



WEEK OF FEBRUARY 18TH, 2019 #8/52

So Much Water!

Seriously, there has just been so much water coming down, I think we could use a break for a couple of weeks. Stick with me for a moment as I head off topic. Lately, I have been talking quite a bit about why it is so great to support a family farm's CSA program. The obvious being good/fresh food, and then of course, with regard to Eatwell, you are literally supporting 17 families. But have you ever thought about the environmental impact your choice has? Working my way back to the topic of rain and too much water, so just hang on. Most of you never come up this way during these wet months so you don't see the hundreds of acres of barren ground all around us.

But here at Eatwell, our fields are planted the entire year, either with fruits or veg, or with chicken pasture. Why is this important? That plant life holds the soil, but more importantly it keeps the soil alive and healthy. Vibrant soil teaming with healthy bacteria, mycorrhizae, and critters, can hold much more water because that community builds soil structure. When it rains this much, that healthy soil structure means most of the water stays here on the farm. The difference is striking when you observe what happens in the neighboring orchards. Thankfully we have organic walnut orchards to our east and south, and since the organic orchards don't spray the ground under their trees, the grasses grow.

The conventional growers on the other hand *do* spray, killing everything under their trees. Those orchards, with their desert-like ground flood right into, and quite often all the way across, the roads. A true tragedy is watching all that muddy runoff, which is extremely valuable top soil, washing away into the canal/creek water and eventually, into the Bay. So you see, your choice to support an organic farm helps keep the SF Bay from filling up with mud during these incredibly wet winter months!



We want to hear from you!
Every and all feedback is evaluated and highly appreciated.
www.eatwell.com/feedback

Making Meals A Little Easier

One of the reasons I brought in the Miso and the Sagohachi Pickling Sauce, besides the fact that I love them, is to make our lives a little easier and healthier. I know how much better I feel when I consume more fermented foods, but I don't want Kraut or Kimchi every day, nor do I drink our Softers every day. Miso and Sagohachi are great ways to get another source of probiotics into our diet, but really it is a great way to simplify using items from the box.



The other day I decided to use half a green cabbage, some leeks and our chicken stock to make a very basic soup. I sautéed the cabbage and leeks until softish, then added the stock and cooked until the cabbage was practically melty. A little salt and pepper, then put one ladle's worth in a bowl with a spoonful of the Country Miso, blended until the miso was incorporated and topped my bowl off with more soup. But what to do with the other half of cabbage? I quick pickled using the Sagohachi Pickling Sauce, and added a couple of watermelon daikons I had sitting in the fridge.

By the time my soup cooked it was just beginning to pickle. The cabbage was very sweet, and coupled with the tang from the miso, the flavor combination reminded me a bit of French Onion Soup.



Today I took that leftover soup, heated it up on the stove, ladled some into my special French Onion Soup bowl and blended in a little miso. Topped it with Gruyere Cheese and popped it under the broiler until the cheese was all melty. And guess what? It was delicious! It turned my basic cabbage soup into something very different, just by melting the cheese on there. Getting through everything in your share each week can be challenging, so try to think about how you can re-purpose your dishes. Take your leftovers and think about how you can make something new with it, like using leftover chicken vegetable soup as a base for risotto. Allow yourself to be creative with leftover so you aren't eating the same dish over and over again.

Green Garlic

Is in the house! Yes, that gorgeous signifier, Spring's Town Crier is coming. How do you use Green Garlic? Well, it's pretty simple, trim the bottoms and the tippy tops off, then wash and chop. At this time of year I use it in place of all garlic. Mind you, it is a much milder flavor, so if you are looking for a serious garlic punch, you will be disappointed. Some say it tastes a bit oniony, I don't really find that to be true. It is a lighter, sweeter, garlic flavor. And you will find as the months progress you will experience the growth of that garlic flavor. It's fun to follow the flavor progression. Since it does have a milder flavor you can easily use it raw, finely chopped and sprinkled on salads, or maybe your favorite Avocado Toast? You can also chop it up and sauté it with your CSA leeks or some onion. One of my favorites though, is to rough chop, and toss it into the blender with Greek Yogurt, a bit of Olive Oil, some lemon zest and salt. It makes a fabulous dressing or dip or dollop on a bowl of grains and greens or a soup.



RECIPES AND IDEAS FROM LORRAINE

This Week's Greens

A lot of folks don't cook with Mustard Greens, so here is a link to an article that gives you 10 recipes: <https://www.foodandwine.com/blogs/10-ways-use-mustard-greens>.

Many of the recipes could be adapted to use the Red Kale if that is what you have instead, but take a look at CSA member Amber's blog for a delicious Kale and Goat Cheese Quiche recipe. <http://twistsandzests.com/blog/kale-and-goat-cheese-quiche/>.

The Radish/Turnip Citrus Salad recipe on this page is also from her blog.

Radish or Turnip and Citrus Salad

Recipe by Amber from Twists & Zests

This is a beautiful food blog site, you really should check it out <http://twistsandzests.com/blog/watermelon-radish-and-pomelo-salad/>, particularly as Amber is an Eatwell CSA member! The original recipe was made with watermelon daikon and pomelo, if you have the family box this week you can use your pomelo, if you have the box for two use your oranges, they too are fantastic in salad.

