



WEEK OF FEBRUARY 3RD, 2020 #6/52



Cauliflower

It's finally here, and has come in strong. With the warmer days we have had we are all a bit panicked to get a lot of it sold before it colors from the sun and bolts from the warmth. My whole life cauliflower has been one of my favorite vegetables, so I was really disappointed when we lost our entire first planting this past fall. The weather was so hot all the way into November, and the conditions were too perfect for the aphids. Plus cauliflower doesn't like the heat, and it just never grew the way it should. According to Bonnie Plants, it is a difficult plant to grow, preferring temperatures in the 60's, and I can tell you our October and November was far above that temperature zone. Unless conditions are right there can be premature heading, or what they call "buttoning" when the plant makes tiny heads, and that is pretty much what happened. Years back Nigel chose Cauliflower di Jesi from Italy, which is a variety that is supposed to handle the warmth a bit better, one we should be able to plant earlier in the season. The seeds are also extremely expensive, making it even more disappointing to lose the entire crop, so you can imagine how happy we were when Jose told us last week that our second planting was suddenly ready to harvest.

Wholesale

Many years ago Nigel decided to decrease the amount of product he was selling to wholesale customers. Mostly he was selling tomatoes. As one of the first farmers to grow heirloom tomatoes, he had a pretty good hold on the market back then, but that obviously came to an end. Back then we were delivering around 900 CSA boxes every week, Nigel felt the CSA was strong and that was where he wanted to focus his attention. The Bay Area food world has changed so much since that time, there are many more CSA's, farmer's markets, Whole Foods, GoodEggs, and meal kits.

We always have to grow more than we need as a buffer in case something happens, that first planting of cauliflower was a great example. But when things go right and crops are coming in strong we can have a lot of extra produce and nowhere for it to go. So over this past year Cameron took on the project of Eatwell becoming a player in the local wholesale market once



again. We realized if we could find a few good partners who were honestly interested in working with local farms it could be a winning situation for us. He had meetings with the Davis Food

Coop, who had also recently made the commitment to focus more on supporting local farms. He also met and developed a relationship with Capay Valley Farm Shop, who works as a distributor selling produce from many of us locals. So when situations like now with the cauliflower coming in so fast the work he put in over the last year has really paid off. He was able to send out a few emails the middle of last week and sold close to a thousand pounds in a few days. Last week the weather forecast was showing warm weather for the coming week which had us concerned we would lose most of the cauliflower again, so you can imagine how happy we were that our customers helped us out. Now it looks like it won't be as warm as we thought and that's how it goes in this rather unpredictable farming life.

Feral Kittens

One of the saddest things you see living in the country is when drop their pets off when they can no longer keep them. For some reason they think their pets will be just fine on a farm. We have found dogs, one time a couple of gorgeous young Rottweilers, many cats, and right now we have a bunny running around. We've spent hours taking cats in to get fixed, and years ago adopted a litter of kittens after their mom was killed on the road. Two from that litter lived with Nigel and I in the bus and then moved into the house with us. Recently a very small kitten showed up hanging out around the pack house. Unlike all the other feral



kittens, this one was extremely friendly, following everyone around. He was also really tiny. A few weeks back we caught him and brought him into the house and I started taking care of him. He

had a pretty bad cold, and a virus in his eye, which he may or may not recover from. He has been eating really well, and the vet says he is really quite healthy. I am keeping him and because he is the cutest little thing, I decided to name him Thing. One of the most loving little kitties I have ever known, as a matter of fact he is hanging out with me as I write this newsletter. Unfortunately, Nomi, our cat from that original litter we rescued, is not impressed, at all. I hope she will overcome her jealousy and the two of them become friends.

RECIPES AND IDEAS FROM LORRAINE

Pea Shoots

This week's Family box includes some very delicious sugar snap pea shoots. If you haven't had them before, they are amazing and taste almost the same as a sugar snap peas.

They are great to eat raw, toss in a salad or add at the last minute of a stir fry. You don't need to cook them and they add some great flavor.

These peas are planted in the same beds as our fava beans. The two outside rows are fava beans, which will grow to take over the whole bed. The line of peas in the middle of the bed is harvested for pea shoots. The peas are called a catch crop because they take a niche, make a productive item, while not interfering with final crop. We also have beds with three rows of peas, same thing applies, the outside rows will be allowed to take over the bed and produce sugar snap peas.

