



WEEK OF OCTOBER 5, 2020 #41/52

### Farm Walk

I went for a nice walk early this morning, but the patch of blue sky above the farm was rather deceiving. Air quality here has improved tremendously but it is still hard on our lungs. While I was walking, I pulled a Nigel, walking and talking on the phone to Eric at Terra Firma about our green bean order for this week. Funny how certain things remind me so much of him. While I was doing the Nigel “walking and talking” thing I looked across our fields in the direction of Terra Firma’s farm. I could see a thick swath of what was most likely agricultural dust mixed with smoke,



but above that was blue. As a girl who grew up on a hill, in a city, I am always taken by the beauty of the expansive views from the farm. It is nice to see those Berryessa Hills again. They say we could get some rain this coming weekend, what a blessing that would be. I am asking for a lovely, gentle English rain, enough to put out the fires, clean our air, and refresh the earth around us. Let’s all send up one giant collective prayer for that gift from the sky.

Walking past the Members’ Garden, I couldn’t help but feel just a bit of sorrow for all the events we couldn’t have this year. I had to stop and just admire our funky

space seeing in my mind all the kids playing in sprinklers, chasing each other playing tag. Kids of all ages sitting around our campfires, groups taking charge of the pizza oven, making pizza feasts. Fires for enjoyment. We have so many new members this year, it would have been so much fun meeting you here. It is my biggest hope that next year COVID will be



behind us and we can gather here for many joyous events.

Out on the farm half of field 4 had been planted with our potatoes. It is now completely cultivated. The second half of the field was planted with pasture seed



a couple of months back and it is coming in nicely. I am hoping to get the rest of the field sown soon. This is where we are planning to house the bulk of the chickens for the winter months. Getting them onto actual proper pasture will make a big difference with the eggs. They have been on dry grasses and weeds for far too long, but getting a pasture ready for them takes several months. I am really looking forward to the girls’ big move, but before that can happen we will be investing in a large quantity of new deer fencing for them. This will allow us to fence off a large portion of the field which will save the crew time later because they won’t have to move smaller amounts of fencing later, only move the houses within the fenced off area.

Next stop field 9 where I was very pleased by the progress of our fall crops. The brassicas - broccoli/cauliflower/romanesco are growing fast. They will be happy when the hot days come to an end, actually I think we all will be happy about that. Checking this week’s forecast I see the predicted highs have dropped significantly, and today we are only expecting it to hit

93. The rest of the week looks like upper 70’s to mid 80’s. So with that piece of excellent news, I am going to finish up for this week, but want to leave you with this thought: the farm is here, and if the air quality continues to improve, I want you all to know that you are

welcome to come out for a visit. Sundays are a great day (except this coming week) and afternoons, after 3 pm, you will have the farm to yourself. It is magical out there when the workday is done. If you want to come up just let me know and we will do our best to make that happen.

# RECIPES AND IDEAS FROM LORRAINE

Wild Caught Salmon w/Green Onion Gremolata  
*Recipe by Wyatt Brege, Executive Chef The Barn and Pantry*

Last week Chef Wyatt and Lindsey from the Barn and Pantry, Mandy the winemaker at Sky Ranch (where we get the Cocuzzolo Olive Oil) and I did a Zoom cooking/dinner/wine paring event "Bounty of the County" with Sustainable Solano. It was a fun collaboration and one we are hoping to offer on a more regular basis in the future. Using many ingredients from the farm, Chef Wyatt created this meal, which he put together in about 30 minutes. Using few tools, really only knives, pans and immersion blender, he showed everyone how to make a restaurant quality meal easily at home. I have now had this dinner twice, it was that delicious.

1 bunch Red Spring Onion with tops  
2 each Sweet Potato  
1 bunch Garlic Chives  
1 Garlic Bulb  
1 pint Shishito Peppers, you probably have some in your fridge from previous weeks, if you don't it could be fun to substitute Pomegranate seeds  
2 oz Eatwell Rosemary Salt  
8 oz French Green Lentils, dry  
2 each Wild Caught Salmon Filet Cutlets

## **Green Onion Gremolata:**

1 bunch Large Green Onion Tops, roughly chopped  
1 bunch Garlic Chives  
4-5 cloves Garlic Cloves  
3 each Lemons, with zest  
1 Tbsp Rosemary Salt  
1 Tbsp Black Pepper  
1 Cup Extra Virgin Olive Oil

In a blender, puree all ingredients until smooth. Add more olive oil if a looser sauce is desired. This base sauce is also great with crackers, bread, and on pizza!

