



WEEK OF JANUARY 6TH, 2020 #2/52

### No Spring Chicken

This morning, while cleaning house, I was thinking about our young chicks. They are starting to feather a bit, and boy am I looking forward to them reaching laying age. Learning how to manage our flocks to insure we have enough eggs has been one of those lessons I am getting the hard way. About a month ago I realized the mistake I made was not ordering chicks for last April or May. Since it takes almost 6 months for the girls to start laying, those Spring Chickens would be laying and we would be flush in eggs right now, but alas, there were no spring chicks.

“No Spring Chicken” is a funny expression we all familiar with, but never really think about its origins. So where did it come from? I did a quick little search and found the original phrase was coined back in the early 1700’s when farmers learned, mostly from customer complaints, that chickens raised over the winter did not taste as good as chickens raised in the Spring. The over-wintered birds tasted old, but the Spring chicken was delicious. Apparently it was considered a younger bird, and so the customers complaint regarding the wintered chicken was “well that’s no Spring Chicken”.



For me not having a spring flock means we are short on eggs this winter, at least until our new flock begins to lay. Last year we had a fall flock that started laying in 4 months, which surprised us all. I am hoping we will be as lucky this year. In the meantime, we have cut off all wholesale egg sales and not sending any large dozens to the market, saving all of the eggs for you. It does seem that production has stabilized and won’t go any lower, thankfully, so let’s hope as the season moves on, production will go back up.

### Olives

The trees are loaded with fat olives once again. The members who came out for pizza and olive picking back in October did an excellent job of picking all the big fruit and left behind loads of small ones. Well, they are getting pretty plump, so if anyone wants to come out and pick, please let me know. You are welcome to bring a crew with you and the olives are free.

### The Issue of Plastic

Several weeks back I wrote a long bit in the newsletter about the topic of plastic bags, and asked for your feedback. I was surprised by how few responses I got, but for those of you who did write me, the overwhelming majority agreed less plastic is certainly the way to go. Most of you said you would be ok paying more for a cloth bag. One member sent me a very thoughtful email regarding the downside of using cloth, that quite often people don’t re-use them either, but the main point that struck me was they also aren’t so great for storing your produce in. So that leaves me still facing this problem. There are times when plastic is just unavoidable, like when we have wet mixed greens. This week we did try out putting the lettuce into paper bags rather than the usual plastic. I would really love to hear how that worked out for you. Fortunately we now have someone in the pack house who understands that we are trying our best to move away from the use of plastic, and I think we have made real improvement. I do have to remember to update him as new items come in, so please be patient because I don’t always catch things in time. So for the time being I won’t be switching us to cloth veg bags. Since almost everyone who wrote me told me they wash and re-use their plastic bags several times, I think the best course is to do our best to use paper as much as possible, when bags are needed, and only use plastic when absolutely necessary. Please know that occasionally we might run out of paper bags and may have to use plastic, but my goal is to use fewer bags overall. And I am still open for suggestions. One important reminder, we do re-use our wax boxes, so please return them to your drop site. If you are a home delivery person, when you have a stack of boxes, please let us know and we can schedule a pick up.

### Sunday Supper On The Farm

My friend Chef Wyatt is blessing my kitchen with his amazing talent, once again, January 26th. This time we are featuring Cory’s quail, raised here on the farm. The tentative menu is:  
Gyoza with Eatwell vegetables and rockfish with housemate ponzu sauce  
Mizuna/Arugula Salad with Miso dressing  
Chicken Consommé with flaked nori and packed quail egg  
Smoked quail pot pies with Eatwell veg  
Orange Almond Cake with Crème Anglaise  
This is an early supper, starting out with a little fun on the farm. Weather permitting I hope we can pick and brine a few olives, or possibly go for a short walk. If you are interested in joining us please get your tickets, we have very limited seating! One last point, we will have non-alcoholic beverages available, but if you would like wine or bear with your meal, please bring some with you!

# RECIPES AND IDEAS FROM LORRAINE

The first pomelos are here, and they can be a bit daunting if you have never eaten one. If this is your first time, there is a very thick peel. I mean seriously thick. Then there is a rather tough skin protecting each segment, which I learned the hard way, you don't really eat. You do enjoy the yummy little sacks inside. There are a few videos out there to show you the easiest way to cut and break one down, check this [one](#) out for help. The pomelos have a similar flavor to grapefruit, but a little sweeter, and really yummy.

Someone at the market the other week told me they have a really hard time overcoming the bitterness of arugula. Personally, I don't find it is that bitter. One of my favorite ways to enjoy arugula is with a good steak. I simply throw it in the hot pan, after I finish cooking the steak, toss it around in all the pan juices until fully wilted. Plate it with the steak on top, pour over any last juices and there you have it!

Just a little bit of a heads up, our seville oranges are getting close to being ripe. If you want to order some to make some marmalade, keep an eye out in the Thursday email, they will only be available as extras and won't go in the boxes.

