



WEEK OF MARCH 9TH, 2020 #11/52

Collards

Last week I had fun doing some research on fennel, so I thought I would do that again. This week's topic is Collard Greens. I jumped down the Google rabbit hole and here is what I learned:

From The LATIBAH (Life and Times in Black American History) website:
Collard greens date back to prehistoric times, and are one of the oldest members of the cabbage family. Collards are also known as tree cabbage or non-heading cabbage. Though greens did not originate in Africa but originated in the eastern Mediterranean, it wasn't until the first Africans arrived in Jamestown, Virginia in the early 1600s that America got its first taste of the dark green, leafy vegetable. The habit of eating greens that have been cooked down into a low gravy and drinking the juices from the greens (known as "pot likker") is of African origin. The collard greens were just one of a few select vegetables that African-Americans were allowed to grow and harvest for themselves and their families throughout times of enslavement, and so over the years cooked greens developed into a traditional food. Even after the Africans were emancipated in the late 1800s, their love of greens continued and they kept handing down their well-developed repertoire of greens recipes from one generation to the next. The pot likker is quite nutritious and delicious, and contributes to the comfort-food aspects of the dish.

I did not grow up eating collards, it is not a vegetable commonly found in German cuisine and in my younger years greens weren't really anything I sought out. When I did try cooking collards they were tough and required a lot of cooking. However my experience with Eatwell collards has really opened my eyes. They aren't tough, and typically cook faster than expected. Yes, the bigger leaves are sturdy and if you have a smoker you can put them in and smoke them until they are pretty dried out. Those smoked leaves make a great vegetable alternative to ham hocks or bacon for smokey flavor in dishes like lentil soup or black eyed peas. If you aren't a big fan of the slightly bitter flavor of greens try adding a little acid like one of Little Apple Farm's Apple Cider Vinegar , it really balances the flavor. Another thing I learned is that acid releases the chlorophyll from the cells and that is why vinegar or lemon juice turns the greens a muddy color. To avoid that reaction add the vinegar or lemon juice at the very end of cooking.

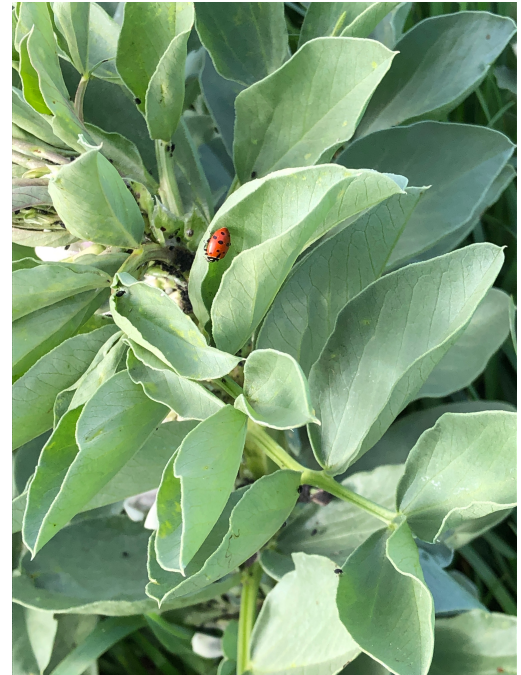
Peas, Favas, Aphids and Ladybugs

I ate my first pea pod this morning. It was delicious and brought me such joy. Last year we lost our entire pea crop to weeds, wind and rain. This year we planted a lot, and they are looking beautiful. I don't know how long it will take until we have enough at the right size to harvest, so I am just letting you know they



are coming, soon!

There are a lot of fava plants out there too. Since we sow the pea and fava seeds at the same time, we grow them in adjacent bed. In some beds they are even mixed, With a row of peas in between two rows of fava beans. The plants are loaded with flowers, but they are also pretty covered by aphids. The good news is I also saw quite a few ladybugs out there. According to the University of Kentucky Extension Services, a ladybug can eat 5,000 aphids during its lifetime. With the amount of aphids I saw, I hope we have a lot of ladybugs.



Goose Eggs

It is that time of year again. The geese are laying, and if you have never had a chance to try one out, now is the time. Geese only lay a certain number of eggs in a year somewhere between 30 and 50. The eggs are about the equivalent of 3 chicken eggs. The eggs are incredibly rich and delicious and one is more than enough for one. I used one for a Pasta Carbonara and it was incredible. We do have them available for members in a 4 pack for \$12.00. We sell them at the market for \$4.00 and sold everything we brought this weekend. We have made the decision to give up the geese after their laying season this year, they are so much extra work for Agustin. If we have more hands on the farm it might make sense, as they do a pretty nice job of eating down the grass in the orchard and vineyard and of course the fertilizer is great. As sad as it is for me I do have to be practical, and if you saw the look of relief on Agustin's face when I told him, well that said it all.



RECIPES AND IDEAS FROM LORRAINE

Scandalously Good Grits and Greens Casserole

Recipe from veggiequest.com by Lee

Here is a great vegan twist on a traditionally dairy heavy dish.

