



WEEK OF MARCH 4TH, 2019 #10/52



Snow In Dixon?

No, but it looks a little like it. The almonds are in bloom and covered in beautiful white blossoms. But the recent storms have knocked a lot of those blossoms to the ground. It is a beautiful time of year to drive around, when the roads aren't flooded, of course! It is also the time of year that the hives are put out in the orchards. Sadly they are located at the edges right next to the road, so it is impossible to drive without splattering many of them. I always think, if I could just drive slower maybe I won't kill as many bees, but that, of course, is silly thinking. It never made sense to me to put the hives right next to the road. I watched a documentary on bees and they said it was to make it easier to deliver and pick up. Any bee keepers out there know if that is true? In the meantime, the ground here looks like it has a lovely blanket of snow and the trees are beautiful.



Turnips or Radishes, Tangelos or Lemons

You are seeing a lot of one veg OR another on our box list these days. Having such a wet month means there is little sun so growing comes to nearly a standstill. Thank goodness we have so much variety out in the field to give us options. The fields are soaked so we can't get out there to plant either, and this will affect us down the road. We do have peas and favas in the field. Perhaps March will bring us some sunny days to speed along their growth and dry out the fields. In the meantime, we will continue to have a lot of "this or that" but that's part of following the seasons and directly supporting a farm. I know it makes it a little tricky to plan ahead, and it's really hard coming up with recipes for this newsletter! But this too shall pass and before you know it, we will all be knee deep in tomatoes and sunshine :)

What's the Difference Between Scallions and Spring Onions

We are in Spring Onion season, so I thought I would take a moment to explain what these are. Basically, Spring Onions are the same onions we will eat later in the season, just not matured into a full bulb. Green Onions or Scallions are often grown with varieties that will not bulb. This week we have either Leeks or Spring Onions. The onion portion is sweeter and milder than the actual fully mature onion, and the green tops are stronger flavored than the greens of scallions. If you are using our Spring Onion in place of a scallion keep in mind you may want to alter the amount slightly to adjust for a stronger flavor.

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

Cleaning Out The Fridge and Stretching Your Winter Veggies

Liz, Presidio Host and former CSA manager, sent me an email this weekend after she had gone through this process before they leave on a trip to Japan! We both thought her process could be really helpful for our members so I am sharing it with you here:

"In prepping for my travels I always attempt to clean out the fridge and I found we are stocked up on leeks from weeks of them in our CSA delivery, so my food waste warrior self thought I should go ahead and put them up! I decided to blanch and freeze some, and sauté others, while separating the ends and tops for my stock-in-the-making freezer stash.



I like to blanch the cut leek pieces in salted boiling water for 2 mins, then plunge in ice water for a few minutes to cool them quickly, then strain them and dry them on paper towel. I let them cool before removing the paper towel and placing them on a cookie sheet and freezing them. After about 30 minutes, I pull them out and put the frozen pieces in a ziploc bag and back in the freezer.



For the sautéed leeks, I like to freeze them in a glass Mason jar or a freezer safe container. I do think if you have the super small Mason jars, that is better because you can portion out a meals worth in each jar for ease later.



Feeling happy knowing none of these will end up in the compost bin just because we will be out of town for a few weeks. So, I can stretch the flavor of the season into the coming months."

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RECIPES AND IDEAS FROM LORRAINE

Cabbage Rolls

Recipe from *Williams-Sonoma Cooking At Home*

Serves 6 | Takes about 1 hour and 15 minutes

Our Russian Hill Hosts put together a book of all Eatwell newsletter recipes. I found this one in that book they gave me. I figured it is perfect since you can do cabbage rolls with the red cabbage listed here, or green in case that is what you got in your box this week. And if you have Chico Rice on hand it will be even more delicious. Thanks Julie for this special gift you gave me years ago!

1 head Red or Green Cabbage
1/4 good Cooking Oil
1/2 cup chopped Yellow Onion OR use the Spring Onion or Leeks from this week's share
2 cloves Garlic, minced OR use the bunch of Green Garlic if you have the family share
1 1/2 cup Vegetable Broth OR Eatwell Chicken Stock
1 1/2 cups Tomato Sauce
3/4 cup long grain White Rice
1 tsp Red Pepper Flakes, or to taste
1/4 cup minced Parsley
3 TB minced Cilantro (optional)
1/2 tsp ground Cumin
1/4 tsp ground Coriander
Salt and freshly ground Pepper, to taste

