...quiet down Common-Sense!”

## Recipes, Menus & Health

**The Last Bites of Summer!** Time to savor recipes that feature the ending season of our wonderful summer produce . We're sharing some of our favorite recipes from our garden harvests. Hope you enjoy them!

### **Roasted Summer Squash and Tomatoes – Kathy Webster**

My mom used to make this when I was growing up with fresh zucchini and tomatoes from our vegetable garden.

2-3 zucchinis (or yellow squash), sliced

2-3 tomatoes, sliced

¼ cup Parmesan cheese

2 T olive oil, divided

10 leaves of basil, chopped

Preheat oven to 350. In an 8-inch square baking dish, rub 1 tablespoon of olive oil to bottom of dish and arrange sliced zucchinis to cover the bottom of dish. Place tomatoes on top of zucchinis. Drizzle the rest of the olive oil over the top. Add grated parmesan cheese. Place in oven for approximately 15 minutes or until golden brown on top. Garnish with chopped basil.



### **Whole Wheat Pizza with Fresh Tomato and Roasted Golden Bell Peppers – Annie Fresquez**

1 Jar of your favorite Tomato and Basil Marinara Sauce

(I like Paul Newman's)

1 cup Grated Mozzarella Cheese

½ Cup Grated Parmesan cheese

2 Tomatoes sliced

Fresh chopped Basil

1 Whole Bell pepper, Roasted

Under broiler or on BBQ, roast the pepper until entire skin is blackened. Place roasted pepper in a paper bag, close tightly and let sit for 10 minutes. Peel blacked skin off pepper. Slice and remove seeds.

Preheat oven 425 degrees. Roll out pizza dough (see recipe below) on a cookie sheet coated with olive oil. Spoon on marinara sauce. Add remaining toppings. Garnish pizza top with fresh basil. Bake 10-15 minutes until crust is golden brown and cheese is melted. Enjoy!

#### **Whole-Wheat Pizza Dough**

1 package dry yeast (about 2 ¼ teaspoons)

¼ teaspoon sugar

1-½ cups warm water (100 to 110 degrees)

2 ½ to 2 ¾ cups all-purpose flour, divided

1-cup whole-wheat flour

1-tablespoon olive oil

1 ½ teaspoons salt

Cooking spray

Dissolve yeast and sugar in warm water in a large bowl; let stand 5 minutes. Lightly spoon flour into dry measuring cups, level with a knife. Add 2 ¼ cups all-purpose flour, whole-wheat flour, oil, and salt to yeast mixture, stirring until well blended. Turn dough out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).

Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), free from drafts, 45 minutes or until doubled in size. (Press two fingers into dough. If indentation remains, dough has risen enough.) Punch dough down, cover and let rest 5 minutes.

#### **Barbequed or Roasted Vegetables in Foil – Darolyn Gonzales**

4 -6 cups assorted of fresh vegetables such as: zucchini, onions, mushroom, tomatoes, garlic, peppers, even cabbage

¼ c. any kind of vinegar

Small amount of olive oil (about 2 TBS)

Seasonings: Trader Joes 21 Seasonings Salute, Mixed Grill, Cajun, or salt & pepper with Italian Seasonings

Opt: Parmesan Cheese

Large piece of heavy duty aluminium foil

Heat barbeque or oven (325 degrees). Slice or chop into chunks the fresh vegetables. Place veggies onto foil. Trickle vinegar and olive oil over top. Sprinkle with seasonings; add parmesan, if using. Foil up foil tightly and place packet on barbeque over indirect heat or in oven. Roast for about one hour.

## Minestrone Soup with Pesto – Simply Simpatico (Jr. League of Albuquerque)

Submitted by Sandra Stent

I've always loved preparing this soup at the end of the summer when my garden was at its best; I could gather almost all the needed ingredients right there, grown by my own hands. When I make this, I skip making the pesto; instead when simmering the vegetables, I add the spinach, herbs, and garlic. Other substitutions: fresh-picked green beans (quickly blanched) instead of frozen, fresh spinach chopped instead of frozen and when fresh tomatoes aren't available, I use a 28oz can of whole peeled tomatoes.

¼ c. olive oil	2 stalks celery, chopped
1 clove garlic, minced	2 carrots, diced
1 onion, finely chopped	2 potatoes, diced
1 leek, washed & diced (I never used)	1 -10oz pkg frozen green beans
1 T. parsley	12 cups water
½ t. dried thyme	12 beef boullion cubes
1 T. tomato paste	1 cup elbow macaroni or (orrechettte)
3 medium tomatoes, peeled, seeded, chopped	1 ½ cup kidney beans, cooked & drained
2 stalks of celery, chopped	Pesto (below)
2 carrots, diced	Parmesan Cheese

Heat oil; add garlic, onion, leek, parsley and thyme. Add tomato paste, tomatoes, celery, carrots, potatoes, string beans, water and boullion cubes. Simmer, covered, about 1 hour. Bring to boil, add macaroni and cook until tender, about 8-10 minutes. Add beans; heat. If more liquid is needed, add 1 cup water and 1 boullion cube. Serve with pesto and parmesan cheese.

