



WEEK OF JANUARY 28TH, 2019 #5/52



Eating the CSA Way - Part II

Last week I wrote about the process one of our CSA members uses for getting through her Family Box each week. Cristina eats an entire box worth of veg almost on her own, every week. That is pretty impressive, and such a great way to save money, and stay healthy!

To quickly recap what I covered last week:

Step One: Take everything out of the box and sort according to how you will use it: sauté, roast, clean/store/freeze, pickle, puree, or pesto. **Step Two:** Wash and prep. Cristina thoroughly washes vegetables that are peeled so she can save the peels for stock. Quick tip, keep a bag in the freezer and each week add your peels to it until you have enough to make a veg stock.

Here's how Cristina processes her veggies:

Sauté - The first veg Cristina likes to process are those that she will sauté, like leeks, onions, cabbage. Wash, chop and sauté. She slow sautes, so these veg cook while she is busy processing everything else. I, too, have come to prefer this low/slow method because you can walk away and be busy on other things and not worry about anything burning. She sautés for close to 2 hours, that is seriously low and slow!

Roasting - I believe we are now at the end of Winter Squash, but probably many of you have some left in the fridge, so I am including this because I thought it was brilliant and sounds delicious. Cristina washes and roasts her squash. But before roasting she always pops them into the microwave for a couple of minutes to soften before cutting. Cristina likes to cut Acorn Squash into rings, brush with bacon fat (or oil) and roast. She uses her squash rings for breakfast when she puts them into a pan to reheat and cooks and Eatwell egg in the middle!

Greens - Cristina likes to use her greens in smoothies. I know many people do, I haven't quite gotten there yet. She also uses them in soups. Sometimes she will wash/dry, chop and freeze to use in smoothies or soup later. You can also wash/chop and sauté to have ready and on hand for a dinner for later in the week.

Puree - Greens and other veg can be pureed to add to a dish like meatloaf. Cristina's husband isn't a big fan of veg, but this is a way to get veg into a meal without it being obvious. It keeps the meatloaf really moist, and you don't need quite as much meat, and is really a fantastic way to get greens into a dish without your pick eaters ever noticing. Boil turnips with potatoes for mashed potatoes. So delicious

Pesto - Is not just for Basil! You can pesto so many things, carrot tops, arugula, kale, turnip tops. The premise is always the same, blitz in a processor with oil, a little garlic, some nuts or seeds, parmesan cheese or nutritional yeast. Cristina adds lemon zest. Often, I will also include some juice from the lemon too, but remember to zest first. I hate it when I forget that.

(Continued) **Quickle**- I wrote about this last week, but wanted to mention it again, especially since we now have the Sagohachi available as an add-on item. Quick pickling is a great way to use the daikons/radishes, turnips, etc. Save those tops for pesto! Broccoli, Romanesco and Cauliflower also make delicious pickles. The idea behind the quick pickle is to not create a lot of work for yourself.



It is easy to make a simple brine all you need is some vinegar, a little sugar and salt, and your veg of course. There are loads of recipes online, but it is about 1/2 cup vinegar, 1 TB Sugar and 2 tsp Salt. Whisk until the sugar and salt dissolve, then add your veg. Let sit for at least 10 minutes.

To wrap this all up, I want to thank Cristina for spending the time with Cameron. This process has been really enlightening for us, and I hope it has been for all of you.

Thai Dinner On The Farm

Our friend Jamie lived in Thailand for many years. He loves cooking traditional Thai dishes, and the only way he knows how to do this is by cooking for a crowd. Would you like to join us on the farm for a fantastic home cooked Thai Dinner February 9th? Shoot me a text message for details 530-5540-3971. Space is limited so get back to me soon!



The Birds

Do any of you belong to a bird watching group? Would you like to bring your group up to the farm for a morning or afternoon? I have been seeing some amazing birds flying around lately. The hawks are really fat, and it seems we have several types. Recently I have seen some enormous birds flying quite high. They are white bodied with black at the ends of their wings. It was suggested that perhaps they are white pelicans. They are pretty incredible, whatever they are. If you would like to come out, shoot me a text 530-554-3971.

RECIPES AND IDEAS FROM LORRAINE

Miso Tahini Dressing

Recipe from thekitchn.com

Makes about 6 oz | Takes approx. 5 minutes

1/4 cup Tahini
1 TB Red Miso
1 TB Lemon Juice
1/4 cup or more warm Water
Freshly cracked Black Pepper

In a small bowl or lidded jar, combine the tahini, miso and lemon juice. Mix with a spoon into a smooth paste. Add the warm water gradually, stirring or shaking (if using a jar) until the dressing reaches desired consistency. It may need more than 1/4 cup. Taste for seasoning. Add pepper if desired. You can keep this in the fridge for about a week, but it will thicken up as it sits.

