



WEEK OF MARCH 25TH, 2019 #13/52



Compost

For many years Nigel ordered truck loads of compost from Jepson Prairie, which is located just outside of Dixon. This is Recology's operation that takes all the food waste from SF and turns it into compost.

It has been years since we'd ordered any. With our chicken operation, we use the girls for all of that work. Everyday, we collect what isn't used for the CSA boxes or the farmers' market and it is brought out to the chicken pasture where they devour it in no time. It's a brilliant solution because making good compost is really a lot of work.

One of our CSA members kindly sent me a link of a photo of Nigel in an article about composting. Here is a link to that: <https://sfenvironment.org/start-composting>. Thank you Sara T.



Goose Eggs

It's goose egg season! Yes, those big girls have a season. Depending on the breed geese will lay anywhere from 20 to 70 eggs in a year. Typically laying every other day and stop once they go broody, meaning they want to just sit on their eggs. Our little flock gets moved every few days, and eggs are collected daily, so they don't tend to get broody too early.



We use the geese in the orchard to keep the grasses down and to add fertility. It is tricky because our orchard has such a variety of

trees we have to make sure they are not under trees where we will be harvesting any time soon.

Have you ever eaten a goose egg? They are quite enormous, and rich. A goose egg is about 3 times bigger than a chicken egg, and offers up a whopping 19 grams of protein per egg. I found some interesting goose versus chicken facts at this website if you would like more information: <https://www.organicauthority.com/buzz-news/goose-eggs-vs-chicken-eggs-is-one-better-than-the-other>

The bottom line is, they are delicious, and only in season for a couple months a year. Starting this week we will have them available for CSA members to order as an extra. At the market we charge \$4.00 per egg, but as members you get a special price, a 4 pack for \$12.00. We only have a limited amount for the time being, as production is just getting started. So if you want some you better jump on it quick!

Public Speaking

Who would have ever guessed that an important part of my work is public speaking? Well, it is, and much to my surprise, I really enjoy it. When I was a young person, I was so shy and lacking in confidence that I took certain courses during summer session just so I wouldn't have to do the required oral presentations, because summer session is too short!

When Nigel first became ill there were occasions I had to stand in for him, nerve wracking as that was. But I had watched him so many times, and saw how he spoke with honesty and passion, and I knew that he didn't really care if he stumbled or made a mistake. He understood that to be human meant we make mistakes, and he took that in stride. That taught me a lot. Often we got to speak together, which I loved; I was so proud to stand up by his side. Being part of such a well matched life partnership I learned to be strong and confident.

Last week I was on a panel talking about how faith based organizations can work with farms and in particular with CSA's. This was at the Faith, Food & Farms Conference put on by the Interfaith Sustainable Food Collaborative. Not belonging to any particular faith, I seriously wondered what the heck I was going to talk about or even how I could contribute. It turns out I had plenty to say, like I usually do.

The ISFC works with faith based organizations and farms to bring them together for mutual benefit. Churches, Mosques and Synagogues as drop sites? Or perhaps contribute to mini-farmers markets? The organization also helps get you set up to accept CalFresh (formerly known as SNAP or Food Stamps). This is something I am very excited about and hope to make this happen in the near future. The prospects are exciting, and it felt good to participate and represent Eatwell.



As a little side note, I have some advice for any of you who find yourself having to speak publicly, especially our younger/student CSA members. If you can, find a topic you are really passionate about. If you are assigned a topic for which you have no passion, try to find an angle that gets you a little excited. Title, in bold, your paragraphs. Then read it out loud a bunch of times. This is really important, because when you read aloud you find where you stumble and realize your brain wants to say things differently. When you find the words fall comfortably out of your mouth, record yourself, and then listen to yourself a bunch. And my last bit of advice, is to speak slowly, pause and breathe, and look around the room. Maybe someday, like me, you will find that you really enjoy getting up in front of a couple of hundred people and speaking, I hope you do!

If you would like learn more about what IFSFC is doing here is a link to their website: <https://www.interfaithfood.org>

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RECIPES AND IDEAS FROM LORRAINE

From this week's share we will probably roast carrots, celeriac, fennel and cabbage. Maybe we might chop up a bit of the green garlic and spring onion and toss those into the mix with some olive oil and salt. It is kind of gray and feels cold to me this morning, so I have already had a cup of warm miso with our chicken broth, but feeling it might be a week for soup. Maybe I might cook a lentil soup with a hammock and greens.

I really do want to try the mashed potatoes with carrots though, which I would like to top with some fresh finely chopped chives from the family box. I was thinking a spicy fried nugget thing, like tofu or chicken nuggets, (homemade of course) would go rather nicely with the mash. When I see fennel and mandarins and spring onions on the same list I immediately think salad. If you have the family share you could add a few raisins too, or garnish with the chives.

Mashed Carrots and Potatoes

Recipe by Pete Wells from NYT Cooking

I love mashed potatoes, I really love them made with Celeriac. When I found this recipe I thought that it would be a nice addition to the MP options!

Serves 4 and takes about 7 minutes

Kosher salt

1 LB baking Potatoes, peeled and cut into chunks

1 LB Carrots, peeled and cut into chunks

2 TB Butter

Pinch Saffron, crumbled

Grated zest of 1/2 Lemon

1/4 cup milk or crème fraîche

Boil the vegetables separately in salted water until very tender, 5 to 7 minutes, then drain. In one of the pans you used for boiling, mash the carrots well with the butter, saffron and lemon zest, then add the potatoes and mash well. Thin with milk or crème fraîche and add salt to taste — don't be shy about it.

