

Schreiber & Sons CSA

It's a Culinary Adventure

Schreiberandsons.com

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In your box next week, you might receive:

- Bell Peppers - mixed
- Tomatoes - mixed
- Watermelon
- Honeydew or some other kind of melon
- Sweet corn
- Potatoes
- Squash
- Swiss Chard for medium and large
- Tomatillos

What's in your box. We realize that sometimes we give you items that are challenging, this week that is Swiss chard and tomatillos. We try to help you with these items. At the end of the email is a long write up for tomatillos and card prepared by Tanya (my better half). There are additional recipes for these items on our website. The sweet corn is not organic, but the only pesticides used on the crop is an organic insecticide. The potatoes are conventional.

Farm Party Time!!!!!!!!!! We are having our Harvest Farm Party on September 11th. The Farm Tour starts at 3:00 pm; dinner starts at 5:30 and the bonfire starts after dinner. We hope that you can attend. There is one condition-you have to RSVP. Attached is the invitation.

Your Pick Up Sites. It seems that at one of the sites we had some tomato poaching. Someone, obviously not a CSA member, swiped the tomatoes. Sorry for those of you who lost our tomatoes last week. If you did not get your tomatoes, let us know and we can send you extras this week. Also, when you are parking at the drop site be sure to be thoughtful about your parking habits-do not park places that you are not suppose to. Do not block neighboring driveways or mailboxes. While I am on this topic, the pick up site hosts are volunteers. Be sure to express your appreciation for them accomodating the CSA (Thank you pick up site hosts!!!)

Add Ons. I have been a little remiss in not talking about Add ons. We have flour for sale... it is very good flour made from wheat grown in the Palouse and ground into flour in Spokane. We have not sold much lately and I would like to sale what we have in

stock. We have been selling it for \$5 for a five pound bag--but we are going to sell the remaining flour for \$4.

We also have Benton County raised beef. The source of our meat stopped being organic. The animals are still treated the same, no hormones, no antibiotics, still have access to pasture, but the big difference is that not all of their feedstock is organic. The meat that we have in inventory is a mix of the older organic meat (mostly hamburger) and the more recent non organic meat. Besides having lots and lots of hamburger, below is a list of the kinds of meat that we have. The meat has been priced at \$8 a pound for steaks and \$6 a pound for the roasts and hamburger. Our new price will be \$6 a pound for steaks and \$4.50 for roasts and hamburger.

	# of packages	
Chuck roast	2	
Top sirloin	16	
Soup Bone	9	
Rib steak	16	
Sirloin tip	20	
Top round	18	
Round steak	3	
Rump roast	4	
T-bones	13	

We also have Benton County pasture raised chicken eggs (\$4.25 a dozen) and the most wonderful Yakima baked breads (\$3.95 to \$4.95 per loaf.)

The Winter CSA.

We are going to have a Winter CSA this year/next year. It will start November 23 and will go approximately every other week through the end of April, a little over five months. There will be 12 deliveries (2 a month, with three in April). The cost of the CSA will be \$540 (half at the beginning and half at beginning of the year-unless you want to pay it all upfront.) The produce will be generated the following ways 1) field grown in the fall, 2) dried and stored items, 3) greenhouse production, 4) field grown in the spring and 5) we will purchase some items from local farms.

We are going to limit the CSA to seventy five members. Also, we are going to reserve the Winter CSA signup for our current CSA members though September. After September, we will open up enrollment to non CSA members. If you are interested in participating let us know. There is more information on the Winter CSA attached.

Regards

Your Farmer

Alan Schreiber

Tomatillo

Physalis philadelphica.

The tomatillo is a relative of the tomato and eggplant and a member of the nightshade (Solanaceae) family. In Mexico the fruit is called tomates verdes, tomates de cascara tomate milpero or fresadillas. In English, the tomatillo is also called the husk tomato, jamberry or ground cherry.

Tomatillos are small fruits that resembles a small unripe tomato and has a very tart flavor. The tomatillo averages 1 -2" in diameter and is enclosed in a husk that is light brown and paper-like. The fruit is usually green, but a slight yellow color indicates ripeness; tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The flesh is slightly acidic with a hint of lemon.

The Aztecs domesticated the tomatillo, but the fruit dates back to at least 800 B.C. In pre-Hispanic times in Mexico, it was preferred far more than the tomato (*Lycopersicon* sp.). However, this preference has not been maintained, except in the rural environment where, in addition to the persistence of old eating habits, the tomatillo's greater resistance to rot is still valued.

The Aztec word tomatl means something "round and plump". When Europeans came to the New World and documented the local foods, they often confused the food names. Thus, we are never quite sure which tomato writers were referring to—the tomato or the tomatillo. The confusion is carried on today. In many areas of Mexico the domesticated tomatillo is called tomate and the wild version called miltomate and what we know as tomato is called jitomate.

