



WEEK OF JANUARY 14TH, 2019 #3/52



Pizza Party at the Farm

I just spent a great morning with a group of high school students from SF. This is their project week and this group's project was cooking all week. Their teacher, Ted, is a CSA member, and was part of the pizza oven build team. He really wanted his kids to have a chance to come up to the farm, see where his food is grown and make pizza in our oven. Quite a risky gamble in January, but we got a break in the rain, and actually had blue skies and no wind! We took the kids out for a nice muddy walk around the farm. Got to show them the before and after chicken pastures. Picked and tasted some Tangelos and Pomelos, and harvested a bunch of Chard they would use the following day. Then back to the garden for Pizza! A little bit of low enthusiasm to start, until they tasted their first pizzas. Attitudes changed immediately and the excitement level soared! It is so great watching this transformation, knowing that they were suddenly filled with pride for their pizzas. We ate pizzas as they came out of the oven, standing up, and working on the next rounds. What a treat it was to have them up to the farm. And the best part was when Ted told them this is his farm, that made my day!



Member Profile: Bernal Cutlery

CSA members Kelly and Josh opened Bernal Cutlery in 2005. Having great knives makes cooking a true joy. Their staff is exceptionally knowledgeable. I thought this might be of interest for many of you, after all we are all cooking!

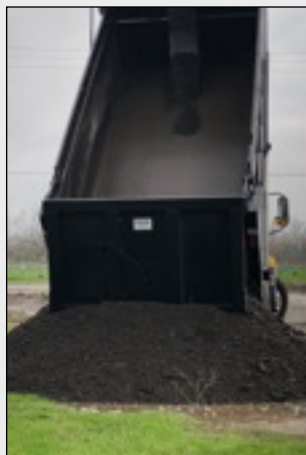
"My name is Josh and my wife Kelly and I run Bernal Cutlery's knife shops and sharpening services here in SF and Oakland. We have been Eatwell Farms members for nearly 10 years. Eatwell Farms has nourished our growing family all these years and been more than just a source of great food but a source of inspiration.

Our business Bernal Cutlery relies on a network of relationships between our customers, the craftspeople that we get knives and sharpening stones from and our own crew. Being part of people who love what they do and dig deep into their craft is exciting and comes through in the work they put forward. Good food is all about a network of relationships starting in the soil and ends with hundreds of paths crossing to form a good meal. We're grateful our knives and edges get to be a part of that and people get to appreciate a good sharp knife preparing healthy food raised by good people. We love Eatwell Farm!"

If any of you need your knives sharpened, or maybe you need a new one, please consider visiting Bernal Cutlery and support our community! The San Francisco location is at 593 Guerrero Street and is open 10-6 Mon-Sat, 11 to 5 on Sunday.

The Oakland store is at 308 40th Street, and is open Mon, Thurs, Fri, Sat from 10-6 and 11 to 5 on Sundays. Or visit their website is bernalcutlery.com

Road Rock



Nigel had a rock connection in his phone, "Road Rock Edward." However, this morning we had a company come to our farm because they are overflowing with "recycled asphalt," and they wanted to know if we could use any. To be honest, I don't know what a good price is. I know what Nigel paid years ago for rough rock straight off the job rebuilding I-80. This is nicely chopped up into smaller pieces, and our yard is in desperate need. So I went for it. Two trucks came in and dumped their trailers and hopefully we can get



our yard straightened up. I am hoping we can get a few more deliveries out onto the farm road and get that taken care of too, but right now the farm road is way too wet for these heavy trucks.

Oh No, The Fruit!

A couple of weeks back, Andrea and I were packing up the satsumas for the CSA boxes. She opened up the first box that we bought, and found quite a few had rotted. Then moved on to another box, and then another, and then another, all the same. Fortunately, we had enough fruit to get us through the first day, which gave the crew time to pick what we had out in our orchard for the next day. This time of year, a lot of rain followed by frost can do damage you don't see. What looks like perfect beautiful fruit will literally degrade in a few days, but you won't know that until it happens. It is heartbreaking opening boxes and seeing those delicious Satsuma gone to waste. But as Nigel always said, "farming is a gamble".

RECIPES AND IDEAS FROM LORRAINE

Cold Noodles With Chile Oil and Citrusy Cabbage

Serves 4-8 | Takes 35 minutes

Recipe by Alison Roman From NYT Cooking

For The Noodles:

½ cup Canola or Grapeseed oil
1 tablespoon Fennel Seed
1 tablespoon Red-Pepper Flakes
2 Garlic cloves, very finely chopped
1 tablespoon Sichuan Peppercorns (optional)
1 Star Anise (optional)
1 pound Udon, Soba or Rice Noodles
2 tablespoons Rice Wine Vinegar, or fresh Lemon or Lime juice
Kosher salt and ground pepper

For The Citrusy Cabbage:

½ head Cabbage, very thinly sliced
Kosher salt and ground pepper
¼ cup fresh Lemon and-or Lime juice
1 tablespoon finely grated Lemon and-or Lime zest
2 tablespoons Olive Oil

For The Tahini Sauce:

⅓ cup Tahini
1 Garlic clove, finely grated
2 tablespoons fresh Lemon or Lime juice
1 tablespoon Sesame Oil
1 cup Parsley and-or Cilantro, tender leaves and stems, very finely chopped
Kosher salt and ground pepper