Remove the tough outer leaves of the cabbage. Cut out the core, but leave the head whole. Have read a large bowl of ice water. Bring a large pot 3/4 full of water to a boil. Immerse the cabbage into the boiling water and cook until the leaves are pliable and separate easily when gently pulled apart with tongs, 5-7 minutes. Drain and immerse immediately in the ice water to stop the cooking. Drain again and blot dry. Carefully separate and set aside 16 large leaves. In a saucepan over medium heat, warm the oil. Add the onion and garlic and sauce until lightly golden, 4-5 minutes. Add the broth, 1/4 cup of tomato sauce, rice and red pepper flakes and bring to a boil. Cover, reduce heat to low and cook undisturbed, until the rice is tender and the liquid is absorbed, about 20 minutes. Remove the pan from the heat, add the parsley, cilantro (if using), cumin, and coriander and mix well. Season with salt and pepper and set aside to cool to room temp. Trim off the heavy rib from the base of each cabbage leaf, squaring off the end. Place a heaping TB of the filling in the center of the leaf and starting from the rib end, roll up the leaf, tucking the sides and forming a cylinder. Place the rolls in a baking dish, top with the remaining tomato sauce and bake in a 375 F oven until warmed through, about 30 minutes.

This Week's Box List

- * Cabbage
- * Celeriac
- * Daikon
- Green Garlic
- * Kale, Red Russian
- * Leeks or Spring Onions
- * Mandarins
- * Romanesco
- Spinach or Lettuce
- Tangelos or Lemons
- Turnips or Radishes

* = Items in Box for 2

Romanesco Soup

Recipe adapted from framedcooks.com

Serves 4-6 | Takes about 1 hour

1 head Romanesco, cut into pieces
3 TB Olive Oil
6 strips of Bacon, cut into small pieces, if you are vegetarian use the tempeh Fakin' Bacon
1 cup chopped Sweet Onion
3 cups Chicken Broth
1 tsp dried Thyme
1 tsp Salt OR skip the dried Thyme and plain salt and use Eatwell's Thyme Salt

1/2 tsp freshly ground Black Pepper
1/4 tsp Nutmeg
2 1/2 cups Milk
1/2 cup Heavy Cream
1 cup freshly grated Parmesan, plus extra for garnish

Preheat oven to 400 F and line a cookie sheet with foil or parchment. Toss romanesco with oil, place on prepared sheet and roast until slightly browned, about 30 minutes. Cool. Cook bacon in a large Dutch oven or other large pot until crispy. Remove with slotted spoon, leaving the bacon grease in the pot. *if you are using vegetarian bacon, add oil to the pot and cook it, then remove and continue on. Cook onion in the back grease over medium high heat for 5 minutes, stirring frequently. Add

romanesco, broth, herbs and spices and simmer for 15 minutes. Cool to room temperature. Working in batches if necessary, puree the soup in a blender until smooth. Return to pot and add milk, cream and cheese. Heat over medium heat until soup is warm. Garnish with bacon.

White Bean and Celery Root Gratin

Recipe from *How to Cook Everything Vegetarian* by Mark Bittman

Serves 4 | Takes about 1 hour and 10 minutes

1/4 cup Extra Virgin Olive Oil or 1/2 stick of Butter, plus more for greasing the baking dish
2 cups Celery Root, peeled and cut into 1" cubes
1 Onion, chopped
Salt and freshly ground Black Pepper
2 cloves Garlic, chopped
3 cups cooked or canned White Beans, drained but still moist, liquid reserved
1 tsp Sweet or Spanish Smoked Paprika
1 tsp dried Oregano
1/2 cup freshly grated Parmesan, plus more for garnish
1/2 cup Bread Crumbs

Grease a 2 quart gratin dish or a 9 x 13 baking pan with butter or oil. Preheat the oven to 400 F. Put 3 TB of the oil or butter in a deep skillet over medium heat. When hot, add the celery root and cook until starts to brown, about 8 minutes. Add the onion and sprinkle with salt and pepper; cook until the celery root and onion are soft and golden, another 3 minutes or so. Turn off the heat and stir in the garlic, beans, paprika and oregano; add the reserved bean liquid if the mixture is too dry (it should be like a thick stew). Taste and adjust the seasoning. Spread the beans and vegetable mixture in the prepared pan. Top with Parmesan and bread crumbs and drizzle with the remaining tablespoon of oil or butter. Bake until the edges and top are browned and bubbling, 45 to 55 minutes, depending on how deep your baking dish is. You can let this rest for up to an hour and serve at room temp, or straight out of the oven!

Recipe Suggestions from CSA Members:

- [Korean Pancakes with Scallions](#) from House of Nash Eats
 - Suggested By CSA Member, Dorothy. Use Eatwell's leeks, turnips, and egg in the batter.
- [Chorizo Chicken Sheet Pan Dinner](#) from Fed and Fit
 - Suggested by CSA Member, Sarah.
 - Use Eatwell's Leeks and radishes
- [Roasted Romanesco Polenta](#) from Sunset Magazine
 - Suggested by CSA Member, Becky. Use Eatwell's Romanesco and lemons.
- [Kkakdugi \(Korean Cubed Radish Kimchi\)](#) from My Korean Kitchen
 - Suggested by CSA Member, Sue.
 - Use Eatwell's Daikon and Spring Onion