### PESTO:

1 – 10oz pkg frozen chopped spinach, thawed & drained	1 T. parsley flakes
1 t. dried basil	4 T. salad oil
3 cloves garlic, minced	2 T. butter
	¼ cup Parmesan Cheese

Combine all ingredients in blender till smooth. Put 1-2 tablespoons in each bowl of minestrone. Pesto is also delicious over pasta.



## Innovations

### **COVER CROPPING by Flori Curran**

As I stepped out the door today, the chill in the air told me it was time to starting thinking about cover crops. My garden is just ending its last harvest and today I will be cleaning it out and getting it ready for the winter. Every year at this time, after I clear out my beds, I like to till it a bit with some organic matter and spread seed for a cover crop. After a while, especially after a big harvest, the soil tends to get "tired" and loses its "pop" shall I say.

Cover cropping benefits the soil by giving it more organic matter and putting in more nitrogen; it improves compacted soil, outcompetes weeds, encourages beneficial insects and worms, and pulls up nutrients up from the lower layer of the soil. I did a test last season where I did not cover crop a couple of beds just to see what happened. The beds without it were so impacted that I was about to call Martin to blow them up with the rodenator! They were that hard.

Cover crops are usually a grass or a legume. I use both - fava beans and a clover. Around spring time I'll till under the cover crops and get the bed ready for my seeds or transplants. I remember leaving one bed without tilling the clover and planted my brassicas right in it; boy did I have the most gorgeous cauliflower and broccoli I've ever grown!

So if you've never used cover crops try it, what have you got to lose? You may find out that you won't do without it ever again. Happy gardening!

## Backyard Gardens & Orchards

With the harvesting season for our summer produce slowly drawing to a close, have you found yourself with an overabundance of goodies fresh from the garden or your orchards? Have you exhausted all your regular channels for moving your goodies along to someone else (like your neighbors, co-workers and friends)? In light of all the donations and generous giving the School Kitchen has been receiving, I started wondering where else a home gardener or orchardist might be able to give away extra produce and fruit.

In addition to our local school kitchen, other places you might consider donating your fresh produce and fruit are: your local senior citizen center, women's shelter or even zoo! The Peninsula Library Site has an excellent listing for Food Resources – At [http://cip.plsinfo.org/PDF/FOOD\\_08.pdf](http://cip.plsinfo.org/PDF/FOOD_08.pdf), they've provided excellent contact details and have the information broken down by North County, Central County, South County and Coastside. Very helpful!

On the internet I found several reference sites: [www.ampleharvest.org](http://www.ampleharvest.org), [www.villageharvest.org](http://www.villageharvest.org), and [www.2nd-harvest.net](http://www.2nd-harvest.net). Stopping first at ampleharvest, I found it to be a very simple, user-friendly site – just type in your zip code and instantly organizations that accept local food donations are listed – all have good contact information – most have websites with details about what the organization does. For most of us in San Mateo and Santa Clara County, Second Harvest is the largest facilitator for food collection and distributions. Unfortunately, at this time, according to their website, they are not able to accept backyard donations because of the plague of the Light-Brown Apple Moth. Through one of their affiliates, it is possible for that sister organization to arrange to have some of their personnel to come out and harvest your goods and then with their certification, they are able to give the food to Second Harvest. The last site for the Village Harvest organization is currently accepting donations – the only drawback for most of us coastal gardeners is their site is over the hill in Mountain View. – Submitted by Sandra Stent

### **Village Harvest - Home Produce Donation Program**

<http://www.villageharvest.org/homeproducedonation.htm>

Too many zucchini or tomatoes? Too much fruit?

Recently, home garden donations have been restricted because of a [quarantine for the Light Brown Apple Moth](#), put in place to protect agriculture from the potentially devastating pest. These restrictions are being updated, and as of 9/4/09 food agencies qualified by the Santa Clara County Division of Agriculture may once again accept donations of home grown fruit and produce.

The Community Services Agency in Mountain View is currently qualified, and gardeners may drop off produce and fruit on the following days and times: M, Th 10-11:30am and 2-3:30 pm; Tu, Wed, Fri 2-3:30 pm through end of growing season at the **Community Services Agency, 204 Stierlin Rd., Mountain View, CA** ([Map](#))

Clean produce in ripe but firm condition only, please (no squishy tomatoes!). Additional agencies will be added as they are qualified by county agriculture.

Update 9/3/09: In the 4 donation days in August, CSA received about **2,000 lbs of produce from 50 donors** - thank you! The program has been extended through the end of the growing season.