For The Lemony Scallions:

1 bunch Scallions, very thinly sliced
¼ cup Olive Oil
2 tablespoons fresh Lemon or Lime juice
1 tablespoon finely grated Lemon or Lime zest
1 tablespoon Soy Sauce
Kosher Salt and ground Pepper

Heat oil, fennel seed, pepper flakes, garlic, Sichuan peppercorns and star anise (if using) in a small pot over the lowest heat possible. Cook, swirling occasionally, until you start to hear and see the garlic and spices frizzle and toast in the oil, 5 to 8 minutes. (Every stove is different and sometimes the low isn't as low as we'd like, so keep an eye on things; it may take less time.) Keep cooking at the lowest heat setting until the spices are toasted and the garlic is golden brown, another 3 to 5 minutes. Remove from heat and set aside. Meanwhile, cook noodles in a large pot of salted water until al dente. Drain and rinse under cold water to stop the cooking.

If serving the citrusy cabbage, place cabbage in a large bowl and season with salt and pepper. Add citrus juice and zest, tossing to coat. Let sit a few minutes to soften. Drizzle with olive oil before serving.

If serving the tahini sauce, whisk tahini, garlic, lemon juice, sesame oil and 1/4 cup water in a small bowl until a creamy dressing forms. Add herbs and season with salt, pepper and more lemon juice, if desired.

Alternatively, place all ingredients and 1/4 cup water in the bowl of a food processor and process until a smooth, creamy dressing forms.

If serving the lemony scallions, combine scallions, olive oil, lemon juice, lemon zest and soy sauce in a small bowl; season with salt and pepper and let sit for at least 5 minutes before serving. When ready to eat, toss noodles with vinegar and season with salt and pepper. Spoon chile oil over the noodles, tossing to coat; keep adding the oil until your noodles are evenly coated. (Keep in mind you have other sauces for the noodles, so you're just looking for them to be coated and sufficiently spicy.) Serve any additional chile oil alongside for personal spooning, with the cabbage and other sauces if you like. Feel free to add more spicy things and blanched or roasted vegetables.

Romanesco

This week you have Romanesco in the box. One of my favorite vegetables, partly because they are so delicious and mostly because a giant romanesco was the first Valentine's Day gift Nigel gave me. That was before we were even dating, but he told everyone that he already knew I was his, and he was right. Who couldn't love a guy who brings you a most beautiful piece of fractal art in the form of a delicious Romanesco?

If you don't know what to do with this beautiful Brassica, keep it simple; cut into individual florets, wash well. Shake off the water, maybe dry it a bit with some towel, then toss with olive oil and your favorite Eatwell Salt (I love the Smoked Chili) pop them onto a parchment lined baking tray and into a hot oven (450 F) and roast until some of the tips are just beginning to char. And there you have it. If you want to get fancy you can add small slices of fennel and leek. You could even use some of the daikon in this mix, that is also in this week's share. If you find you are pressed for time, do all of the prep right through the tossing in olive oil and salt, and save the roasting for later.

This Week's Box List

Bok Choy
Broccoli
* Cabbage
* Celery
Daikon or Watermelon Radish
* Fennel
Leeks
* Lettuce or Spinach
Navel Oranges (*From Twin Girls Farm*)
* Pomelo
* Red Russian Kale
* Romanesco

* = Items in Box for 2

Spiced Lentils & Rice

Serves 2-4 | Takes 25 minutes

Recipe by Jamie Olive from *5 Ingredients*

I love this book because of its simple approach to making yourself something good to eat. Focusing on ingredients many people have at home, although some might be more common in the UK, but nothing is obscure. This dish looks like it would be delicious with a roast chicken or a piece of fish. For a little fresh veg maybe do a quick pickle with the daikon to serve on the side.

3 oz Split Red Lentils
2 Onions, or maybe substitute the Leeks
2 heaped TB Balti Curry Paste
1/2 lb Kale
1 cup Brown Basmati Rice
1/2 TB Olive Oil

Salt and Pepper, to taste

Cook the lentils in salted water according to the packet instructions. Peel and finely slice the onions, put them into a large shallow casserole pan on a medium heat with the olive oil and the Balti Paste. Cook for 15 minutes, or until soft and golden, stirring regularly. Tear in the kale, save tough stalks for stock, add a splash of lentil cooking water, cover and leave for 2 minutes. Drain the lentils, toss into the casserole pan with the rice, cover again, and leave for a final 3 minutes. Toss it all together; taste, season to perfection with sea salt and black pepper, and dish up.

Tips On Storing Your Produce:

Cabbage- Wrap cabbage in plastic wrap and keep it chilled in the refrigerator. An alternative to plastic would be placing it in a tightly-locking container that limits air flow. Properly stored, cabbage should last about a week.

Celery- Store in your crisper. Lasts about one week.

Fennel- If used within a couple days, fennel can be left out on the counter, upright in a cup or bowl of water (like celery). If wanting to keep longer than a few days, place in the fridge in a closed container with a little water.

Romanesco- Will last up to one week in a closed container in the fridge, but has better flavor if consumed earlier. Cut florets away from the core and soak in warm soapy water or salt water for 10 minutes to wash away any aphids. Rinse before preparing.