



WEEK OF APRIL 27TH, 2020 #18/52

Well, here we are, another Sunday. I spent some time rearranging things in the farmhouse to organize all the orders that seem to come in daily. How our lives have changed. This weekend I have been giving a lot of thought to our Strawberry Days. For some reason I am having a hard time going in and cancelling the events on Brown Paper Tickets. Is it because I just can't believe we won't have Strawberry Days at Eatwell this year? Am I holding on to the hope that all will be right in the world and we can reschedule for the end of May or June? If the SIP order is lifted by the end of May, would you still want to come to the farm? What if we set up the Strawberry Days and schedule people to come during certain time slots. For instance we could have 1 to 2 hour slots that is yours to access the field, then you could find your own spot to picnic? Even if SIP is lifted I am sure we all feel that we will continue to keep our distance from others at least for a while. Maybe the time slot idea could work. Perhaps we cordon off sections of the field and have one group pick from one end and another group from another end? Since many of you buy tickets for your family, you are already in your own little group. Could we practice physical distancing in the field? I would really love to hear you thoughts about this. Strawberry Days are such a big Eatwell tradition, if we can come up with a way to make it work for everyone, I think that would be great.

Turnips or Radishes

This week you will have either radish or turnips in your box. The reason this happens is because we don't have enough for all of the boxes, but we have a good amount of both ready, so we do an "either or".



For many people the word turnip does not inspire the imagination, but this sweet little root deserves to be held as a kitchen favorite, t least in my mind it should. We primarily grow Hakurei or Tokyo turnips. These were developed in Japan in the 1950's during a time of great food shortages after WWII. They are small, grow fast and are delicious raw or cooked. The green tops can be cooked and eaten as well. The turnip is from the brassica family, closely related to mustard. There is evidence that tells us they were first domesticated in India, for their oil-bearing seeds, back in the 15th century BC. As a member of the brassica family, the turnip has great nutritional value, an excellent source of vitamins C, K, A and many B's. High in fiber, and much lower in carbohydrate than potatoes. Personally, I love to make mashed blend of potatoes and turnips, the flavor is really delicious. As a vegetable it is quite versatile. You can roast them, boil and mash, grate them raw for salad or slaw. One of my absolute favorite recipes is the Cream of Turnip Soup

in the Greens cookbook, that utilizes the whole turnip. Believe me, that soup will turn anyone into a fan. The origins of the domesticated radish is not known but the wild radish comes from southeast Asia, so possibly it was first domesticated there. It is also believed that the radish we enjoy today comes from the area between the Mediterranean and the Caspian Sea. Here is what I found on the [crop gene bank website](#): *According to Herodotus (c. 484-424 BC), radish was one of the important crops in ancient Egypt, as radish was depicted on the walls of the Pyramids about 4000 years ago. Cultivated radish and its uses were reported in China nearly 2000 years ago (Li 1989) and in Japan radishes were known some 1000 years ago (Crisp 1995).* Like the turnip, it too is a member of the brassica family, so again will offer a good amount of fiber and nutrients and lower carbs. Last night we enjoyed a simple salad of some peas left from last week, with thinly sliced fennel and thinly sliced radishes. I dressed it with a bit of Soul Food Farm's olive oil and Little Apple Treats Apple Cider Vinegar and little Eatwell Smoked Chili Salt, and a few grinds of black pepper; a very delightful, fresh and crunchy salad.

Couple of Updates

Egg production is slowly, and I do mean slowly, going up. We ticked upward several weeks back and then dropped again. This time last year our hens were producing somewhere in the 60 dozen range per day, currently we have moved up to about 33 per day. We are long way from normal. Part of the problem, I believe, is we got rid of a lot of old birds to make chicken stock, and gave a bunch to an organization that finds good homes for backyard birds. We still had a lot of australorps and they were eating a lot of food, but producing almost no eggs during the winter. In their season, at their age, they will not produce that many now either. Plus I have a new flock coming in a few weeks and the house needs to be rebuilt, so I needed it freed up to give us the time to do that. Also I followed an old schedule for chicks, getting the flock in the fall. Had I brought in a flock this time last year, we would be sitting pretty with eggs right now, lesson learned the hard way. Thank you to the folks who switched their large eggs to pullets. Because of you we are able to fulfill all of our current, previously paid for, egg orders. For those of you who are eagerly waiting to get eggs, please be patient, they are coming. We are hoping to be out of this crisis in another couple of weeks and hopefully we will at least have pullets available for you then.

One last update/mention; last week I wrote about raising the price of our boxes. I did hear from quite a few of you, and all of you were 100% behind us. But I like to make sure this type of information is in the newsletter two weeks running to make sure everyone sees it. What I have proposed is raising the price of the family box by \$1.00 per box and the Box for 2 by .50 per box. This all works out to either \$4.00 or \$2.00 a month increase to you, but it adds up to a few thousand dollars for us. Please let me know if you have strong concerns, or just how you feel about this you can text me at 530-554-3971 or email me at drinkwellsofters@gmail.com. Thank you all for supporting this farm and the work we do here.

RECIPES AND IDEAS FROM LORRAINE

Hooray for Collards! A few years back for our Lavender Harvest Weekend, I knew we had a few vegetarians/vegans joining us. I like to make sure everyone has amazing meals that weekend so I came up with a pretty brilliant idea, if I do say so myself, and that was to smoke the collards I had about a month ahead of time and then I froze them. That year we made black-eyed peas with hammocks and served it over polenta. I was able to make a delicious vegan version using the smoked collards. They were really smokey tasting, plus they had a good chew. If you have the ability to smoke food, I highly recommend trying this. It is great in beans, or lentils, or pasta dishes, or eggs, anything you would like a little smokey, meaty flavor. Another fantastic use for collards is as wraps. So rather than using nori for a sushi roll or a flour based flat bread for wraps, try using collard greens.

