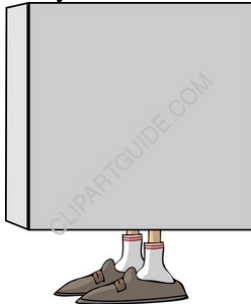


## Farm and Member News

**Fruit Boxes Walking Away!**—Nancy Bernhardt notes that the cardboard fruit boxes she uses in the fruit refrigerator have been disappearing. The boxes do belong to Nancy and Bob, so if you have one, could you please return it to the fridge? Thanks very much!



*“Ah know ah seen one o’ them boxes just roundin’ the corner!”*

**New Goodies from Indian Orchards**—It’s that “fallish” time of year, and yes indeedy, the autumn fruits are starting to come in (where in the world did this summer go??)! Nancy and Bob Bernhardt have several varieties of apples already—*Gala, Smokehouse, Jonathan*—as well as *Bartlett pears* (I can tell you they’re yummy and sweet!), *raspberries* (be still, my beating heart), and as yet a few blackberries. You can pick your own fruit at Indian Orchards, or buy some at Red Hill Farm.

**Anyone for Fencing?**—Chris says we’re definitely having another day devoted to finishing the deer fence. So please do volunteer to help when you get his email! We are a communal organization, and to maximize our harvest, we all need to pitch in and help get the most necessary tasks done. As Amy said, the critters (read “deer”) are going to continue to eat our crops till the fence is complete, and the weather over the winter and spring prevented the Farm crew from finishing it on their own (as I explained a while back). But many hands make (relatively) light work!



*Who would you rather eat these, you or the deer???*

**Crops to Anticipate**—Lots of goodies in the offing! Like *raspberries*, an absolutely heavenly fruit! And we’ll be getting *tomatillos*, those strange “sort-of tomatoes” (they’re really not) that are the basis for *salsa verde* (oh joy!). And, for all you chile-heads, the *hot peppers* are starting to come in! How do you know if you’re a chile-head? See if this description matches you: **“Chile Lovers are Happiest When in Pain”**—*“Your mouth ignites. Your lips are ablaze. Your tongue smolders. Your face is flushed. Your eyes water. Your nose drips. You sweat. You’re in ecstasy? Ah...you’re eating hot chile peppers.”* ([source](#)) Chiles, despite being called “peppers,” are actually not related to peppercorns but are part of the *Capsicum* genus, which is in the deadly nightshade family (as also are potatoes, tomatoes, etc.).



*Habanero peppers* ([source](#))

What makes a hot pepper hot is the amount of *capsaicin* it contains—the more capsaicin, the hotter the pepper. It is thought that *Capsicum*, native to Mexico, developed high levels of capsaicin as protection against predatory mammals, who dislike the hot sensation. According to Wikipedia, however, birds are unaffected by the heat and hence will eat the peppers and spread their seeds ([source](#)).

The hotness of chiles is measured in *Scoville units*, a scale developed in 1912 by Wilbur Scoville. A bell pepper is zero on the Scoville scale—it has no hotness at all. We’re growing two types of jalapeno pepper—jalapenos measure between 2500 and 10,000 Scovilles. (That’s beyond my capacity already!) We’ll also be getting Thai Dragon peppers that clock in at 40,000 Scovilles. But wait!—we are growing habanero peppers as well, and Chris says they’re up around 300,000 Scovilles! Yikes! The hottest pepper ever recorded was a habanero, and it measured 577,000 Scovilles. Pure capsaicin is—are you ready?—16,000,000 Scoville units. **Cowabunga!** For lots of interesting info about chile peppers, see [here](#).

**Salsa Verde**—this is made with *tomatillos* (and some hot peppers usually, though they aren't necessary). The tomatillo (or "husk-tomato," *Physalis philadelphica*) looks like a green tomato enclosed in a papery husk, but actually tomatillos are related to gooseberries! Like chiles, the tomatillo is part of the nightshade family (*Solanaceae*), though obviously the whole family isn't deadly!!! Tomatillos have an indescribable taste that nothing else can replace. Green tomatoes just won't cut it. So do give them a try if you never have done so before!