Spiced Winter Squash with Fennel

Recipe from Bon Appetit Serves 4

1 1/2 lbs Butternut Squash, peeled, halved lengthwise, seeded, halved crosswise, then cut lengthwise into 3/4" wide wedges
1 Fennel Bulb, trimmed, cut lengthwise into 1" wide wedges
1 large Onion, root end left intact, then cut lengthwise into 1/2" wedges
3TB Olive Oil
1 tsp ground Cumin
1 tsp ground Cinnamon
1 tsp Chili powder
1/2 tsp Turmeric
Position rack in bottom third of oven and preheat to 450°F. Combine squash, fennel, and onion on heavy large rimmed baking sheet. Add oil and toss to coat. Mix all spices in small bowl to blend. Sprinkle spice mixture over vegetables and toss to coat. Sprinkle with salt and generous amount of pepper. Roast until vegetables are tender and browned, turning once, about 45 minutes. Transfer to shallow dish and serve.

Romanesco Pasta with Olives, Capers and Parsley

Recipe from A Beautiful Plate Serves 4

1 head of Romanesco or Cauliflower
2 heaping TB Extra Virgin Olive Oil, divided
Salt
Freshly ground Black Pepper
3 large cloves Garlic, finely chopped
1/2 heaping cup pitted Kalamata Olives, sliced lengthwise
2 TB Capers, roughly chopped
large pinch Red Pepper flakes
1 heaping cup chopped Italian Parsley leaves, lightly packed, plus more for garnishing
1 lb dried Linguini or Fettuccine Pasta

Freshly grated Parmigiano-Reggiano cheese, for serving (optional)

Preheat the oven to 450 degrees F with a rack in the center position. Trim and discard the base of the romanesco and cut it in half, then quarters. Standing each quarter upright and holding your knife at an angle, trim the florets from the core. Most of the florets will fall off or can be separated easily with your fingers (you want the florets to be no larger than an inch in diameter); cut any larger florets in half with a knife to match the size of the other florets. Place the florets on a half sheet pan and toss with 1 heaping tablespoon olive oil, kosher salt, and freshly ground pepper. Distribute the florets cut-side down into an even layer, making sure that the florets aren't touching one another if possible. Roast at 450 degrees for 15 to 20 minutes, tossing halfway, or until caramelized and tender. Meanwhile, bring a large pot of salted water to a boil for the pasta. Heat the remaining olive oil in a medium skillet over medium-low heat. Add the garlic and sauté for 1 to 2 minutes, stirring continuously, or until fragrant. Do not allow it to gain color. Add the kalamata olives, capers, and red pepper

flakes to the pan, and sauté for an additional minute or until warm. Taste for salt and pepper. Add half of the parsley to the skillet and keep the mixture warm - off the heat - as you cook the pasta. Boil the pasta until it is al dente, reserving a cup of cooking water. Return the pasta to the pot and add the kalamata olive and caper mixture and roasted cauliflower. Toss the mixture together gently, adding the remaining chopped parsley, and a touch of extra virgin olive oil and reserved cooking water if dry. Season to taste with salt and pepper. Serve immediately and garnish with chopped parsley and parmigiana cheese as desired.

Cauliflower Rice

Recipe by Lisa Bryan from Downshiftology

Cauliflower rice is really pretty easy to make, and according to this site, you can freeze it up to 6 months. Now is a good time to stock up and do that. On this page you will also find many suggestions with links to recipes to use Cauliflower rice.
1 head of Cauliflower, washed
1/2 Yellow Onion, diced
2 TB Olive Oil
Salt and Pepper, to taste
Slice the cauliflower head in half and use a knife to remove all the florets. Cut some of the larger florets into smaller pieces so they'll fit within the chute of your food processor. Insert the grater adapter into your food processor and start feeding the cauliflower florets through the top. Depending on the size of your food processor, you may have to empty it halfway through. Heat the olive oil in a large pan and sauté the diced onion for a few minutes, until it's translucent. Add the cauliflower rice to the pan and sauté for another 5-7 minutes. Season with salt and pepper and serve immediately.

This Week's Box List

*Arugula
Cabbage
*Cauliflower
*Fennel
*Lettuce
Turnips or Radishes
Pea Shoots
*Romanesco
*Butternut Squash
Pomelo
*Tangelo

* = Items in Box for 2