Barley Soup with Greens, Fennel, Lemon and Dill

Recipe by Anna Thomas from Bon Appetit Feb 2010

This recipe makes 6 to 8 servings

4 cups water

8 cups (or more) Vegetable or Chicken Broth

1 cup (scant) Pearl Barley (about 6 ounces), rinsed

1 tsp (scant) fine Sea Salt, plus additional for sprinkling

2 TB Extra-Virgin Olive oil, plus additional for drizzling

3 cups chopped Onions

8 cups coarsely chopped stemmed Kale leaves (about one 7-ounce bunch)

6 cups coarsely chopped stemmed chard leaves (about one 7-ounce bunch)

5 cups spinach leaves (about 5 ounces)

3/4 cup sliced green onions

1/2 cup chopped fresh dill

1/2 cup chopped fresh fennel fronds

3 tablespoons chopped fresh mint

1 to 2 tablespoons fresh lemon juice

1 7-ounce package feta cheese, crumbled

Bring 4 cups water, 2 cups broth, barley, and 1 scant teaspoon sea salt to boil in large pot. Reduce heat to medium-low, cover, and simmer until tender, about 40 minutes.

Meanwhile, heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add onions, sprinkle with sea salt, and sauté until golden brown, stirring often, about 15 minutes. Add sautéed onions and remaining 6 cups broth to pot with barley. DO AHEAD: Can be made 1 day ahead.

Cool, cover, and chill. Rewarm before continuing. Add kale and chard to soup. Simmer until greens are tender, about 15 minutes. Add spinach, green onions, dill, fennel fronds, and mint; simmer 5 minutes. Add 1 tablespoon lemon juice. Season soup with sea salt, pepper, and additional lemon juice, thinning with more broth, if desired. Divide soup among bowls. Sprinkle feta cheese over, drizzle with oil, and serve.

Linguine With Chickpeas, Broccoli, Greens and Ricotta

Recipe from NYT Cooking by Sarah Copeland

Serves 4 and takes about 20 minutes

The original recipe is made with Tuscan Kale, but I have switched it for our current bunched greens. Note about the flake salt, you use that for a little crunchy burst of saltiness. Why not use one of your Eatwell Farm salts instead? They are made with the best sea salt from the coast of Brittany, and the bonus is you get the extra flavor from the herbs. For this dish I would suggest our Lemon Salt or be a little daring and try the Lavender. Instead of opening a can of chickpeas cook up some of those delicious Rancho Gordo Garbanzos (chickpeas), use those instead. The rest of the bag you can turn into hummus.

Kosher salt

12 oz Linguine or Spaghetti

1 bunch Broccoli or Broccolini, trimmed and cut into thin florets (about 1 1/2 pounds), stems reserved for another use

1 bunch Chard Or Mustard Or Kale, stemmed and cut into bite-size pieces

1 (14-ounce) can Chickpeas, drained and rinsed

2 large Garlic cloves, thinly sliced

1/2 teaspoon Red-Pepper flakes

1/3 cup Extra-Virgin Olive Oil, plus more for drizzling

Black pepper

1 Lemon

2 tablespoons Unsalted Butter

8 ounces ricotta

Flaky Sea Salt

Bring a large pot of salted water to a

boil. Add the pasta and cook according to

package instructions until al dente. Meanwhile, heat the broiler and set a rack roughly 8 inches from the heat source. In a large bowl, toss the broccoli, kale, chickpeas, garlic, red-pepper flakes and 1/3 cup oil until evenly coated. Season with salt and pepper. Divide between 2 sheet pans and spread in an even layer. Working with 1 sheet pan at a time, broil the vegetables, tossing halfway through cooking, until the kale is crisp and the broccoli is tender and charred, 5 to 7 minutes per batch. Zest the lemon, halve it, then cut 1 half into 4 wedges. Squeeze the juice from the lemon half over the roasted vegetables and season to taste with salt and pepper. Drain the pasta, reserving 1/2 cup pasta cooking water, and return the pasta to the pot. Toss the pasta with 1/4 cup reserved pasta cooking water, the butter and lemon zest. Add the roasted vegetables and the ricotta and toss to coat, adding pasta water as needed for moisture. Divide among four bowls. Season with flaky sea salt and pepper, and serve with lemon wedges for squeezing on top. Drizzle with more oil, if desired.

This Week's Box List

Cabbage

* Carrots (From Terra Firma Farm)

Celeriac

* Chard

Chives

* Fennel

* Green Garlic

* Red Russian Kale or Mustard Greens

* Mandarins

Raisins (From Capay Canyon Ranch)

* Spring Onions

* = Items in Box for 2

Tips for Storing Your Veggies:

Celeriac- Healthy celeriac should keep, unwrapped, for several weeks without any significant loss of quality. Even when cut in half, they will still keep for a week or more, though you may need to shave off a layer to refresh the surface.

Chard- Remove any bands, twist ties, etc. Most greens must be kept in an air-tight container with a damp cloth to keep them from drying out. Keeps 2-3 days.

Green Garlic- Wrap the green garlic in a damp paper towel and place it in a plastic bag or stick the green garlic in a tall glass with some water in the bottom. Keeps for a week.