



October 2009

green string farm news

Farm News

In the Store

- cabbage
- napa cabbage
- green Swiss chard
- lacinato kale
- lettuce
- purslane
- spinach
- beets
- carrots
- all-red potatoes
- red lasota potatoes
- russet potatoes
- yellow finn potatoes
- garlic
- leeks
- white onions
- artichokes
- corn
- eggplant
- bell peppers
- cayenne peppers
- Hungarian wax peppers
- jalapeño peppers
- pimento peppers
- padrón peppers
- serrano peppers
- tomatoes - 12 varieties!
- apples
- figs
- grapes
- pears
- muskmelons
- watermelons
- fresh herbs
- ground beef
- beef cuts
- cheese
- eggs

Summer's finally winding down, but there's still plenty of farmy excitement going on! We've just started harvesting our melons and figs, and the peppers and eggplants are still going strong. This month we'll see the end of the heirloom tomatoes, as well as the beginning of winter squash.

This is the last month of the Petaluma Farmers Market in Walnut Park. We've been there every Saturday afternoon this season, with the very best of our produce. If you're near downtown Petaluma, check out our stand at the market while it's still there!

If you want to get more involved with Green String, or just want to hang out at the farm, mark these dates on your calendar: the first Saturday of each month we offer farm tours, the third Saturday of the month we have activities for kids and families, and every Thursday we have community workdays! We're also planning a special event for Halloween. Find out more at greenstringfarm.blogspot.com or join the mailing list to receive announcements.

Canning Revival

Summer crops are fading fast and winter's just around the corner. Unless you can stand to go months on end without even a hint of tomatoes, berries, peppers, cucumbers, peaches, plums, pears, or any of those other wonderful warm-weather fruits and veggies, it's time to get serious about preservation.

Some crops, like peppers and herbs, take very well to drying. For the most part though, our best way to protect produce from the ravages of time is canning. By using the right tools and ingredients, almost anything can be safeguarded from harmful microbes.

Here at Green String, canning season is serious business. Our canning task force leads interns in the commercial kitchen at Jacuzzi Winery to make beautiful salsas, sauces, jams, jellies, marmalades, and preserves from some of summer's most exciting fruits and vegetables. The canned section of the farm store is quickly filling up with mason jars of every color.

Why not try some sun gold tomato marmalade? Or maybe padrón salsa verde? We're sure you won't be disappointed. Just make sure you save a couple jars for the middle of winter -- when you really need that taste of summer.

Blistered Padróns

Isn't it great when the traditional way of cooking something is also the easiest? This quick treatment for whole padrón peppers is a great way to start off dinner for company. Watch out though -- most small padróns are mild, but about one in ten packs some heat! *Serves 4*

- cooking oil to cover bottom of pan
- * 12 padrón peppers
- * coarse salt, to taste

1. Heat oil in a skillet over high heat.
2. Add peppers and toss to coat.
3. Cook, turning (or tossing) occasionally for evenness.
4. When peppers are blistered on all sides, sprinkle with coarse salt and serve.

Fresh Tomato Soup

This light, fragrant soup is great either hot or cold. Try it with different heirlooms and other tomatoes, as it'll bring out each variety's unique flavor. *Serves 4-6*

- * 3 very large heirloom tomatoes or 6 small-medium tomatoes
- 16 oz homemade vegetable broth
- * 1 bunch green or purple basil
- 1 tablespoon butter
- 2 teaspoons salt
- pepper, to taste

1. Peel the tomatoes by blanching them for one minute, then immediately plunging into cold water. Skins should come off easily. Cut the tomatoes into wedges.
2. Place the tomatoes, broth, and basil in a saucepan, cover, and bring to a simmer. Continue to cook 15-20 minutes, or until tomatoes are thoroughly cooked. Remove from heat.
3. Purée with a stick blender. Add butter, salt, and pepper.
4. Serve once butter has melted, or chill to serve cold.

Roasted Eggplant

Eggplants can be difficult to cook when they're too mature -- all those seeds make for a bitter flavor. Go for smaller, freshly-picked eggplants for unbeatable flavor and texture. *Serves 4*

- * 2 eggplants
- * olive oil to coat
- salt, to taste

1. Slice eggplants into 1/2-inch rounds.
2. Arrange on a baking sheet, leaving space between each slice.
3. Drizzle liberally with oil, sprinkle with salt, then flip and repeat on the other side.
4. Bake at 425°F for 20-30 minutes, or until eggplant is very soft.