½ cup Pecans, chopped (1½ oz)

½ tsp Cajun Seasoning or ⅛ tsp salt

Cooking Spray (can skip if you don't mind a little sticking around the top)

1 medium Onion, diced

4 cloves Garlic, minced - or use your Green Garlic

Water as needed

4 cup Vegetable Broth, divided

1 large bunch Collard Greens

(1½ lbs before trimming)

1 cup Grits (not instant)

¼ c Almond or Cashew Butter

¼ c Salsa

Sroastalt to taste

Prep your baking dish: Coat a 2-quart (8-inch square) casserole dish with cooking spray. Prep the topping: In a small bowl,

sprinkle chopped pecans with water and toss. Add Cajun seasoning and toss until evenly coated. Prep your collard greens: Wash, remove stems,

and chop into small pieces.

Coat a large pot with cooking spray. Over medium-low heat, add onion and cook for 6 minutes, stirring frequently. Add a splash of water as needed to prevent sticking. Add garlic and cook for another 2-3 minutes, until garlic is fragrant and onion is just starting to brown. Add 1 c broth, turn heat to high. When broth is bubbling, add greens and stir until wilted and volume is reduced by at least half. (About 2 minutes.). Turn heat to medium-low, cover, and simmer 20 minutes, until greens are very tender. Stir occasionally, adding water as needed if pot looks dry. Remove greens from heat and drain in a colander, pressing out any extra liquid with the back of a spoon. Preheat oven to 400F. While greens are cooking, in a covered medium pot, bring remaining 3 c broth to a boil. Remove lid and add grits slowly, whisking constantly to prevent lumps. Continuing to whisk, bring mixture to a simmer. Turn heat to low and, stirring constantly with a spoon, cook 4-5 minutes or until grits are thickened. Remove grits from heat. Gently stir in nut butter, salsa, and salt to taste. Using a heat-safe rubber spatula, spread half the grits in the bottom of the casserole dish. Add the greens, flattening with a spatula. Add the remaining half of the grits, smoothing the top with a spatula. Sprinkle with seasoned pecans. Bake at 400F for 15 minutes. Enjoy!

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5 Minute Magic Green Sauce

Recipe found on a Pinch of Yum

1 Avocado

1 cup packed Parsley and cilantro leaves (combined)

1 jalapeño, ribs and seeds removed

2 cloves Garlic OR use your Green Garlic

Juice of one Lime (or two – get lots of limey goodness in there!)

1/2 cup Water

1/2 cup Olive Oil

1 tsp Salt

1/2 cup Pistachios (you can sub other nuts – see notes)

Pulse all ingredients – except pistachios – in a food processor until incorporated. Add pistachios and pulse until mostly smooth (depends on what consistency you want). Serve as a dip, spread, or sauce — or add

additional water or oil to thin the sauce for use as a dressing or a marinade.

This Week's Box List

*Spring Onion

Radish

*Collards

Spinach

*Lettuce

*Green Garlic

Chard

*Parsley

Grapefruit

*Turnips

*Mandarin

* = Items in Box for 2

Potato, Spring Onion and Turnip Potage

Recipe from the Bojon Gourmet

4 to 6 servings

Adapted (slightly) from Deborah

Madison's *Local Flavors*

2 TB Butter

5 or 6 medium Spring Onions, sliced and washed thoroughly

4 medium Yellow Potatoes (about the size of a small fist), peeled and cut into 1" pieces

1 lb Turnips, peeled if large, trimmed and cut into 1" pieces

A few sprigs of Thyme, plus extra for garnish OR use Eatwell Thyme Salt

1 1/2 tsp Salt

5 cups Water

A few TB Heavy Cream

Melt the butter in a large soup pot or dutch oven over medium heat. Add the vegetables, and toss to coat in the butter, cooking and stirring for a minute or two. Add the thyme, salt and water. Bring to a boil, then reduce to a simmer. Cook, partially covered, until the vegetables are very tender, 30 or 40 minutes. Serve with a splash of cream and a few fresh thyme leaves.

Mandarin Orange Curd

From homecookingmemories.com

3 large eggs

6 Mandarin Oranges

1/3 cup granulated sugar

4 tablespoons unsalted butter (cut into small pieces, room temperature)

Zest 2-3 mandarins, if you would like to add zest to your curd. Cut each mandarin in half and juice each one into a measuring cup until you have 1/2 cup of mandarin juice. Over medium heat, begin simmering water in a saucepan that is sized perfectly to support a stainless steel bowl that you will use to mix up your ingredients (bottom of bowl should rest just above your water level). In that stainless steel bowl, whisk together the eggs, sugar, and mandarin juice with a wire whisk, until combined and smooth. When the water is gently simmering, place the stainless steel bowl over the saucepan. Whisk constantly until mixture has thickened, which can take anywhere from 5-10 minutes (about 170 degrees F on a candy thermometer). When thickened, remove from heat and immediately whisk in room temperature butter pieces until they have melted completely and are incorporated with the mixture. Pour mixture into a bowl or containers for storage. Allow to cool completely and then refrigerate until firm and chilled (at least 1 hour, but 3-4 is best).