



WEEK OF JANUARY 27TH, 2020 #5/52

Sunday Supper

On Sunday we had our second Sunday Supper with Chef Wyatt. We started the afternoon of picking and brining olives. Once the olives were jarred up, Chef Wyatt gave us all a lesson on making gyoza. After the tutorial everyone got very hands on rolling out the homemade dough then filling and crimping. The first course was Cabbage and Rockfish Gyoza. We enjoyed those handmade gyoza with an arugula and chard salad with miso dressing, moved on to a chicken consommé with poached quail egg. We smoked a few of the quail raised on the farm and Wyatt turned those into a delicious pot pie, then we finished the meal off with orange mousse. All in all, I think everyone had a very fun afternoon, and I think making this more of a hands on experience was a great adjunct to a “farm to table” style dinner. Thinking of the next Sunday Supper and maybe doing communal kraut, anyone interested? Oh, and the trees still have loads of olives, so if any of you want to come to the farm to pick just text me and let me know when, 530-554-3971.

Producers Certificate

At the end of the year there are quite a few forms and certificates we have to update. The big one is a producers certificate. For that one we have to list all the crops we grow and their varieties, how many trees or acreage and what our expected yield is. We discovered this year that almost none of the trees in our orchard were listed. I have know idea how that happened, and I also have no idea what Nigel planted all those years ago. Let me say the folks at Solano County Ag Dept are really the nicest people to work with, so that makes this mess a lot less stressful. At this time of year stone fruit trees are barren and for me there is no way to identify anything. This summer I hope to enlist the help of a farmer friend to get the information on those trees. The citrus is producing which means most of the trees are somewhat identifiable, however, exactly what variety Nigel planted of certain citrus remains a bit of mystery. Did you know that in the world of mandarins there are around 200 varieties, plus hybrids? The tangelo is a hybrid of mandarin and orange. There are a few varieties of tangelos. One of the more common ones is the Minneola, which is bright orange-red and has that distinctive neck. When I looking into the pomelo varieties I found one website had 15 varieties listed, who knew? With so many different trees planted in the orchard it is far from straightforward or simple.

Newsletter Time Again

Every so often I have a mini-panic over the newsletter. How on earth will I find something new and interesting to write about? I mean, we get seeds and plants, put them in the ground, water them, wait for them to grow, then pick and send them on their merry way to all of you. What’s there to write about? Some weeks I do a draw a blank, but when I start talking about the farm and my week or even just one day, I come up with at least one good story, and sometimes a lot more. But I would love to hear from you! I invite all of you to share stories if you are so inclined. If you have had a particularly wonderful experience with your box, or even the opposite, but you found a way to overcome the obstacle, I know members would love read about it. So if you would like to share, send them on over and photos are super helpful. If you have a local business that our members could help support send us a short write up, I would love to include it in the newsletter.



RECIPES AND IDEAS FROM LORRAINE

I have to tell you, I sautéed up a little onion in oil and butter, then added cabbage and fennel. Threw in some Moroccan spice blend and some Dukkah, (an Egyptian spice blend) and I enjoyed it with many meals most of the week. It is so nice to have a tasty vegetable dish just waiting for me in the fridge, that I can toss into a pan and heat up. One less thing to do when trying to rush a meal. It has made me look a fennel a little differently too, and I now add it into any of my sautéed greens I no longer think of fennel as simply a way to add that particular flavor, which I always thought stands out so much. Sautéing it with greens or cabbage the flavor kind of mellows a bit. One of our CSA members posted this recipe on the Eatweller's Slack page for fennel frond pesto which is a fantastic way to use up the fronds. At the Sunday Supper this week Chef Wyatt cooked the fronds in our chicken stock to help flavor the consommé. Also, I still love to make tea out of the fronds, simple and great for your digestion.

Radicchio and Caramelized Onion Flatbread

Recipe from Twists and Zests
Serves 2

Amber, the author of this blog, is an Eatwell CSA member. She shared this post on our Slack pack recently when one of our members was asking how to overcome the bitter flavor of radicchio. Don't you just love how this community plays together?