Brown Rice Veggie Bowl

By Eatwell Farmhouse Kitchen

Takes approx. 30 Minutes

Wow! Orders for Chico Rice came in fast once we sent the email out last Thursday, so much so I had to order another two cases! This recipe uses the rice and the miso, and I have been living off of a version of this dish for the past several days. If you follow Cristina's way of prepping (from the other side of the newsletter) then you will have most of these ingredients on hand and ready for you. All you need to cook are the eggs and your rice. Some chunks of chicken breast or a bit of fish would be a delicious addition if you are wanting to add some meat. Or if you prefer vegetarian, marinated tofu cubes would be fantastic.

Rice

1 Head of Cauliflower
1 Head of Romanesco
1 Head of Broccoli
1 Egg per serving, fried or poached
Dollop of Miso Tahini Dressing (see above), per serving

Cook whatever amount of rice you need, according to package instructions. I typically cook my rice with Eatwell Chicken broth instead of water. It is a great way to add flavor and get a little protein in without having to cook meat.

As rice cooks, Roast Cauliflower and or Romanesco. I shared my way of doing this on here on the newsletter.

Poach or Fry Egg for each serving

Steam Broccoli add a little for each serving. Don't forget you can eat the broccoli stocks, they are tender and sweet Cut the bottoms off and add it to your veggie stock freezer bag. The rest cut into little bit sized pieces. If the stock is really thick you can peel it, and throw those peels into your veggie stock bag.

To serve put a serving of rice into bowls, mix in steamed broccoli stocks, top with roasted cauliflower, steamed broccoli and poached egg. Then top with a dollop of Miso Tahini Dressing. A little freshly grated turnip adds a nice crunch, or if you have any pickled veg chop it up into really small cubes and garnish with that.

Roasting Your Vegetables

From this week's share, I highly recommend roasting the Romanesco and or Cauliflower. Fennel and Turnips also roast extremely well. Preheat oven to 450 degrees. Wash and cut into bite size florets or pieces. I like to put everything into a bowl and toss with a good olive oil (about 1/4 cup) and Eatwell Smoked Chili Salt, then roast until it is just beginning to char, about 20 minutes. I did this with cauliflower and enjoyed it on some Chico Rice that I cooked with our chicken Stock, added an Eatwell Egg and made a bit of sauce with some Tahini and Aedan Foods' Country Miso. It was simple and so satisfying and you can order the eggs, rice and miso to come with our box as extra items. The roasted Romanesco and Cauliflower bites can be stored and enjoyed all week long, added to a heartier salad, or top a soup, or re-heat and use as a side dish, or snack with a little dip/sauce.

Kraut

I made a jar two weeks ago and it was delicious, ready in a week and surprisingly easy. To finely chop one or, as in this case, 1/2 a head of cabbage takes no time. There are just a couple of tricks to making great Kraut, first the salt/cabbage ratio needs to be 1.5 to 2 % salt to cabbage. A scale is definitely your friend for this!

Second, you need to massage your cabbage/salt long enough to release the juices. The juice needs to cover the cabbage once you put it into your jar.

Third, you must keep the cabbage submerged. When I was searching out tips for making kraut I stumbled

on a website that suggests using a bag filled with water onto of your kraut once it is in the jar. The weight of the water in the bag will keep the cabbage from floating above the juice line. I also used a wide mouth jar so that I could put the seal of a regular mouth jar inside to help keep the cabbage down. We ate our Kraut a week later. It was tangy, not too salty, and still crunchy. I think during these cold, wet and flu prone months it is so important to get a wide variety of pro-biotic rich foods into our daily diet. Bonus, Sauerkraut is naturally high in vitamin C. Guten Appetit!



This Week's Box List

- * Broccoli
- * Cabbage
- * Cauliflower
- * Chard
- * Fennel
- * Grapefruit
- * Leeks
- * Lemons
- Lettuce or Spinach
- Romanesco
- Turnips

* = Items in Box for 2

Ways to Enjoy Your Veggies:

Saute:

Broccoli, Cabbage, Cauliflower, Chard, Leeks, Spinach, Romanesco, Turnips

Steam:

Broccoli, Cauliflower, Romanesco

Roast:

Broccoli, Cauliflower, Fennel, Leeks, Romanesco, Turnips

Puree:

Cauliflower, Turnips

Salad:

Broccoli, Cabbage, Fennel, Lettuce, Spinach

Pickle:

Cabbage, Cauliflower, Fennel, Turnips

