



WEEK OF JANUARY 13TH, 2020 #3/52

### Citrus

There is little that makes me as happy as seeing our citrus trees loaded with fruit, especially on a clear, crisp January morning. The colors are amazing, the green grass, the deep blue sky and the cheerful bright orange and yellows. Most of us grew up knowing that oranges and lemons are available all year long, just waiting for us at our local grocers. But I am blessed with the knowledge that even the ubiquitous citrus has a season, and that is now! Long ago I gave up eating white mealy tomatoes and flavorless stone fruit or strawberries in the winter. Even if they were organic, they are not in season in our area, and so they have traveled far and hard. And for what? So the we can have everything all year round because that is what the global food purveyors have convinced us is the best way to eat? What do we trade for those miles filling our out-of-season cravings? A lot of carbon in transport, flavor and nutrition. But more importantly we have traded our joy factor because it isn't special anymore. My generation heard plenty of stories from our parents about the excitement of receiving oranges in their Christmas stockings. When was the last time you felt a child like excitement over a piece of fruit? That's how our orchard makes me feel on a morning like today. Excited like a child, loving all the glorious colors, and really enjoying the piece of fruit I picked and ate while I continued on my walk around the farm. Thank you for sharing this adventure with me, and I hope you too, feel some excitement over a piece of in-season, local fruit!



### Projects That Never Worked Out

There are many of those around this farm. One of them was our attempt at growing mushrooms quite a few years back. We bought a load of shiitake plugs and inoculated stacks of our logs, but I think we underestimated how much moisture we needed for them to take and they didn't work out. Those log stacks are at the very far end of the farm, in one of my absolute favorite spots here at Eatwell. As I was walking down the double row of trees I checked them out those and found some mushrooms growing, just not the shiitakes. Nature has its way of doing what it wants.

### We Have Some Of The BEST Eggs!

Well, at least that is what KQED says! We made their list of "5 Local Bay Area Egg Producers You Should Know."

On my walk this morning I watched the guys moving one of our chicken houses. It takes a lot of time to move those big houses, and I think we got a little caught off guard with the amount of rain we had last month. Once it is really muddy it is impossible to move them. One year we had one get stuck in the mud half way onto the farm road where it sat for several weeks.

The girls were moved onto the area where we grew tomatoes last summer. No pasture was planted, so they are going out there to clean it all up. Last year I decided not to plant the pasture mix Nigel had used the previous couple of years. It was a blend he put together with the idea of running sheep through first, followed by our chickens. The sheep never happened. And what I was finding was the pasture would grow back pretty strong and tall through our vegetable plantings and it appeared to be causing more problems than we had time to deal with. The weed load on this farm is been pretty tremendous. I am hoping we are breaking the cycle. I will have to do a little research to find out what might be good to plant for our chickens instead. For now, we are going to move them to areas where we need the fertility and let the girls do what they do best, eat, poop and lay eggs. I think we have hit the lowest product and egg numbers are coming back up, slowly. It was so low I actually bought eggs for my Christmas baking, it was good to try out some of the competition. But this morning I enjoyed a soft boiled Eatwell egg with some homemade walnut bread slathered with Spring Hill butter and relished each bite!



# RECIPES AND IDEAS FROM LORRAINE

My daughter-in-law Lilly was telling me she eats Bok Choy stalks like celery stalks. What a great idea! You could use them to dip in hummus or blue cheese dressing, or guacamole. And speaking of hummus, have you made the truly delicious and creamy Ottolenghi version? If you haven't, you should. Order some Rancho Gordo Garbanzos to come with your Csa share and make this, you will not be disappointed. And don't forget to use Bok Choy stalks to dip in there!

## Kale Salad With Apples and Cheddar

*Recipe by Martha Rose Shulman*

Kale salad is great because it holds up pretty well for a day or two. So if you don't eat it all in one go, it should be pretty tasty the next day. Serve over a bed of quinoa or brown rice and you will have a fairly hearty vegetarian meal.

4 cups very finely chopped or slivered Red Russian Kale (about 6 ounces on the stem, or half of a 3/4-pound bunch, stemmed and washed in two rinses of water)

2 TB coarsely chopped toasted Almonds

1 Apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice

1 oz sharp Cheddar cheese, cut in 1/4-inch dice

2 TB fresh Lemon juice

Salt to taste

1 very small Garlic clove, puréed

5 TB Extra Virgin Olive Oil

2 TB freshly grated Parmesan

Combine the kale, almonds, apple and Cheddar in a large bowl. Whisk together the lemon juice, salt, garlic and olive oil. Add to the salad, and toss well. Sprinkle the Parmesan over the top, and serve. Tip. Advance preparation: This salad benefits from tossing with the dressing about 15 minutes before you serve it. The kale will soften in the dressing.

sour cream until smooth and stir into sliced cabbage and liquid in the pan. Bring to a simmer and cook briefly to thicken. Taste for seasoning. Spoon sliced cabbage mixture onto a rimmed serving platter. Top with cabbage rolls. Mix remaining dill with remaining sour cream, place in a bowl and serve alongside.

