



WEEK OF FEBRUARY 17TH, 2020 #8/52

### Signs of Spring

It seems like over night trees all around Dixon burst into full bloom. The almond orchards around us are bright white. The farmhouse is covered in green grass and that always makes me happy. In our orchard I can see tiny little buds starting to form. The next row over are cherry trees and the trees at the end of the row are starting to bloom. We are all hoping for a good set before any more storms come through. The past few years we have had so much rain in the spring which causes a lot of damage to these delicate fruits. I know we are needing a more rain, but if it could be gentle and not relentless.

Let it be followed by soft breezes and sunshine to dry the trees, to bring us a lot of delicious fruit this year.

In the garden I noticed some of the hollyhocks are in full bloom. These were some of Nigel's



favorite flowers. Seems a bit early for them, but the bee that I saw in the blooms is very happy. At the conference I attended last week I learned how important it is to have food all year long for the native bees. They will come out of their holes when it warms up, go out and feed and then return to rest some more. Eatwell has many bees so I am happy to see the flowers out there ready to feed some of our smallest workers.



### Work Days On The Farm February 29th & March 1st

There are a few projects I would love to get done for the crew and I am asking for your help. Mostly it is weed work. How you can help is by volunteering some time Saturday February 29th or Sunday March 1st. Most of the work is basic weeding, the garlic and strawberry beds are certainly in need. On my walk Sunday morning I saw Miguel and his brother Rafael working on one of the garlic fields in between their chicken work. Additionally, up near the buses, you will find the herbs we planted and they are long past their prime.

Grasses and weeds have taken over and covered the grow-cloth we used. We need to get that fabric up and out of there, but first those beds need weeding. Once the weeds are cleared, groups of two could work on getting the fabric up. I am creating



an event on [BrownPaperTickets](#) where you can let us know if you would like attend. [Click here for the link for the event.](#) If over the weekend we had 50 of you work for 3 to 4 hours that is 150 to 200 hours of work, I know we could get a lot of work done. Hope to see some of you here on the farm.





# RECIPES AND IDEAS FROM LORRAINE

## Radishes

I typically don't think of the radish tops for eating, but of course they are edible. The flavor is a little peppery and makes a yummy peppery type of pesto. Chances are one bunch of tops won't be enough for a batch of pesto, but you can wash and dry them and toss them into the food processor with enough olive oil to process and freeze that. Repeat with tops from another box until you have enough, or just make a very small batch. Food and Wine has a recipe for radish top pesto [here](#). The tender leaves can also be added to a salad in place of arugula, or just thinly slice radishes, chop the leaves and toss them together for a quick salad. In Deborah Madison's book *Vegetable Literacy* she says radishes pair well with buttered bread with a sprinkling of salt, or rice vinegar, sesame oil and sesame seeds. As an herb she recommends thyme, which if you want to get a little fancy with your buttered bread, thinly sliced and salted use of radishes, use Eatwell's Thyme salt!

## Cauliflower Falafel

Last year we definitely didn't have enough cauliflower, so this year we did everything we could to make sure we have enough. You can par cook cauliflower and freeze it for later, as well as with the Romanesco. Here is a site that has some basic [instructions](#). Looking through my cookbooks I pulled out a Mediterranean Paleo book I have by Caitlin Weeks and Diane Sanfilippo and found a recipe for Easy Paleo Falafel made with cauliflower. I love fried foods, falafel and cauliflower, so I thought this has got to be pretty delicious, and wouldn't these be great served with sliced radishes! Makes about 12 and take 10 minutes to prep, 10 minutes to cook

1 medium head of Cauliflower  
2 large Eggs, beaten  
1/2 cup blanched Almond Flour  
Fine Sea Salt and ground Black Pepper  
2 TB chopped fresh Parsley  
2 tsp ground Cumin  
2 cups Coconut Oil  
1 recipe \*Tahini Dipping Sauce

