



WEEK OF FEBRUARY 11TH, 2019

#7/52

We want to hear from you!  
Every and all feedback is  
evaluated and highly appreciated.  
[www.eatwell.com/feedback](http://www.eatwell.com/feedback)

Recently we have been featuring businesses owned by our CSA members. I think our community is amazing, so I am loving having the opportunity to share with you their stories. We are a group with tremendous heart and spirit, so if you have a story you would like to share or a business you would like to let our community know about, please send me a little write up and we will happily put you in the newsletter. This week, we are featuring CSA member Marci Bowman who is a women's health coach. Her website is simple and inspiring, you should take a look. <https://www.marcibowman.com/> — Lorraine



### Vibrant Mizunas

I was walking around the farm a bit on Saturday, or I should say attempted to walk. It's quite a workout with that much mud and water. The rain does make the veg incredibly vibrant. Nigel used to say you could irrigate all you like, but when it rains the plants just "jump out of the ground!" And that is certainly obvious when looking at the beds of Mizunas.

Mizuna is a mustard indigenous to Japan. We grow a few varieties. In this photo you can see Green Frills and Ruby Streaks. It is a little peppery and a little bitter. In Japan Mizuna is eaten simmered, stir-fried, or pickled. Here we often find it mixed into salads. It pairs nicely with citrus which makes for a very refreshing salad. As we now offer the Sagohachi Pickling Sauce from Aedan Foods, I am going to try to pickle some, going for more of the Japanese style.



### Member Profile: Marci Bowman

So is it working? Are you feeling like the best version of you? While eating high-quality produce is incredibly important,

other things have an impact on your health. What I've learned while working with clients is that taking care of yourself holistically has the biggest effect on how you feel and look, especially as time passes and the years pile up (I know--I'll be turning 50 in May!).

To address this, I coach and work with women using the 5 Facets--Nourish, Move, Rest, Play, and Connect. Each Facet is important. Not only do they affect each other but the synergy created between them can dramatically elevate your wellness to, what I call, wonderfulness. In fact, it's my mission to help women cultivate simple and effective techniques to both feel and look wonderful as they grow older, all while enjoying their lives--because isn't that the point? In other words, you can optimize your body shape and make aging your ally without sacrificing glamour, pleasure, and fun. Does that sound like something you need in your life? I love working with like-minded women and I'm honored that Lorraine and the Eatwell Farm team are featuring my business in this newsletter.

To spread the love around, I'm presenting a special offer: **When you sign up for my health coaching or personal training services, mention you're an Eatwell Farm member and get 10% off your first 10 sessions.** So please check out [www.marcibowman.com](http://www.marcibowman.com) to see how my services could help you, how you can contact me, and all of the virtual ways we can connect, too. While you're on my site, take a moment to sign up for my Sunday Wonderfulness newsletter. In it, I share health and wellness information, tools, tips, and guidance that's delivered straight to your inbox weekly.

Even though I only work with women and gear my message towards them, I have many male readers who appreciate their Sunday Wonderfulness. In the meantime...eat your veggies!

— Marci

### Just A Little Thai Dinner

This past Saturday, Jamie and Roma, long time CSA members, came up with their friends Sangha and



Sudeep, and cooked us an amazing Thai dinner. Jamie lived in Thailand for close to 10 years, and it was his love of Thai cuisine that started our friendship. I met Jamie at one of the first overnights I was part of here on the farm. He and I were talking when I discovered that he loves to cook Thai food. At that time he lived in a place in SF with a tiny kitchen so I invited him to my house in Cotati where he went crazy and made the most incredible feast. I think there were 10 dishes for eight people! We have all been close friends ever since.

Fast forward 10 years, and Jamie is playing in the Farmhouse Kitchen. It was such a pleasure sitting on my sofa, watching the four of them all afternoon. An additional eight CSA members came up to enjoy this meal. As each one walked in, the smells in the house definitely announced the amazing meal to come! It was a lovely, intimate evening; members who didn't know each other got to chat and mingle. And for me it was a lot of fun to have another opportunity to use the house this way, gathering a small group of members together in the off season. Thank you Jamie, Roma, Sudeep and Sangha for a very fun and tasty evening!

For economical and environmental reasons, we will be ending the printed newsletter in the CSA box in two weeks. If you'd still like a printed newsletter, please email us your name and pick up site. We will leave you a hard copy on your site's clipboard.

# RECIPES AND IDEAS FROM LORRAINE

## Han Oak Galbijim

*Recipe by Sam Sifton from NYT Cooking | Takes approx 3.5 hours*

This is a hefty recipe, not simple or quick, but it came highly recommended by CSA Member Alix W. She posted it on her FB page promising it would be more delicious than you can imagine! Because I know Alix knows what she is talking about I had to share it with you. For the root veg she used turnips, but you can include celeriac in that mix as well. There are natural versions of Coke, but I am thinking that the reason you use the Coke is for the sugar and the acid, does anyone know? So I am wondering if you couldn't put in some fresh orange juice and maybe some orange zest instead of Coke?