For The Dough:

2 cup All Purpose Flour
5 TB Semolina (or more APF)
2 TB Olive Oil
1 TB Brown Sugar
2 tsp Active Dry Yeast
1 tsp Salt

3/4 cup + 2 TB Warm Water

For The Topping

1 medium Onion Yellow or Red
4 TB Olive Oil
1 small head Treviso Radicchio (about 150 gr)
1/2 cup Farmer's Cheese or Crème Fraiche
1/2 cup coarsely grated Asiago
3/4 cup finely grated Parmesan
1/4 tsp Salt
1/4 tsp freshly ground Pepper + more to top
1/2 tsp Oregano
2 TB Balsamic reduction*

To make the dough: Combine flours, sugar, and salt in a bowl. Create a well in dry ingredients, add water and yeast. Allow to sit for 10 minutes. Add oil and stir to combine until it forms a shaggy mass. Turn out on a lightly floured surface and knead for about five minutes until smooth and soft. Return to bowl and cover with plastic wrap. Allow to double in size, about 1 hour.

Meanwhile, slice onions in 1/8" to 1/4" semi circle. Heat 2 TB oil in a pan over medium-low, add onion. Stir occasionally. Cook very slowly until caramelized

(about 10 minutes). Set aside. Wash radicchio and chop into 1/2" slices - across the leaf. Leave out most of the white ribs and base. Toss radicchio with 1 TB olive oil, salt, 1/4 tsp ground pepper and oregano. Preheat your oven to 450F. To assemble, cool out or hand shape dough into a 13"(ish) oval on baking paper or silicons baking mat. Spread remaining olive oil over the dough. Spoon farmer's cheese on dough leaving about a 1" edge on all sides. Add seasoned radicchio then caramelized onions in an even layer. Cover with the grated cheeses. Grind a bit more pepper on top. Bake for 15-20 minutes until crispy on the edges and the cheese is slightly browbed. Allow to cool for 2-3 minutes and drizzle with reduced balsamic. Cut into rustic squares and serve immediately. *To make the balsamic reduction, slowly heat vinegar in a sauce pan over med-low heat. Swirl regularly to prevent burning. Reduce by about half, until it just coats the back of a metal spoon. It will thicken further as it cools.

Greens with Cashew Cream Sauce

Recipe from Vegans Eat What

This is another recipe shared on our slack page by CSA member Alicia, who

says it is great with Kale, Collards even Radicchio. From this week's share you could use the Bok Choy, Cabbage, Radicchio.

1 cup Plain Unsweetened Soy Milk or other non-dairy Milk

1/4 cup Raw Unsalted Cashews, soaked for at least 2 hours and drained

2 TB Nutritional Yeast Flakes

1 tsp granulated Onion

1 TB White Miso Paste

2 tsp Olive Oil

1 large Shallot, finely minced

2 cloves Garlic, pressed or minced

6 cups mixed Greens

Combine the plant milk, cashews, nutritional yeast, granulated onion, and miso in a blender and puree until smooth and silky. Heat the oil in a large, non-reactive skillet over medium-high heat. Add the shallot and garlic and cook until they just turn golden. Add the cashew cream mixture to the skillet and bring to a simmer. Stir in the greens, folding them into the sauce until they begin to wilt.

Continue to simmer, stirring often, until the greens are tender, at least 5 minutes. If the sauce is too thick, thin it with some water.

This Week's Box List

Arugula
Bok Choy
*Cabbage
*Cauliflower
*Fennel
*Lettuce
Radicchio
*Carnival Squash
*Romanesco
Pomelo
*Tangelo

* = Items in Box for 2

More Recipes!

- [Romanesco or Cauliflower Pasta with Olives, Capers, and Parsley from abeatifulplate.com](#)
- [Roasted Cauliflower, Chickpea and Arugula Salad from gimmesomeoven.com](#)
- [Stuffed Carnival Squash from splendid table.org](#)
- [Slow Cooker or Baked Carnival Squash from thesruceats.com](#)