## Cabbage Stuffed With Chicken and Mushrooms

*Recipe by Florence Fabricant*

1 large head Green Cabbage

4 TB Extra-Virgin Olive Oil

2 medium Onions, sliced

4 cloves Garlic, sliced

Salt

½ lb White Mushrooms, sliced

Ground White Pepper

1 lb skinless, boneless Chicken breast, ground

¼ cup minced fresh Dill

½ cup dry White Wine

1 cup Chicken Stock

1 TB Flour

1 cup Sour Cream

Place cabbage in freezer overnight. The next day, remove cabbage and, under warm running water, peel off at least 12 large leaves. Cut heavy spines out of leaves. Set leaves aside. Quarter and core remaining cabbage and slice thin. Heat 1 tablespoon oil in a large, heavy sauté pan or 4-quart casserole. Add onions and garlic, dust with salt, cover and

sweat on low about 10 minutes, until onions are soft but not brown. Remove onions and garlic. Add 1 tablespoon oil and the mushrooms and sauté on medium until mushrooms are tender and starting to brown. Remove. Finely chop 1 cup of the cooked onions with the mushrooms by hand or in a food processor. Season well with salt and white pepper, then mix with chicken. Add 1 tablespoon dill. Heat remaining oil in pan, add sliced cabbage and rest of sweated onions and cook on medium-low, covered, until cabbage is soft, about 10 minutes. Turn off heat. Place a couple of tablespoons of the

chicken mixture on a cabbage leaf, fold and roll leaf around filling. Place seam-side down in pan on cabbage and onions. Repeat with rest of leaves and filling, placing cabbage rolls snugly in pan. Add wine and stock, bring to a simmer, cover and cook gently 40 minutes. Remove cabbage rolls to a platter or bowl. Cover to keep warm. Mix flour with 3 tablespoons of the sour cream until smooth and stir into sliced cabbage and liquid in the pan. Bring to a simmer and cook briefly to thicken. Taste for seasoning. Spoon sliced cabbage mixture onto a rimmed serving platter. Top with cabbage rolls. Mix remaining dill with remaining sour cream, place in a bowl and serve alongside.

## This Week's Box List

\*Bok choy

\*Broccoli

\*Green Cabbage

Rainbow Chard

\*Red Russian Kale

Fennel

\*Lettuce

Radicchio

Daikon Radish

\*Butternut Squash

Grapefruit

\*Pomelo

\* = Items in Box for 2

## Sheet-Pan Salmon and Broccoli With Sesame and Ginger

*Recipe by Lidey Heuck from NYT Cooking*

Serves 4

This delicious meal only takes 20 minutes! I don't usually tout the quick meal, because I balk at the concept that cooking should always be as fast as possible. Cooking for me, quite often, has been my meditation. And you don't rush meditation do you?

4 TB Toasted Sesame Oil

2 TB Soy Sauce or Tamari

1 TB Rice Vinegar

1 TB Honey

1 (2-inch) piece fresh Ginger, peeled and finely grated (about 1 tablespoon)

1 Garlic clove, finely grated

1 lb Broccoli, trimmed and cut into florets, thick stems discarded

2 Scallions, trimmed and cut diagonally into 1 1/2-inch segments, plus thinly sliced scallions for garnish

1 TB Olive Oil, plus more for brushing the salmon

Good Salt and Black Pepper

4 (6-ounce) skin-on Salmon fillets

½ Lime, for serving

Sesame Seeds, for serving

Heat the oven to 425 degrees. In a small bowl, whisk 3 tablespoons sesame oil with the soy sauce, vinegar, honey, ginger and garlic until smooth. Set the glaze aside. Place the broccoli florets and 1 1/2-inch scallion segments on a sheet pan. Drizzle with 1 tablespoon olive oil and the remaining 1 tablespoon sesame oil. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon black pepper, toss well and roast for 5 minutes. While the broccoli and scallions roast, place the salmon fillets on a plate and pat dry with paper towels. Brush all over with olive oil and sprinkle with salt and pepper. Toss the broccoli and scallions and move to the edges of the pan, clearing spaces in the center for the salmon fillets. Place the salmon fillets, evenly spaced, on the center of the pan. Brush the fillets generously with the glaze. Return the pan to the oven and roast until the salmon is cooked through but still slightly rare in the center, about 12 minutes. Squeeze the lime over the broccoli and sprinkle with salt. Scatter the sliced scallions and sesame seeds over the salmon, and serve hot.