3 pounds mixed Root Vegetables, such as Carrots, Turnips, Sweet Potatoes, try Celeriac, peeled and cut into 1-inch pieces  
5 tablespoons Neutral Oil, like Canola or vegetable oil

Kosher salt

Freshly ground black pepper, to taste

4 pounds bone-in Short Ribs, cut by a butcher into 2-inch pieces

2 medium-size Asian pears, peeled, cored and diced

1 large Red Onion, peeled and diced

12 cloves Garlic, peeled and roughly chopped

2 tablespoons roughly chopped Ginger

3 cups Chicken Stock

1 12-ounce can Coca-Cola

¼ cup Honey

½ cup Soy Sauce

¼ cup Rice-Wine vinegar

2 tablespoons Gochugaru (Korean chile flakes), or to taste

4 cups roughly chopped Kale or Spinach, optional

1 pound Korean Rice Cakes, optional

1 tablespoon toasted Sesame Oil

3 Scallions, trimmed and both white and green parts thinly sliced (You can use the Green Garlic from the box instead)

3 Radishes, trimmed and thinly sliced

Sesame seeds, to taste

Heat oven to 425. Toss the root vegetables in a large bowl with 2 tablespoons of oil, and season with an aggressive amount of salt and pepper. Turn the vegetables onto a sheet pan. Put the short ribs in the same bowl, and toss with 1 tablespoon of oil and a lot of salt and pepper, then put the ribs on another sheet pan, bone sides down. Place both pans in the oven and roast, turning the pans once or twice, until the vegetables are soft and caramelized and the ribs are well browned, approximately 40 minutes. Set the pans aside until ready to use. While the vegetables and ribs cook, place a large Dutch Oven over medium-high heat, and swirl into it the remaining 2 tablespoons of oil. When it shimmers, add the pears, onion, garlic and ginger and cook, stirring occasionally, until they are softened and browning, approximately 15 minutes. Turn heat to high, add the stock, Coca-Cola, honey, soy sauce, rice-wine vinegar and gochugaru, and bring the mixture to a lively simmer. Cook until pears are tender, approximately 20 minutes. Transfer to a blender or food processor, and purée the sauce until smooth, then return it to the pot. Add the cooked short ribs and whatever fat has rendered from them to the pot, cover it and cook over medium-low heat for approximately 90 minutes, or until very tender. When the meat can be flaked from the bone, add the roasted vegetables to the pot, along with the rice cakes. Cook until the vegetables are hot and the rice cakes (if using) are sticky, then add the greens, and stir them around until they have just started to turn tender. Drizzle with the sesame oil, top with the scallions, radishes and sesame seeds to taste. Serve immediately.

## Roasted Romanesco With Pine Nut, Raisin, and Caper Vinaigrette

*Recipe by J Kenji Lopez-Alt | Serves 4 | Takes approx 40 minutes*

1 head Romanesco or Cauliflower, trimmed and cut into 8 fat

6 TB Extra Virgin Olive Oil, divided

Kosher Salt and freshly ground Black Pepper

1 TB Sherry Vinegar

1 Tb Honey

2 TB Capers, rinsed, drained and roughly chopped

1/4 cup toasted Pine Nuts

1/4 cup Raisins

2 Tb finish chopped Parsley

Adjust oven rack to middle position and preheat oven to 500

F. Toss Romanesco/Cauliflower with 3 TB olive oil. Season to taste with salt and pepper. Transfer to a foil lined rimmed baking sheet. Roast until tender and deeply browned on both sides, about 20 minutes total, flipping with a spatula

halfway through roasting. In the meantime combine remaining 3 Tb olive oil, vinegar, honey, capers, pine nuts, raisins and parsley. Season dressing to taste with salt and pepper. Transfer cooked romanesco/cauliflower to a serving plate and spoon dressing on top. Serve immediately.

## Steamed Cabbage With Lemon, Butter and Thyme

*Recipe from Six Seasons by Joshua McFadden | Serves 4 | Takes approx 15 minutes*

For this recipe I would switch out the clove garlic and take advantage of the new Green Garlic from this week's share. It is much milder so you will have to play with that to get it to the flavor you like.

1 lb Green Cabbage, quartered, cored, and cut into thick wedges

2 Garlic cloves or green garlic, smashed and peeled

Kosher Salt and freshly ground Black Pepper

Juice of 1/2 Lemon

2 to 3 TB unsalted Butter, at room temp

1/2 tsp Thyme leaves (or 3/4 tsp Thyme Salt in place of fresh thyme and kosher salt)

Bring 1/2 inch of water to a boil in a large saucepan. Add the cabbage, garlic and 1 tsp salt. Cover and steam-simmer rapidly. After about a minute, uncover, stir the cabbage around so it's getting evenly steamed (it's ok if some of the leave fall off the wedges), add a touch more water if necessary, cover, and cook until the cabbage is mostly tender but still has some crunch, 4 to 6 minutes total depending on your cabbage. Drain the cabbage well, give it a quick chop or two to make it easier to eat, and oil it into a bowl. Season with the lemon juice, butter, thyme and several twists of pepper.

## This Week's Box List

\* Cabbage

Cauliflower

Celeriac

\* Chard or Mizuna

Green Garlic

\* Leeks

\* Navel Oranges

Pomelos

\* Radishes or Turnips

\* Romanesco

\* Spinach

\* = Items in Box for 2

## Ways to Enjoy Your Veggies:

### Saute:

Cabbage, Cauliflower, Chard, Green Garlic, Leeks, Mizuna, Radishes, Turnips, Romanesco, Spinach

### Steam:

Cauliflower, Romanesco, Spinach

### Roast:

Cauliflower, Celeriac, Leeks, Turnips, Romanesco

### Puree:

Cauliflower, Celeriac, Turnips

### Salad:

Cabbage, Radish, Romanesco, Spinach

### Pickle:

Cauliflower, Mizuna, Romanesco