The tomatillo has been a constant component of the Mexican and Guatemalan diet up to the present day, chiefly in the form of sauces prepared with its fruit and ground chilies to improve the flavor of meals and stimulate the appetite. The fruit of the tomatillo is used cooked, or even raw, to prepare purees or minced meat dishes which are used as a base for chili sauces known generically as *salsa verde* (green sauce); they can be used to accompany prepared dishes or as ingredients in various stews. An infusion of the husks (calyces) is added to tamale dough to improve its spongy consistency, as well as to that of fritters: it is also used to impart flavor to white rice and to tenderize red meats.

The tomatillo never gained in popularity with Europeans and it was the tomato that was taken to Italy where it grew well in the Mediterranean climate. Today, the tomatillo has become more common in the U.S. as the Hispanic population has increased. About ten years ago the crop was industrialized in Mexico and agro-industries. About 80% of the Mexican production is exported to the United States as whole tomatillos, without a calyx and canned. The remainder is used in the preparation of packaged sauces for the domestic market.

Selection

The condition of the husk is often a good indicator when selecting tomatillos. If the husk is dry or shriveled then the fruit is probably not in good condition. Select unblemished fruit that completely fills its papery outside skin. If you peel back a small part of the husk, the fruit should be firm and free of blemishes.

Storage

If you grow tomatillos, you can pull up the entire plant and store in a cool, dark, dry area and remove the fruits as needed. Purchased tomatillos are best stored in a paper bag in the coolest part of the refrigerator and can keep up to 3 weeks. Tomatillos last a week longer in the refrigerator if the husks are removed and the fruit is placed in sealed plastic bags. The fruit can also be frozen after removing the husks. The easiest method is to clean and place in freezer-weight zip lock bags. When you want to use them remove as many as you like and thaw.

Preparation and Use

Remove and discard the papery husks from the tomatillo, rinse, dry and use per your recipe. Tomatillos are not usually seeded prior to use. Tomatillos in the husk are often used as decoration. The tomatillo is used cooked for sauces and stews, it can also be eaten raw in salsas or salads. Cooking enhances the flavor and softens its skin, but the result is a soupy consistency since the fruit collapses after a few minutes.

Medicinal Uses

In Mexico a concoction made of the flower calyces is used to treat Diabetes. The fruits are also used as a remedy for fever.

Recipes

Corn & Tomatillo Soup

Makes 8 servings

Each serving equals 1 cup of fruit or vegetables

Ingredients

1½ cup tomatillos

1½ cup onion, chopped

2 garlic gloves, diced

1 tsp margarine

3¾ cup whole kernel corn

1 cup frozen peas

4 cups low sodium chicken broth

1 Tbsp cilantro, chopped

4 oz diced green chilies

¼ cup spinach, chopped

1 tsp sugar

Sauté tomatillos, onion and garlic in with margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve.

Nutritional analysis per serving: Calories 128, Protein 5g, Fat 2g, Calories From Fat 14%, Cholesterol 2mg, Carbohydrates 25g, Fiber 4g, Sodium 113mg.

Tomatillo, Poblano and Heirloom Bean Chowder

Chef John Ash

This is a hearty (and healthy) soup with a rich Mexican flavor. Tomatillos add a tart, lemon-lime flavor. The poblanos add a smoky deep flavor and aroma which is even better if you char-roast and peel it before adding it in. Like all chiles, poblanos "heat" will vary so take a little taste before adding in the full amount and adjust accordingly. You can use whatever heirloom beans you want but my favorites are Tocamares Chocolate, Gigande or Christmas Lima.

Serves 6 to 8

- 1 pound halved and sliced lengthwise yellow onions
- 3 medium stemmed and seeded fresh poblano chiles, sliced into thin strips
- 1 tablespoon finely slivered garlic
- 2 tablespoons olive oil
- 2 cups husked and halved fresh tomatillos
- 1/2 teaspoon each whole fennel and cumin seeds
- 2 teaspoons dried oregano (Mexican preferably)
- 1/4 teaspoon ground cinnamon
- 1 1/2 cups diced canned tomatoes with their juice (Muir Glen brand preferred)
- 7 cups rich clear chicken or vegetable stock
- 2 cups cooked favorite heirloom beans
- Salt and freshly ground black pepper to taste
- Garnish: 3 tablespoons roughly chopped cilantro leaves, fanned avocado slices and drops of fresh lime juice

In a saucepan, heat the olive oil. Add the onions, poblanos, and garlic. Sauté until soft but not brown, about 5 minutes. Add the tomatillos, fennel, cumin, oregano, cinnamon, tomatoes and stock. Simmer gently for 10-15 minutes. Add the beans. Simmer to heat through. Correct seasoning with salt and pepper.

To serve, ladle into warm soup bowls. Garnish with chopped cilantro, avocado and lime juice just before serving.

