Mole Verde de Pepita with Radish Leaves

Submitted by shareholder Laurie Rothstein
Adapted from Diana Kennedy's The Cuisines of Mexico and The Essential Cuisines of Mexico

This recipe is originally intended as part of a duck stew. I usually make a chicken stew, creating first an extra-strength broth by roasting the chicken with any giblets/flavorings/veggies in a shallow bath of broth and a bit of white wine, and then separating the cooked solids from the liquid, reserving both. I then tear the meat into bite-sized pieces and re-heat it in the mole sauce to serve. You can also make a vegetarian stew or serve the sauce over fish. However you do it, you will get, quoting Kennedy, “a lovely, smooth, pale green sauce, thickened with pumpkin seeds and subtly flavored with herbs—a true classic of the cuisine of central Mexico.”

RECIPE—Makes about a quart of sauce, enough for about 2 pounds of meat

2–3 cups good quality broth (veggie or chicken, home made; if packaged, I recommend “Health Valley.”)

Finely grind:
- 3/4 cup hulled unsalted raw pumpkin seeds, lightly toasted until they swell, not burn
- 6 whole peppercorns
- 3/8 tsp whole cumin seed

Use food processor or blender to puree:
- 1-1/2 cups grilled/pan-toasted/broiled/boiled tomatillos, or use drained canned product
- fresh hot green chile peppers to taste, chopped
- 1/4 medium yellow onion, chopped
- 1 medium clove garlic
- 3 sprigs epazote (opt'l) (can substitute a little marjoram)
- 1/4 bunch fresh cilantro
- 1 bunch radish leaves or other greens
- 2 large romaine leaves, torn, or other greens

Heat:
- 2–3Tbsp olive oil or reserved chicken/duck drippings in a pan. Add the puree and cook about 10 minutes over high heat until it is reduced and the raw taste is gone, stirring occasionally to prevent sticking/burning. Lower the flame and gradually stir in about 2 cups broth and the ground seeds and spices. **Do not let it boil.** Add more broth if necessary as you continue stirring and cooking for about 20 minutes until all the flavors are developed and sauce thickly coats the back of a spoon. Adjust seasoning and add salt to taste. Stir in the meat and/or veggies to warm, or serve sauce over fish.

August 14–18, 2005 (Distribution #10)

Upcoming Farm Events:

Garlic Potluck and Cleaning Day
August 21, 12:00 noon
Bring family, friends and scrub brushes to sit in the shade and clean and sort garlic with the farm staff. We’ll start at noon with a potluck lunch featuring garlic-inspired dishes, then adjourn to a shady spot to clean the lovely bulbs and sort them by size. We’ll talk about garlic varieties and growing techniques—let us know what your favorites are! **Bring your own hand clippers and plastic-bristled scrub brushes if you have them.**

Third Sunday Gathering
August 21, 4:00 PM
Meet at the picnic table by the distribution shelter to talk about what’s happening in the fields. We’ll take a walk around the farm, check out the progress of the crops and the fields, and answer questions as we go.

Harvest and Weeding Help
Sundays, Tuesdays, Thursdays: 8:30 and 1:30
Wednesdays: 8:30 only
Come out and get your hands dirty! Join the farm staff and volunteers for an hour or a day as we harvest the season’s bounty or hoe the crops you’ll be eating in a few short weeks. You’re sure to appreciate the food you eat that much more after a morning or an afternoon on the farm. All ages are welcome.

Hope to see you here!

--- Amanda, for the farm crew

Kennedy notes:
“Take care not to use more than 3/4 cup of pumpkin seeds or the sauce will become too thick. If you have the mole over too high a flame and it becomes grainy, simply pour it back into the blender and blend until smooth. . . . The sauce should not be very picante; it should leave just a pleasant afterglow in your mouth.”
**Fresh Tomato Pasta Sauce**  
*Submitted by shareholder Laurie Delano*

1 to 1 1/2 pounds ripe tomatoes, about 3 large tomatoes  
2 garlic cloves, peeled  
3 tablespoons olive oil  
1/4 cup chopped fresh basil  
1/2 teaspoon salt, or to taste  
black pepper, to taste  

If desired, peel tomatoes by cutting a small "x" in the base and dropping into boiling water for 20 seconds (I just used my pasta water before I added the pasta). Use a slotted spoon to remove from the water as soon as you see the skin curling up. Then just pull off the skin! In a food processor, combine garlic, tomatoes with juice, 3 tablespoons olive oil, and basil. Pulse quickly to chop roughly. (You can pulse more for a smoother sauce.)  

Transfer to a bowl, add salt and pepper and add to hot pasta. (You could also heat it through in a pan at this point.) Top with parmesan cheese and enjoy!

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**Cold Cucumber Soup**  
*Submitted by shareholder Alexis Sauer-Budge*

4 large cucumbers  
4 scallions, white only and sliced (can also use onion)  
2 tablespoons butter  
1 tablespoon oil  
2 tablespoons flour  
2 1/2 cups chicken broth  
1/2 cup milk  
1 1/2 tablespoon fresh lemon juice  
2 teaspoons dried dill (or fresh)  
1/2 teaspoon salt to taste  
1/2 teaspoon white pepper  
2 cups yogurt  
1/2 cup chopped fresh mint for decoration  

Peeel, seed and slice the cucumbers. In a heavy 10–12 inch skillet sauté the cucumber and scallions in the heated butter and oil for about 10 minutes, stirring occasionally. Stir in the flour and cook slowly 3–4 minutes, stirring frequently. In a 1–2 quart saucepan, heat chicken broth and milk and stir this slowly into the cucumber mixture. Add the strained lemon juice, dill weed, salt and pepper. Simmer gently stirring for about 10 minutes until thickened. Put in blender until smooth. Cool completely. Add yogurt, taste for seasoning, cover, and chill soup for at least six hours. Serve chilled and garnished with chopped fresh mint.

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**Tomato Soup with Indian Spices**  
*Submitted by shareholder Jeanine Jenks Farley*

8 medium tomatoes  
3.5 cups water  
1/2 teaspoon butter  
1/4 teaspoon pepper  
1/4 teaspoon chili powder  
1/2 teaspoon cumin  
1/4 teaspoon ground ginger (or minced fresh ginger)  
1/4 teaspoon garlic powder (or minced fresh garlic)  
salt to taste  
plain yogurt, for garnish  

1. Cut the tomatoes into quarters. Cover with water. Bring to a boil. Cook until tomatoes are tender.  
2. Add other ingredients. Mash tomatoes as needed.  

That's it! Simple and tasty. If you are a purist, you can strain to remove tomato skins and seeds.

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**“Asian” Marinated String Beans**  
*Submitted by newsletter editor Kathy Diamond*

Steam string beans until they’re bright green and al dente but cooked through. While they’re hot, pour a vinaigrette over them made from a little bit of each of the following, and serve them hot.

olive oil  
lemon juice  
soy sauce  
garlic powder  
sesame oil  
sugar  

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Community Farms Outreach is a nonprofit organization dedicated to farmland preservation, hunger relief, and education.