## Samin Nosrat's Whatever You Want Soup

*Recipe by Samin Nosrat from NYT Cooking*

I was so intrigued by the name of this soup I had to include it in this week's newsletter. It is a great basic concept or framework for making a soup, which you can then adjust according to whatever you might be in the mood for at any given time! I just made a soup base in which I used sautéed bok choy stems, onion, garlic and fennel, and then I added some winter squash to my soup. I use bok choy stems in place of celery and squash in place of carrots.

4 TB Butter, Olive Oil or neutral-tasting oil  
2 medium Onions, diced save the green tops for garnishing  
3 cloves Garlic, sliced  
Kosher salt  
6 to 8 cups Meat, Vegetables or other add-ins (see notes)  
About 1 1/2 lbs raw, boneless Chicken (optional)  
About 8 cups Water or Chicken Stock, preferably homemade (see notes)

Set a large Dutch oven or stockpot over medium-high heat and add 4 tablespoons butter or oil. When the butter melts or the oil shimmers, add onions and garlic, and a generous pinch of salt. Reduce the heat to medium and cook, stirring occasionally, until the onions are tender, about 15 minutes. Place the meat, vegetables and other add-ins in the pot, along with the raw chicken (if using), and add enough liquid to cover. Season with salt. Increase heat to high and bring to a boil, then reduce to a simmer. Cook until the flavors have come together and the vegetables and greens are tender, about 20 minutes more. If you added raw chicken, remove it from the soup when cooked, allow to cool, shred and return to the soup. Taste and adjust for salt. Add more hot liquid if needed to thin the soup to desired consistency. Taste and adjust for salt. Serve hot, and garnish as desired.

NOTE\* For add-ins, you can use a combination of vegetables diced into 3/4-inch pieces (use one or more of carrots, fennel, celery, leeks, winter squash, potatoes or parsnips); cooked beans, lentils or chickpeas; up to 4 cups of sliced kale or green cabbage; or up to 3 cups of cooked, shredded chicken or pork, if not using raw chicken. If desired, replace some of the liquid with bean broth, heavy cream, chopped tomatoes in their juices or full-fat coconut milk.

## This Week's Box List

Arugula  
Bok Choy  
\*Broccoli  
\*Green Cabbage  
\*Chard  
Fennel  
\*Spring Onions  
Red Russian Kale  
\*Lettuce  
\*Navel Oranges  
Pomelo  
\*Butternut Squash

\* = Items in Box for 2

## Dijon Rice With Broccoli

*Recipe by Tara Parker-Pope from NYT Cooking*

1 cup cooked brown rice  
2 cups broccoli florets, fresh or frozen  
2 to 3 teaspoons Dijon mustard  
1 1/2 teaspoons low-sodium soy sauce  
1/4 to 1/2 teaspoon hot sauce  
Agave nectar or sugar, to taste (optional)  
Steam broccoli. Meanwhile, whisk 2 teaspoons of Dijon mustard, low-sodium soy sauce and hot sauce together. Taste, adding more hot sauce and Dijon mustard if needed. (Chef Lindsay Nixon says she usually adds up to 1 1/2 teaspoons of hot sauce and 3 to 4 teaspoons of Dijon.) If the Dijon is too strong for your liking, add a few drops of agave nectar or a pinch of sugar to help cut the bite. Mix with cooked rice (if

using leftover rice, add a splash of broth or water before reheating it). Then mix in cooked broccoli, season with salt and pepper, and serve.

## Butter Braised Spring Onions and Lots of Chives

*Recipe from Bon Appetite May 2013*

We don't usually think of onions or leeks as a dish in their own right. My mother-in-law makes absolutely delicious creamed leeks and that dish really opened my eyes. So today I thought maybe there is a dish for spring onions, low and behold, there is. I also wonder if one couldn't use chicken or vegetable stock instead of water for a richer flavor?

8 Spring Onions, about a pound, root end trimmed  
4 TB (1/2 stick) unsalted Butter, divided  
Salt

1/4 tsp chopped fresh Chives  
Lay onions in a large skillet, trimming top of dark greens to fit. Add 2 TB butter and 1/2 cup water to skillet; season with salt. Bring to a boil; cover. Reduce heat and simmer onions until greens are soft and bulbs are almost tender, 15-20 minutes. Uncover and cook turning onions occasionally, until bulbs are completely tender, 5-8 minutes longer. Transfer onions to a plate. Simmer cooking liquid in skillet until reduced to 2 TB, about 1 minutes. Remove from heat and whisk in remaining 2 TB butter. Return onions to skillet and turn to coat with sauce. Top with chives.

I wanted to add in here a link to a recipe that one of the CSA members, Kristina shared in the Eatwell CSA slack channel. It is a [Fennel Slaw Salad with Mint Vinaigrette](#) and sounds delicious. If you haven't already, you can click [here](#) to join the slack channel.