1/2 lb Lettuce Or Spinach, washed well and dried
2 to 3 Radishes, sliced in 1/8" semi circle
1 Pomelo, or Orange or a couple of Mandarins, segmented if using Mandarins cut the segments to remove the seeds
1/4 cup sliced Almonds, toasted
For the Dressing:
1 TB pungent Olive Oil
1 TB Balsamic Vinegar
2 tsp Maple Syrup
1/8 tsp Cinnamon
1/4 tsp Salt
1/4 tsp ground Pepper

Mix all the dressing ingredients together and whisk well. To segment the pomelo (or grapefruit), cut the top and bottom off, approximately 1/2" thick to start with. Going around the fruit top to bottom, cut the rind and pith off. If you start with 1/2" you can always cut more. Slice until all the white pith is gone and the membrane has been just removed. Slice each segment just at each side of the membrane. Remove any seeds. Rip lettuce, cut spinach, into bite size pieces. Toss lettuce/spinach, radishes, and citrus with dressing. Plate and top with sliced almonds.

Lilly's Winter CSA Soup

2 Leeks, washed well and cut into 1/2" circles (light green and white parts only)
2 or more stalks of Green Garlic, bottoms trimmed the rest cut into about 1/2" pieces
1 Romanesco, cut into individual florets
1 Celeriac, peeled and diced into bite size pieces
3 Turnips, washed well and diced. Peel if they are really big
2 to 3 Carrots, peeled and diced
Olive Oil
Eatwell Thyme Salt
Freshly ground Black Pepper
1 qt Eatwell Chicken Stock
1 can Coconut Milk
Zest from 1 Lemon
Red Pepper Flakes, to taste

Preheat oven to 400 F. Put the Romanesco, celeriac, carrots and turnips into a bowl. If you have any cauliflower leftover from last week you can add that to your roasting veg medley. Toss with some olive oil, a good sprinkling of Eatwell Thyme Salt and black pepper. Put onto a parchment lined baking sheet and roast for 15 minutes, toss a little and roast for about another 15 minutes until everything is nice and toasty looking. In the meantime heat some olive oil in a heavy bottomed pot and add the leeks, and garlic. Sauté slowly while the rest of the veg is roasting in the oven. When the roasting veggies are done and them to the sauté pot, along with half the chicken stock. Using an immersion blender puree until relatively smooth. You can leave some chunky bits in for texture. Add the rest of the stock and the pepper flakes, heat and taste for seasoning. Add lemon zest and coconut milk. Taste and adjust seasoning if need be. If you don't have Eatwell Thyme Salt at home, well you really should get some, but you can use a sprinkling of dried thyme or some chopped fresh thyme and plain salt.

Pork Chops With Cream Sauce and Braised Red Cabbage

Recipe from Spruce Eats

For the Cabbage:

2 tablespoons vegetable oil
1 tablespoon butter
1 cup onion (finely chopped)
1 large clove garlic (pressed)
1 small head of red cabbage (coarsely shredded)
2 medium apples (peeled and cored)
1/2 cup dry red wine (or use apple juice or cider)
3 tablespoons cider vinegar
2 tablespoons brown sugar (light or dark, packed)
1 bay leaf
2 to 3 inches cinnamon stick
1/4 teaspoon allspice (ground)
Black pepper to taste (freshly ground)
Salt to taste

For the Pork Chops:

1 tablespoon butter
1 tablespoon vegetable oil
4 pork chops (rib or loin, bone-in, about 3/4-inch thickness)
Dash salt (or to taste)
Dash black pepper (freshly ground, or to taste)
1 1/4 cups chicken stock (low sodium or homemade with no salt)
1/2 cup dry white wine (or use more chicken stock or apple cider)
1 tablespoon mustard (Dijon)
3 to 4 tablespoons heavy cream

For the Cabbage: Gather the ingredients.

Heat the 2 tablespoons of vegetable oil and 1 tablespoon of butter in a Dutch oven or large saucepan over medium-low heat. Add the chopped onion and cook, stirring, until the onion is translucent. Add the garlic and cook, stirring, for another minute.

Meanwhile, cut the cored apples in wedges and cut the wedges lengthwise into thin slices.

To the onion mixture, add the cabbage, apple slices, wine, vinegar, brown sugar, bay leaf, cinnamon stick, and allspice. Bring to a simmer. Cover and simmer slowly over low heat for about 30 minutes, or until the cabbage is very tender. Taste and add salt and pepper, as needed. Remove the cinnamon stick and bay leaf before serving.

For the Pork Chops: Gather the ingredients.

In a large skillet or saute pan over medium heat, melt the butter with the vegetable oil.

Sprinkle the pork chops lightly with salt and pepper, to taste.

Sear the pork chops for about 2 to 3 minutes on each side, until browned. Add the chicken stock and white wine to the pan and bring to a simmer. Reduce heat to low, cover, and simmer for 20 minutes, or until the pork chops are tender. Remove the chops to a platter and keep warm.

Strain the liquids through a mesh sieve and return to the pan. Bring the liquids to a boil and cook, uncovered, until reduced by about two-thirds, to about 3/4 cup.

Whisk in the mustard and heavy cream. Cook the sauce, stirring frequently, for about 2 to 3 minutes over the lowest heat setting to thicken slightly, but do not let it boil. Taste and adjust seasonings, adding salt and pepper, as needed.

Serve the pork chops with the sauce and the braised red cabbage.

Add boiled or mashed potatoes or noodles for a complete and satisfying dinner.

This Week's Box List

Cabbage
Celeriac
* Green Garlic
Leeks
* Mandarins or Oranges
Pomelos
* Red Kale or Red Mustard Greens
* Romanesco
* Rosemary
Shallots
* Spinach or Lettuce
* Turnips or Radish

* = Items in Box for 2