## **Cooking the Dish:**

In a small sauce pot, bring 1 Cup lentils to a simmer with 2 Cups of salted vegetable broth or water and cover. Cook for roughly 20-25 minutes until tender. In a 4 quart sauce pot, bring 2 quarts of water to a boil. Wash and peel the sweet potatoes, then dice into large cubes and pitch into the boiling water for 10-12 minutes. Do not overcook the sweet potatoes. When the potatoes are almost tender, remove from heat, then drain and discard the water. Slice the red onion bulbs into rings; remove the seeds from the shishito peppers by rolling them on a cutting board with your hand, then remove the stem and shake out seeds into a bowl, then cut the peppers into large rings, roughly finger thickness. Meanwhile, season the salmon filets with the rosemary salt and fresh cracked black pepper on both sides. Bring two large saute pans to high heat. Pour 1-2 Tbsp of olive oil into each one. Laying away

from you, place the salmon in one pan skin side down-- it's important for your pan to be hot here, otherwise the salmon will stick. In the second saute pan, blister the peppers and onions for 1-2 minutes. Season, then add the cooked lentils and sweet potatoes and toss for two minutes. Flip the salmon after 2-3 minutes. Note: With tongs, you can get a good purchase on the salmon since the top half is still raw. Grasp the filet, and shake gently to free the filet from the pan. Lower the heat to medium after one minute, then cook for 5-7 minutes depending on your desired cooking temperature. Plate! (It doesn't hurt to drizzle a little more olive oil over the salmon, of course.)

## **Chef's Notes:**

I personally enjoy this dish with a little raw butter in the lentil-vegetable blend. For the gremolata, get creative! Add parsley, swiss chard or arugula greens to increase the green color and flavor. I used green lemons (Sept, NorCal) because the citrus was available (and no seeds!). I have used pomelos and grapefruit in substitute of the lemons in the past, making an even better sauce. The salmon is interchangeable with any other ocean white fish, especially sea bass.

## **This Week's Box List**

\*Chard  
\*Sweet Potatoes  
Potatoes  
\*Winter Squash  
\*Hot Peppers  
Leeks  
\*Garlic Chives  
Parsley or Basil  
Eggplant  
\*Onion  
Tomatillos or Tomatoes  
\*Pomegranates from Twin Girls

\* = Items in Box for 2

## **Swiss Chard Tahini Dip**

*Recipe from Bon Appetit Sept 2018*

*This recipe was recommended by CSA member Celia C. Thanks for sharing!*

2 bunches Swiss chard (about 1½ lb.)  
⅔ cup extra-virgin olive oil, divided, plus more  
5 garlic cloves, finely chopped  
½ cup tahini  
⅓ cup fresh lemon juice  
Kosher salt  
Toasted flatbread and lemon wedges (for serving)

Remove ribs and stems from Swiss chard leaves and finely chop. Tear leaves into small pieces. Set both aside separately. Heat ⅓ cup oil in a large pot over medium-low. Cook reserved ribs and stems, stirring often and adding a splash of water if they start to brown, until tender, 5-7 minutes. Add garlic; cook, stirring, until fragrant, about 1 minute. Add reserved chard leaves by the handful, letting them wilt before adding more; cook, tossing, until all the leaves are wilted and tender, 10-12 minutes total. Let cool. Squeeze excess liquid from mixture into a measuring glass. (You should have about ½ cup liquid.). Place Swiss chard mixture and 1 Tbsp. cooking liquid in a food processor and add tahini, lemon juice, and ⅓ cup oil. Season with salt and process, adding more cooking liquid if needed, until dip is creamy and only speckles of chard remain. This could take up to 5 minutes. Season with more salt if needed. Transfer dip to a serving bowl and drizzle with more oil. Serve with flatbread and lemon wedges.