



WEEK OF FEBRUARY 25TH, 2019 #9/52

### We want to hear from you!

Every and all feedback is evaluated and highly appreciated.

[www.eatwell.com/feedback](http://www.eatwell.com/feedback)

### My Class on CSA Eating

Last week I had the pleasure of teaching a little class at The Barn and Pantry about quick pickling, miso soup, and just general ways to use what comes in your CSA Share efficiently. It was just a small group, but I only had about an hour, but still I had such a good time. Here's what I did:



- I roasted leeks and Romanesco with some olive oil and Eatwell Smoked Chili Salt.
- I "quickled" matchstick turnips with about 15% Sagohachi. That works out to a scant 2 TB for one bunch.

•The turnip greens, I washed well, chopped and sautéed in butter.

•I also "quickled" a bunch of greens, in this case it was Kale, but you can do the same with Mustard Greens and Spinach. The "quickled" greens I turned into a salad with a Miso dressing.

•With the stems of the greens, I turned them into a sauce. I chopped them, cooked them in Chicken Stock until nice and tender. Then I put them in the blender with some olive oil, lemon juice and zest, red pepper flakes, some salt and pepper and enough water to make it all blend well. I used it on the

roasted leeks and Romanesco, and to garnish some miso soup. So maybe we all should keep our stems, freeze them if we don't have enough and make a sauce/dip out of them! I have included a more detailed recipe for this on the second page. I'm calling it "Green Sauce" for now.

So much you can do with the box in an hour!



### Strawberries

I was out in the fields and saw a good amount of green leaves on the plants. That particular day it was really cold and the farm was soaking wet. It is hard to imagine, but in a few months we will be enjoying sweet berries. Last year was a great year for berries, and the year before... not so much. It really depends on the weather leading up. We will be working on the dates for the summer events soon, so read your newsletters and emails!



For all of our new members, picking fresh strawberries is a real treat. Many of our youngest members enjoyed their first strawberries sitting right in the rows, eating them straight from the vines. There is no strawberry as good as one you pick yourself that is warm from the sun. I am going to start saying this now so everyone has a chance to hear this, **Eatwell is your farm.** This is a place you can come for a short little camping trip. Our Strawberry Days are always on Sundays, so if you would like to come up on Saturday and camp out on the farm, all you have to do is contact Noelle in the office to let her know and we can prepare for your arrival. But for now we just have to get through a few more storms. Keep dreaming about those strawberries!



### A Turnip Pyramid

You can find beauty and art all around you. And so I did the other day when I went out to our packing shed and came across this stunning pyramid of turnips. It made me smile. I laughed at the thought of one of the guys thoughtfully and deliberately placing each bunch in just the right way.



Tokyo Turnips grow extremely well for us, and so has become one of my favorite crops. But I have also learned to love eating turnips. During the winter months, when our farm has no potatoes, I will dice turnips and put them into soups and stews instead. One of my favorite recipes is the very simple Cream of Turnip Soup from the Greens cookbook. I have put it into the newsletter many times, here is a link <http://www.eatwell.com/welcome/2018/5/8/cream-of-turnip-soup>, with the rain coming back this might be a good one to try out this week.

### NYT Cooking

*As I often do before starting the newsletter, I opened the Monday morning email from NYT Cooking. Sam Sifton's opening paragraph really touched me and so I wanted to share it with you. He so eloquently wrote exactly how I feel and my greatest desire is that all of you feel this way about cooking as well. From Sam Sifton:*

"Good morning, I write from an airport as I often seem to do these days, en route to Las Vegas for reasons of commerce not games. It seems a very long way from the pleasures of the kitchen and though I will seek the delicious, I know vile food will find me, and I will consider it fine. That is the way of the traveler. Today I'm living through you, for you, in the hopes that you'll cook something perfect for people you love this week and in doing so instill in them the understanding that eating well is something that's much more than sustenance, that it's central to our experience as humans who care for one another, that it actually makes life better than it is when you're housing wings at a bar near the Delta gate."

# RECIPES AND IDEAS FROM LORRAINE

## Glazed Shiitakes With Bok Choy

*Recipe From NYT Cooking by David Tanis*

*Serves 6 Takes 30 minutes*

David Tanis suggests serving this dish with a roast chicken or just over a bowl of rice.

2 lb Bok Choy  
3 TB Vegetable Oil  
3 small dry red Chinese Hot Pepper  
1 lb Shiitake Mushrooms, stems removed  
Salt and Pepper  
4 Garlic Cloves, minced  
1 Tb grated Ginger  
1 TB Sugar  
1 tsp Sesame Oil  
3 TB Tamari or Soy Sauce

6 Scallions, sliced diagonally, for garnish  
1 TB roasted Sesame Seeds for garnish  
Bring a large pot of well-salted water to a boil. Cut off and discard stem ends of bok choy. Separate leaves, rinse and drain. Drop leaves into boiling water and cook for 1 to 2 minutes, until barely cooked. Immediately remove, rinse with cool water, drain and pat dry. Arrange leaves in one layer on an ovenproof earthenware platter, then set aside. Put a large wok or cast-iron skillet over high heat. Add oil and heat until nearly smoking, then add hot peppers and shiitake caps, stirring to coat. Season lightly with salt and pepper. Stir-fry for 2 minutes. Reduce heat slightly and add garlic, ginger, sugar, sesame oil and tamari. Stir-fry for 1 minute more. Spoon shiitake and pan juices over reserved cooked bok choy. Serve at room temperature, or if you prefer, reheat covered with foil for 10 to 15 minutes in a hot oven. Garnish with scallions and sesame seeds, if using.