Curried Tofu

Recipe by Molly Baz from *Bon Appetit*
August 2018

This recipe is a great use of collard greens and the tofu if you got some this week.

5 Scallions
4 Garlic cloves, finely grated
1 2" piece Ginger, peeled, finely grated
1 TB Virgin Coconut Oil or Vegetable Oil
2 TB Thai Red Curry Paste
1 14-oz. package firm Tofu, drained, broken into 1" pieces
1 cup unsweetened Coconut Milk
Salt
1 TB fresh Lime juice
1 Fresno Chile, thinly sliced (optional)
1 bunch Collard Greens, leaves halved lengthwise, ribs and stems removed, covered, chilled
½ cup Cilantro leaves with tender stems
½ cup [Dang Original coconut chips](#) or toasted unsweetened coconut flakes
Lime wedges (for serving)
Remove dark green tops from scallions and thinly slice on a diagonal. Place in a small bowl, cover with a damp paper towel, and chill until ready to serve. Thinly slice remaining white and pale green parts crosswise and place in another small bowl; add garlic and ginger. (Have scallion mixture, curry paste, tofu, and coconut milk near the stove and at the ready so you can work quickly.). Heat oil in a large skillet over medium-high. Cook scallion mixture, stirring, until just beginning to brown, about 1 minute. Add curry paste and cook, stirring, until it begins to stick to pan, about 1 minute. Add tofu and coconut milk, season with salt, and bring to a simmer. Reduce heat to medium-low and simmer gently until sauce is almost completely evaporated and you can see the bottom of skillet, 5-7 minutes. Stir in lime juice. Transfer tofu mixture to a platter and top with chile, if using. Arrange collard greens, cilantro, and reserved scallion tops on platter so that each component is visible and easily accessible. Place coconut chips in a small bowl and arrange lime wedges on a small plate.

Chicken with Schmaltzy Rice and Kale

Recipe by Fancy Nancy, NYC from *Bon Appetit* May 2019

This recipe calls for 2 bunches of Kale, when I compare our bunches they are about twice the size of what you buy in the store. If you are wanting to add more greens incorporate in the tops from your radishes or turnips.

¾ cup White Rice
Salt

4 Chicken Legs (thigh and drumstick)
2 Tbsp. plus ¼ cup vegetable oil
1 bunch Scallions (about 6), thinly sliced
1 1" piece Ginger, peeled, finely chopped
3 Garlic cloves, thinly sliced
2 bunches Kale, ribs and stems removed, leaves torn
½ cup Chicken Broth or water
Place rice in a strainer or sieve and rinse, swishing around with your hands, until water from rice runs clear; drain well. Bring rice, a pinch of salt, and 1 cup water in a small saucepan to a simmer over medium-high.

Cover pan, reduce heat to low, and cook rice until tender, about 20 minutes. Remove pan from heat. Let rice sit 10 minutes, then fluff with a fork. Preheat oven to 425°. Season chicken legs generously with salt. Heat 2 Tbsp. oil in a large cast-iron skillet over medium-high. Cook chicken, skin side down, until skin is golden brown and well on its way to being crispy (try weighing it down with another heavy skillet for maximum crispiness), 7-9 minutes. Transfer skillet to oven (leaving chicken legs skin side down and with weight on top if you're using one) and roast chicken legs until deeply browned and very crispy, 8-10 minutes. Turn chicken skin side up (remove weight) and continue to roast until cooked through (an instant-read thermometer inserted into the thickest part of legs should register 165°), about 5 minutes longer. Transfer chicken to a

wire rack, arranging skin side up. Reserve skillet (wrap a kitchen towel around the handle so you don't forget it's really hot and burn your hand). Bring scallions and remaining ¼ cup oil to an aggressive boil in a small saucepan over medium-high heat. Add ginger and immediately transfer scallion oil to a small bowl; season with salt. Let cool. Heat reserved skillet over medium. Cook garlic, stirring occasionally, until beginning to turn golden around the edges, about 2 minutes. Add kale a handful at a time, letting it wilt before adding more. Add broth and cook, scraping up any browned bits from bottom of skillet, until kale is softened, about 3 minutes. Add rice and cook, stirring often, until liquid evaporates and rice is warm and beginning to crisp, about 3 minutes. Season with salt. Transfer rice mixture to a platter and arrange chicken on top. Serve scallion oil alongside.

Strawberry Vanilla Cake

Recipe from *Sweet* by Yotam Ottolenghi

Ok, y'all know how much I love this man! And these little cakes were a big hit around here last summer. Since so many of you are home and baking, I decided I better share this one with you. I am leaving the metric measures in case you are like me and prefer to bake using a scale. I left off the part for the strawberry icing, I found a light dusting of powdered sugar was all you really needed, or enjoy eating them with a dollop of strawberry jam. I did link the recipe above, so if you want to do the full glaze go for it!

1 cup plus 1 ½ tsp/ 250 g unsalted Butter, at room temperature
1 ¼ cups/250 g Granulated Sugar
1 tsp Vanilla Extract
Scraped seeds of 1/2 Vanilla Pod
4 large Eggs, lightly beaten
1 cup/120 g flour, plus extra for dusting
1 ½ tsp Baking Powder
¾ tsp salt
1 ⅓ cups/140 g Almond Flour
7 oz/200 g fresh Strawberries, hulled and cut into 1/3" dice
[We are out of space, click the title for the full recipe.](#)

This Week's Box List

*Radishes OR Turnips
*Strawberries
*Kale
Fennel
*Lettuce
Chard
*Collards
*Valencia Oranges
Green Garlic
Spinach
*Sage

* = Items in Box for 2