#### **Frequently Asked Questions (FAQs)**

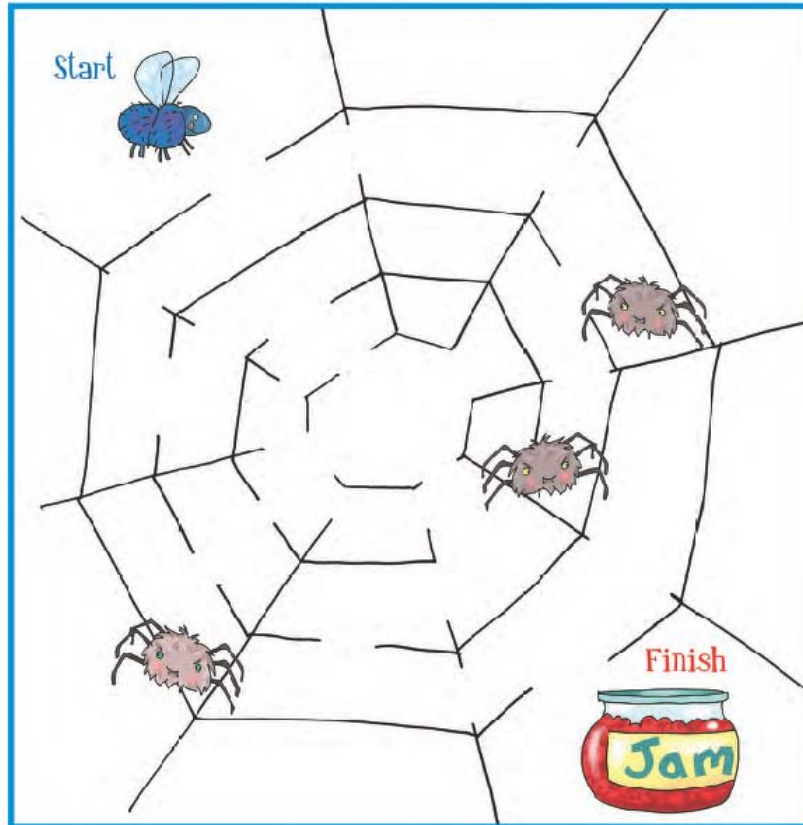
- What about other drop off locations and agencies?  
CSA is the only current drop off location and food service agency, but additional agencies in Santa Clara County may be added with the approval of the Division of Agriculture. (Interested agencies: please contact the Office Duty Biologist (408) 918-4600.)
- I'm in the Light Brown Apple Moth (LBAM) Quarantine Area - how does this affect my donation?  
Almost the entire populated SF Bay Area is currently under quarantine, and home gardeners are usually not permitted to move or donate their produce or fruit themselves. However, in this special program, Village Harvest maintains records required by agricultural authorities to comply with LBAM quarantine requirements.
- Are there any restrictions on what produce or fruit can be donated?  
Any edible, wholesome produce or fruit is welcome. Leafy greens are also welcome, but please remove leaves or stems from all other types of produce or fruit.
- How should I package and transport my produce or fruit?  
Please place your produce in a disposable container you can leave at the agency, such as a bag or box. Keep the container closed while moving from your home to the agency so there is no possibility a pest could escape during transport.
- What is the process when I drop produce or fruit off?  
Donations must be done in person, and there is a short form with your address and contact information. You may choose to receive a receipt from the agency; donated produce is eligible for a tax deduction.

## Budding Chefs, Farmers & Gardeners



### Bertie Bluebottle and the hungry spider maze

Can you help Bertie Bluebottle fly through the maze safely to reach the tasty jam. Watch out for those hungry spiders! They want to eat Bertie. Oh no!



[www.thekidsgarden.co.uk](http://www.thekidsgarden.co.uk) © 2009

### Upcoming Events

#### **Carbon Farming Workshop - Soil, Water & Carbon for Every Farm**

**Date:** October 30, 2009 10am-4pm

**Location:** TOTO ranch, located at 20080 Cabrillo Hwy S. Half Moon Bay, CA 94019. The ranch is 9 miles south of Half Moon Bay, on the east side of hwy 1. It is the only driveway between Tunitas Creek Rd. and Stage rd. There is a large gravel turn out on the west side across from Toto ranch.

**Cost:** \$75, \$65 Conexions member. \$25 for farmers and ranchers

**Description:** Agriculture operations can build soils that increase crop and pasture production and help address the growing opportunity for carbon sequestration. This one-day workshop will describe how you can improve your soils and increase the ability to harvest rainwater where it falls using a range of integrated regenerative agriculture techniques such as Keyline Design, Holistic Management, Soil Food Web, Integrated Agroforestry and other carbon farming strategies. Find out some of the solutions at this workshop!

**About the Instructor:** Darren J. Doherty of Australia is an International Farm Planner, Developer and Educator who will pull together a range of practical, cost-effective key insights from across the globe to help address some of the challenges we face such as: Low rainfall, reduced production, higher production costs, lack of topsoil and soil erosion.

**Registration:** [Online](#) or contact [Susan Osofsky](mailto:Susan.Osofsky) via email or phone: 650.938.9300 x18 For more information visit: [http://www.conexions.org/wordpress/?page\\_id=1270](http://www.conexions.org/wordpress/?page_id=1270) Thanks! Doniga Markegard [www.designsbydoniga.com](http://www.designsbydoniga.com) [doniga@designsbydoniga.com](mailto:doniga@designsbydoniga.com)