



WEEK OF JANUARY 20TH, 2020 #4/52

### Rosemary

We've been enjoying the rosemary in the shares recently. I have dried quite a few bunches. I roll the stems in the palm of my hands and let the needle-like leaves fall into a bowl. Then I jar them up and use them all year long. I buy very few herbs these days, between our salts and the fresh herbs I get from the farm my needs are almost always covered.

Did you know that rosemary is in the mint family (Lamiaceae)? It's pretty incredible how many of our favorite herbs are in the mint family: basil, catnip, oregano, marjoram, thyme, lavender, lemon balm, savory, sage, even patchouli.

Getting back to rosemary, most of us have used it on roast chicken, or in pasta sauces, but it has been enjoyed as a tea for centuries. Historically thought of as having positive effects on digestion and relaxing qualities. Rosemary tea is very simple to make; take 1 tsp of the leaves and put into a tea strainer. Put the strainer into your cup and pour over boiling water. You can add a bit of honey to sweeten and a small wedge of lemon for extra flavor.



### Radicchio

Radicchio is not a lettuce but part of the chicory family that comes from Italy. Two varieties that we grow are Treviso, long deep purple leaves, and Castelfranco, green leaves with purple speckles. They look beautiful but sometimes can be daunting cooking with them as they have a bitter taste. At the bottom of the recipe page I have included a few recipes for how to use the Radicchio.

### Bok Choy or Pak Choi

They are the same. According to Wikipedia, Bok Choy is American English and Pak Choi the British English. From what I read on other sites, they are the same plant, part of the brassica family, sometimes known as Chinese White Cabbage. I found an interesting website called [differencebetween.net](http://differencebetween.net) and this is what they had to say:

*The Brassica family can be further subdivided into different varieties according to the color of the leaves' petioles. The white petiole variety includes the Canton pak choi, prize choi, taisai, lei choi, joi choi, and pak-choy white. On the other hand, the green petiole variety includes the mei qing choi and the Chinese pak choi green.*

Guess I will have to pay attention to the stems and petioles. Bok Choy can grow to be quite large. Honestly, it is one of the hardest items in the box to find new and exciting recipes for, without repeating the common sesame oil, soy sauce and ginger combo. But I was happy to read that it is also known as White Celery Mustard, because I use it in place of celery in soups and stews. I mentioned on the recipe side recently that Lilly and Cameron even eat the stems just like a stalk of celery. If you do eat it raw, you get the benefit of the almost 32 gm of vitamin C per cup. Plus there is a good amount of fiber, vitamins A, E and Folate and only 9 calories.

### Quail

On one of my recent walks I took a look at the quail Cory and Tam are raising here on the farm. Some of you have tried the eggs. They are tiny, delicious and perfect in ravioli. I found an Australian recipe that you can check out [here](#). Since they are raising males and females, the males are harvested twice a month and going to a few of our favorite restaurants in SF. Onsen SF, a big supporter of this farm, take meat and eggs. We will be serving it at our Sunday Supper next weekend. The eggs are always available to you as an extra, but if you are interested in the meat let us know and we will put you in touch with Cory.



# RECIPES AND IDEAS FROM LORRAINE

## Slow Cooker Chicken Ramen With Bok Choy and Miso

*Recipe by Sarah Digregorio*

It's cold and ramen sounds too good to pass up this week! Here's a recipe for bok choy raw in salad, and if that sounds like something you would enjoy this week, check out the [recipe](#) found on Martha Stewart's website.

3 to 3 ½ lbs Skin-on Whole Chicken Legs (about 5 legs)  
½ heaping cup Sweet White or Yellow Miso, plus more to taste  
2 Scallions, trimmed and halved, plus more for topping  
3 Garlic cloves, smashed  
4 dried Shiitake mushrooms (optional)  
1 (5-by-3-inch) piece dried Kombu (optional)  
1 lb Bok Choy, cored and roughly chopped  
2 TB Tamari, plus more to taste  
2 TB Mirin, plus more to taste  
12 to 16 oz Ramen, cooked and drained  
Soft boiled Eggs, Sesame Seeds and toasted Nori sheets, for topping