Core the cauliflower and cut into florets, discarding the core. Using the shredder blade on a food processor, shred the florets. Place the shredded cauliflower in a steamer pot with a few cups of water over medium heat. Steam the cauliflower for about 5 minutes, until cooked but not mushy. Squeeze the cooked cauliflower in a clean towel over the sink to drain the excess water. Place the cauliflower in a bowl and stir in the eggs, almond flour a pinch of salt, and pepper, the parsley, and the cumin. Mix the ingredients until well combined. Melt the fat in a medium skillet over medium-high heat. The oil should be about 2 inches deep. For the cauliflower mixture into 2" balls and set them on a plate. Stick the end of wooden spoon into the fat; if you see bubbles form around the handle, the fat is hot enough. Carefully lower the balls into the fat with a slotted spoon. Cook the falafel balls for 1 to 2 minutes, until golden brown. Remove the balls from the fat and let them cool on paper towels for 2 minutes. Serve the falafel with the dipping sauce and enjoy.

\*Tahini Dipping Sauce

1 cup Tahini

Fine Sea Salt and Pepper, to taste

1/4 cup Lemon Juice

1 TB Garlic powder, or play with the Green Garlic in this week's share

1/4 cup chopped fresh Cilantro, for garnish

Whisk all ingredients together with 1/2 cup water. If it's too thick, add more water as needed. Keeps in the fridge for 4 to 5 days.

## This Week's Box List

\*Green Cabbage

\*Cauliflower

Fennel

Green Garlic

Lemons

\*Lettuce

Mizuna

\*Romanesco

\*Radishes

\*Spring Onions

\*Tangelos

\* = Items in Box for 2

## Cabbage and Meatball Soup

Recipe by Donna from *Food52*

Takes 40 minutes and serves 4

I know it can be tough getting through all the cabbage of the winter months, but I find I do not tire of it at all. I love a little in soup, I love it sautéed with olive oil, butter and fennel and I love it roasted. This recipe actually features cabbage as a main focus alongside the meatballs. Hope you enjoy it!

1 TB Olive Oil

1/2 TB Unsalted Butter

1/2 large Onion, diced (about 1 cup)

1 large Carrot, diced

2 small Celery stalks, diced

1 pinch Salt, as needed

2 cloves Garlic, minced, divided

5 cups Eatwell Chicken stock, or good

homemade Vegetable Stock, add more

if the soup is too thick

1 small Green Cabbage, thick core

removed and sliced into narrow strips

1 small Bay Leaf

1 pinch dried Thyme leaves OR use Eatwell Thyme Salt

and replace the dried thyme and salt

1 pinch freshly ground Pepper

8 ounces Avdis Ranch Ground Beef

1/8 tsp ground Allspice

1/2 tsp dried Dill

1/4 cup fresh, soft Bread Crumbs

3 TB Cream, up to 4 tablespoons if it feels dry

1 handful Rye Bread Croutons, to top

1 handful Fresh Parsley, chopped, to top

Heat the oil and butter in a 4-quart soup pot or Dutch oven over medium heat. Add the onion, carrot, and celery with a large pinch of salt, and stir. Cook until the vegetables have softened and browned just a little at the edges. Add about 2/3 of the minced garlic (reserve the remainder for the meatballs). Cook and stir until the garlic is fragrant. Add 5 cups of stock and raise the heat to bring the liquid to a brisk simmer. Drop the sliced cabbage into the pot with the bay leaf and thyme. Lower the heat and simmer the soup, with the pot lid ajar, until the vegetables are just tender. While the soup simmers, make the meatball mixture: In a medium bowl gently combine the ground meat, remaining 1/3 of garlic, allspice, dill, a good pinch of salt and several grinds of pepper, the breadcrumbs, and 3 tablespoons of cream. Mix together thoroughly and add another tablespoon of cream if the mixture seems dry. Scoop the meat into meatballs with a small dessert spoon and roll them in your moistened hands. Place on a dinner plate as you finish each one; you should have about 18 small meatballs. Check the soup pot and add the remaining cup of broth if you think the soup is too thick. Keep the soup at a gentle simmer as you add the meatballs to the pot. Let the meatballs cook in the soup for about 8 to 10 minutes, or until cooked through. Stir the pot gently and do not boil the mixture or the meatballs will fall apart. Adjust the seasoning with salt and pepper and serve with a sprinkle of fresh parsley and rye bread croutons.