- ❖ 1½ lbs tomatillos, husks removed and tomatillos washed (they have a slight stickiness to them which is normal)
- ❖ ½ cup chopped onion
- ❖ ½ cup fresh cilantro, chopped
- ❖ 1 tbsp fresh lime juice
- ❖ ¼ tsp sugar
- ❖ 2 jalapeño peppers, stemmed, seeded, & chopped (use rubber or vinyl gloves to handle cut peppers)—or you can do peppers to taste
- ❖ salt to taste

Cut husked and washed tomatillos in half and place cut-side down on a foil-lined baking pan. Put under preheated broiler for ~5-7 min to lightly blacken the skin. Put tomatillos, lime juice, onions, cilantro, peppers, & sugar in food processor or blender & pulse till finely chopped & mixed. Season w/ salt & cool in fridge. Serve w/ chips or to accompany Mexican dishes. Makes 3 cups. ([source](#))

**Guacamole with Roasted Tomatillos**—makes 4 cups

- ❖ 12 medium tomatillos (~1¼ lbs), husked & rinsed
- ❖ ½ cups finely chopped onion
- ❖ ½ cup finely chopped cilantro
- ❖ 4 serrano chiles, seeded & minced (~2 tbsp), or to taste
- ❖ 2 tbsp fresh lime juice
- ❖ 2 lbs avocados (3-4 large), peeled, pitted, & coarsely chopped

Preheat broiler. Put whole tomatillos on foil-lined baking sheet & broil till just blackened in spots & tender, ~5-8 min on each side. Combine onion, cilantro, chiles, & lime juice in bowl. Add tomatillos & any juices from baking

pan to onion mix. Using fork, mash coarsely. Add avocados & mash w/ fork till coarsely puréed & some chunks remain. Season w/ salt. ([source](#))

**Creamed Tomato Soup w/ Cognac**—one of the joys of moving (ya gotta take 'em where you can get 'em!) is rediscovering old cookbooks that have been in storage. One of those I've just found in Anna Thomas's *The Vegetarian Epicure* (New York, 1972), the book that introduced me to vegetarian cooking/eating.

- ❖ 3 lbs ripe tomatoes [any kind]
- ❖ 1 large onion [or a few smaller ones]
- ❖ 3 oz butter [or equivalent in oil]
- ❖ chopped fresh basil leaves
- ❖ 1 pint cream [or try thick cashew milk]
- ❖ 1 tsp brown sugar
- ❖ 4-5 tbsp cognac
- ❖ salt/pepper to taste

Scald tomatoes briefly in boiling water, then put in ice water. Slip them out of their skins. Chop coarsely & mash in bowl. Chop onion. Melt butter in soup pot; add onions when it begins to brown. Stir a bit, then add tomatoes & a few tbsp [or more] of chopped basil leaves. Simmer ~½ hr, then sieve till only the seeds are left. Heat sieved mix through. In another pot, heat cream & sugar till almost boiling. Stirring w/ wire whisk, pour heated cream into soup, which **must not** be boiling at that point. Now add cognac, season w/ salt/pepper to taste. [Alternatively, you can blend the tomato mix, rather than sieving it, though this will slightly alter the thickness of the soup. If you use the blender, you needn't skin the tomatoes unless you want to.]

**Potatoes Romanoff**—6-8 servings

- ❖ 6 large potatoes, peeled [or not], boiled, & cubed
- ❖ 2 cups large-curd cottage cheese
- ❖ 1 cup sour cream
- ❖ 2 cloves garlic, minced
- ❖ 1 tsp salt [or to taste]
- ❖ 2-3 scallions, chopped
- ❖ 1 cup grated cheddar cheese
- ❖ paprika

Cut potatoes into small cubes & combine w/ cottage cheese, sour cream, garlic, salt, & scallions. Turn mix into greased casserole & sprinkle cheddar on top. Add a little paprika & bake at 350 for ~½ hr. Serve. (Anna Thomas)

*"Opportunity is missed by most people because it is dressed in overalls and looks like work."*  
Thomas Edison