Put the chicken legs in a 5-8-quart slow cooker, and crumble the miso on top. Add the scallions, garlic cloves, shiitake mushrooms (if using) and 6 cups water. Stir well to combine. Cook until the chicken is tender, at least 4 hours and up to 6 hours on low. If it's more convenient, you can let the slow cooker switch to warm after 6 hours. The soup will hold on warm for about another 2 hours before the chicken begins to dry out. Switch the heat to high. With a slotted spoon, remove the chicken, scallions, garlic and shiitakes, and place in a bowl. Set aside to cool. Stir in kombu, bok choy, tamari and mirin. Cover and let cook until the bok choy is wilted and tender, 5 to 10 minutes. Remove and discard the kombu. Coarsely shred chicken meat into the soup, discarding the skin, bone, scallions, garlic and shiitakes. Taste the soup and whisk in a few more spoonfuls of miso or tamari, if desired. Divide the noodles among 4 or 5 bowls, and ladle the soup on top. Top each with sliced scallion, a halved soft boiled egg, sesame seeds and a piece of nori.

## Collard Greens Tagine With Flageolets

*Recipe by Martha Rose Shulman*

I hope you have some of Rancho Gordo's Flageolets on hand to make this flavorful dish!  
½ lb (about 1 1/8 cups) dried Flageolets, soaked at least 6 hours in 1 quart water, then drained (use small white beans if you cannot get flageolets)  
1 large Onion  
4 large Garlic cloves; 2 crushed, 2 minced  
1 tsp Coriander seeds  
1 tsp Caraway seeds  
2 tsp Cumin seeds  
2 TB Extra-virgin olive oil  
1 lb (about 1 large) Fennel bulb, cored and diced, fronds chopped and reserved for garnish  
Salt to taste

1 tsp Paprika or Aleppo pepper  
1 large Jalapeño, minced (about 2 tablespoons)  
2 TB Tomato paste  
1 lb (about 1 generous bunch) Collard Greens  
1 large bunch Cilantro, chopped (about 1 cup), plus additional for garnish  
2 TB minced preserved Lemon (optional)  
Cooked grains or couscous, for serving (optional)

Transfer drained beans to a large, heavy flameproof casserole or Dutch oven. Cut onion in half; cut one of the halves in half and chop the rest. Set aside chopped onion and add quarters to pot. Add 5 cups water (6 if serving over grains or couscous), and crushed garlic cloves to casserole, and bring to a gentle boil over medium-high heat. Skim off foam, cover and reduce heat to low. Simmer 45 minutes. Using tongs, remove onion and garlic cloves and discard. Meanwhile, in a small skillet or saucepan over medium-high heat, toast coriander, caraway and cumin seeds together just until they begin to release their aroma, 2 to 3 minutes. Transfer immediately to a spice mill and allow to cool for a few minutes, then grind. Heat oil over medium heat in a large heavy skillet and add remaining onion. Cook, stirring, until tender, about 5 minutes.

Add minced garlic, diced fennel and a generous pinch of salt and cook, stirring often, another 5 minutes, until fennel has softened slightly. Stir into beans. Add ground spices, paprika, additional salt (I use about 1 1/2 teaspoons), jalapeño and tomato paste and return to a simmer. Cover and simmer 30 minutes. Taste and adjust salt. Meanwhile, stem and wash collard greens. Cut leaves in half down the middle. Stack and roll up several leaves, and cut crosswise into 1/2-inch strips. You should have about 5 cups of greens. Add collard greens to beans and vegetables. Bring back to a simmer, cover and simmer 15 to 30 minutes, until greens and beans are tender. Stir in cilantro and chopped fennel fronds and simmer another 5 minutes. Taste and adjust seasonings. Ladle into wide soup bowls. If using preserved lemons, place a teaspoonful on each serving, for guests to stir in. Garnish with chopped cilantro or a combination of chopped cilantro and fennel, and serve.

- [Stuffed Carnival Squash- It Doesn't Taste Like Chicken by Sam Turnbull](#)

The original recipe is made with Acorn Squash, but you can use the Carnival squash.

- [Grilled Sausages and Radicchio by Melissa Clark NY Times Cooking](#)
- [Lentil, Radicchio, Walnuts and Honey from Plenty More by Yotam Ottolenghi](#)
- [Borlotti Soup with Radicchio, Adapted from Vegetable Soups from Deborah Madison's Kitchen](#)
- [Arugula, Radicchio, and Fennel Salad from The Yellow Table's Anna Watson Carl](#)

### This Week's Box List

Arugula  
\*Bok Choy  
\*Green Cabbage  
\*Collards or Dino Kale  
\*Fennel  
Green Kale  
\*Lettuce  
Radicchio  
\*Carnival Squash  
Rosemary  
\*Pomelo

\* = Items in Box for 2