Chili Suizas Bake

- 3 large poblano peppers
- 2 tablespoons extra-virgin olive oil, 2 turns of the pan
- 2 pounds ground turkey
- 1 onion, chopped
- 1 serrano, seeded and finely chopped
- 4 cloves garlic, finely chopped
- 12 large or 16 medium to small tomatillos, peeled, rinsed and halved
- 1/4 cup cilantro, a handful
- 2 cups chicken stock
- 2 teaspoons honey
- Salt and pepper
- 2 cups rice
- 1 lime, juiced
- 1/2 cup sour cream
- 3 cups lightly crushed tortilla chips --whole-grain tortilla chips, such as flax seed tortillas add a wonderful texture and flavor

1 cup shredded Swiss cheese, about 1/3 pound
1 cup shredded Monterey Jack cheese, about 1/3 pound

Begin cooking the rice. Place rice and 4 cups of water to a boil. Place on low heat and cover. Simmer until all liquid is absorbed.

Heat the broiler to high. Place the poblanos under hot broiler and char until blackened on all sides, 10 to 12 minutes. Leave the door of the oven cracked to allow the steam to escape. Place the peppers in a bowl and cover tightly with plastic wrap. Allow the peppers to cool enough to handle.

While peppers char, heat extra-virgin olive oil in a high sided skillet over medium-high heat. Add turkey and lightly brown, 3 to 4 minutes. Stir in onions, jalapeno and garlic and cook to soften onions about 5 minutes. While onions cook, chop tomatillos and cilantro. Pour the tomatillos into the turkey mixture and stir to combine. Stir in chicken stock and honey, season with salt and pepper and simmer chili 10 minutes.

When poblano peppers are cool enough to handle, remove seeds and chop, stir into chili. Remove chili pan from heat and stir in lime juice. Put rice into an 8x9 pan. Pour turkey chili mixture over the top. Add dollops of sour cream on top of the chili, placing spoonfuls evenly across the pan. Cover the pan with a layer of crushed chips and top with Swiss and Monterey Jack cheeses. Place under broiler until brown and bubbly. Serve hot, spooning out chili into shallow dinner bowls. This recipe makes a lot of food, we usually prepare about half. It is great hot out of the oven, but not a good leftover – tomatillos don't reheat too well unfortunately. Enjoy!

Tomatillo Salsa

2 lb. tomatillos, husked and rinsed
2 garlic heads, cloves separated but unpeeled
1-2 serrano chilies
salt to taste
2T canola oil
1 cup fresh cilantro leaves
juice of 2 limes

In grilling wok, toss together tomatillos, garlic, chiles, salt and oil. Set wok on grill; cook, stirring often until tomatillos are soft and starting to burst, and garlic and chilies are charred, 15-20 minutes. Transfer to bowl and let cool slightly. Remove stems from chilies; for a less spicy salsa, remove seeds. Peel garlic cloves.

Transfer tomatillos, garlic and chilies to blender; add cilantro and lime juice. Pulse until salsa is somewhat smooth, leaving some texture. Season with salt. Makes about 2 cups.

Swiss Chard

Beta vulgaris cicla

Swiss chard is a versatile leafy green with great nutritional benefits. Beta vulgaris is the common beet, which becomes chard with the appending of Cicla, from sicula, referring to both Sicily and a beet variety grown there. It is a vegetable valedictorian with its exceptionally impressive list of health promoting nutrients. Swiss chard is an excellent source of vitamins A and C, and also contains potassium and fiber.

The Swiss part comes from one or several sources. Some claim that Swiss was used to distinguish chard from French charde or chardon by nineteenth century seed catalogue publishers and the name stuck. There is an extensive Swiss national collection of leaf beet (and chard) genetic resources, which likely means the crop has some importance to the Swiss. As it turns out chard is the definite misnomer. Chard comes from the Latin and French words for thistle-which Swiss chard isn't, but cardoon is. Carde or chard came to mean the stalk or rib of some vegetables, such as chard or cardoon. And finally, the word Swiss Chard is popular among Mediterranean cooks but the first varieties have been traced back to Sicily. In the US the leaves are valued while European cooks value the stalks to the point of discarding the leaves or feeding them to animals. Swiss chard can also be found in northern Europe and South America.

Swiss chard, along with kale, mustard greens and collard greens, is one of several leafy green vegetables often referred to as "greens". It is a tall leafy green vegetable with a thick, crunchy stalk that comes in white, red or yellow with wide fan-like green leaves. Chard belongs to the same family as beets and spinach and shares a similar taste profile: it has the bitterness of beet greens and the slightly salty flavor of spinach leaves. Both the leaves and stalk of chard are edible, although the stems vary in texture with the white ones being the most tender. Swiss chard is extremely versatile

Health Benefits

Swiss chard has concentrations of vitamin K (306.3% of the daily value in one cup, cooked), vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard also emerges as a very good or good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorous, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid.

Use

Swiss chard can be used interchangeably with spinach, raw or cooked. It is also my favorite when "greens" are called for in just about any recipe as I have never found bitterness in this vegetable (though the formal explanations claim it is detectable). Chard holds its shape better than spinach when cooked and takes a bit longer, so is excellent as a stand-alone or in stir fries because it really doesn't get mushy. I cook the leaves and stems together (cutting the stems into small chunks) but many recipes call for the leaves or stems exclusively. Chard stalks are good slow-cooked or baked with a cheese sauce.