## Coconut-Miso Salmon Curry

*Recipe from NYT Cooking by Kay Chun*

*Serves 4 and takes 25 minutes*

I would spice this up a bit by using some spinach and some mustard greens.

3 tablespoons Safflower or Canola oil  
1 medium Red Onion, halved and sliced 1/2-inch thick (about 2 cups)  
1 (1-inch) piece fresh Ginger, minced (about 2 tablespoons)  
3 Garlic cloves, thinly sliced  
Kosher salt and black pepper  
1/4 cup White Miso  
1/2 cup unsweetened, full-fat canned Coconut Milk  
1 (1 1/2-pound) Salmon Fillet, cut into 2-inch pieces  
5 oz Spinach (about 5 packed cups)  
1 tablespoon fresh lime juice, plus lime wedges for serving  
Steamed Rice, such as jasmine or basmati, for serving  
1/4 cup chopped fresh Basil  
1/4 cup chopped fresh Cilantro

In a large pot, heat 2 tablespoons oil over medium. Add onion, ginger and garlic and season with salt and pepper. Cook, stirring occasionally, until softened, about 3 minutes. Add miso and cook, stirring frequently, until miso is lightly caramelized, about 2 minutes. Add coconut milk and 3 cups water and bring to a boil over high heat. Cook until liquid is slightly reduced, about 5 minutes. Stir in salmon, reduce the heat to medium-low and simmer gently until just cooked through, about 5 minutes. Turn off heat and stir in spinach and lime juice. Divide rice among bowls. Top with salmon curry, basil and cilantro. Serve with lime wedges for squeezing on top.

## Sausage Rolls

*Recipe from the Farmhouse Kitchen*

I made this for Nigel years ago and we loved it. It was such a fun way to use up greens, sneak veg into the diet of a non-vegetable eater and spice up these sausage rolls.

1 lb good Sausage meat, I used Fatted Calf Breakfast Sausage  
1 lb ground Beef  
1 pack good Bacon, chopped pretty small  
1 or 2 Onions  
1 bunch Mustard Greens, stems removed, leaves chopped pretty small

2 or 3 Green Garlic  
2 Eatwell Farm Eggs  
1 cup Breadcrumbs  
1 cup grated Cheddar Cheese  
1 or 2 TB fresh Sage, chopped  
Freshly grated Nutmeg, do this to taste preference  
Salt and Pepper  
2 sheets Puff Pastry I use Trader Joe's  
1 extra Egg for Pastry Egg Wash

Preheat oven to 375 F. In a good sized skillet over medium-high heat, cook chopped bacon until mostly done, then add sausage, breaking it apart. Once the sausage meat is broken apart, add the ground beef. Cook until the beef is crumbly, but before it is completely done add the onions, and garlic. Cook until the onion is somewhat soft then

add the chopped mustard greens. Continue cooking until tender. Remove meat mixture from the hot pan and put into a large mixing bowl, allow to cool to the point of being able to handle. Add the eggs, breadcrumbs, cheddar cheese, sage, nutmeg, salt and pepper, mix well. Lay out puff pastry dough on a sheet of lightly floured parchment paper. Put enough of the meat mixture across the length (leaving a good 2 inches of pastry above and plenty below) to make a big fat sausage. Using the parchment paper to help you, roll the pastry over starting from the shorter top end, creating a lovely sausage log. Repeat with the second sheet. Brush both rolls with eggs wash and bake for 30 to 40 minutes until a deep golden brown. Don't worry if you have leftover meat mix, it tastes delicious fried up and served at breakfast!

## Green Sauce

*Recipe from the Farmhouse Kitchen*

I don't really know what to call this so sticking with Green Sauce for now.

Stems from whatever greens you have: Turnips, Mustard, Kale, Spinach

Some Stock to cook the stems in, about 2 cups

1/4 cup Olive Oil + more for sauteeing

Juice of 1 Lemon, plus zest from about 1/2

Pinch or Red Pepper Flakes

3/4 tsp Salt

3 Green Garlic tops

Water, for thinning sauce

Take the stems and chop small, then sauté in a little bit of oil, for about 10 minutes over low temp. Add stock and cook until the stems are really soft. Strain out the stock and save for something else. Throw the cooked stems into a blender with the rest of the ingredients and blend a bit. Add enough water to be able to blend into a smooth sauce. You can use this sauce as a garnish for soup or roasted vegetables, or even as a salad dressing.

### This Week's Box List

- \* Bok Choy
- Cabbage
- \* Green Garlic
- Leeks
- \* Mandarins
- \* Mustard Greens
- Romanesco
- \* Shallots
- \* Spinach or Lettuce
- \* Tangelos or Pomelos
- Turnips

\* = Items in Box for 2