



WEEK OF OCTOBER 19, 2020 #43/52

I Got The Boot

With Ramon out, waiting for a kidney transplant, and Papa Ramon gone, and one of our pack house helpers away, we have been shorthanded on the packing line. Ian and Elise have been helping out and I filled the third position. But last week I got the boot, my services no longer needed. Did I do a bad job? Or were they taking pity on the oldest



person on the line? Not sure, but one thing I know is our crew hustles to get those boxes filled. After putting in a long day out in the fields, they come in, set it all up and get 300 boxes filled in just a bit over 30 minutes. It's pretty impressive. I know we make mistakes, although considering how many boxes go out, I don't think there are many. Sometimes ugly veg or fruit end up in the box. We try to catch those but when you are filling hundreds of bags and then hundreds of boxes sometimes your eyes and brain don't connect. It isn't easy working on the packing line, you really do have to move. And you have to remember to switch gears when we switch from the Box for 2 to the Family Box because you will have a second item to put into the box. I know other farms have packing crews and field crews. We run such a tight ship; our guys do both. What impresses me is they can come in from a rough day in the fields, some days are really hot and windy, and now smokey, and in the winter it can be cold and really wet, but they always come in laughing and cracking jokes. Since most of them are related there is a good amount of teasing too. And when they finish up, boxes in the cooler or in the vans, everything put away, I watch them leave with a smile on their face. Farm work is not easy, and it certainly doesn't pay what their work is worth, but I know our guys take pride in what they do. Many of them started with Nigel when they were teenagers and now just about all of them are fathers. I know Nigel would be so proud of the way they have kept this farm going. I will be forever grateful because there is literally no way I could run this farm without them.

Garlic

We still have garlic from this year's crop, but last Tuesday I went to pick up next year's garlic and the crew got it planted on Thursday. Garlic is one of those amazing crops

that gives and gives and gives. In the early days of Spring you can harvest the green garlic, thinning your beds. We always plant so much garlic so there is plenty to thin. As the months go by, you see the evolution of what started out looking more like a scallion to looking like a very fresh garlic bulb. Then you wait for it to fully form and you end up with garlic bulbs. Garlic is quite an investment, actually haven't gotten this year's bill yet, but last year we spent \$6000.00 on garlic.

The company we used to purchase it from no longer has it available. So last year, Paul from Terra Firma added to his order and got us what we needed. We did the same again this year. Last Monday morning I woke up with the panic of what happened to the garlic? No need to panic, I called Paul and he told me it was coming in the next day. He also



told me we almost didn't get any. When he placed the order, they called him back saying they wouldn't have any. A couple of days later they called again and said they would have part of his order, then another all telling him they would have it all, but it would be really small, or some



would be really small and some would be small. I tell you, this farming thing—ordering seeds, and plants—it is becoming quite the crazy head spinning thing. In the end we got small garlic, which is better for both farms, because we purchase seed garlic by the pound. Smaller means more garlic. We both laughed as he told me the story because, as Nigel would say, what else can you do?

RECIPES AND IDEAS FROM LORRAINE

You certainly can see that the season is changing from the contents of this week's box: broccoli, persimmons, radishes, lettuce. If this were a normal year you would have seen a lot more of the summer veg intersecting with our fall crops, but 2020 has proven to be anything but normal. So in an attempt to find some normalcy I am turning to my very reliable Ottolenghi for some inspiration. Also, since I was gifted a ticket to watch his presentation on City Arts and Lectures last week by one of our CSA members (thanks again Sara, he did not disappoint) I am feeling a little Yotam food love. And for those of you who have a hard time getting through a bunch of parsley, each one of these recipes uses it, so no excuses :)

Sprout Salad - Serves 4 *By Yotam Ottolenghi from Plenty More*

Walnuts and chunks of creamy blue cheese would turn this into a main course.

1½ TB Cumin Seeds
1 lb mixed Sprouts (Mung beans, Chickpeas, Aduki beans, Lentils, etc)
1 bunch Radishes daikon, thinly sliced
2 large Carrots, peeled and thinly sliced
2/3 cup Parsley leaves, roughly chopped
1/3 cup Cilantro, roughly chopped
2 Garlic cloves, crushed
3 TB Sunflower oil
2 TB Canola Oil
2 TB White Wine Vinegar
2 TB Apple Cider Vinegar, hope you have a bottle of Little Apple Treats vinegar at home
1 tsp Salt
2 cups Cherry Tomatoes, cut in half lengthways
3 cups Baby Spinach leaves
Black Pepper

In a small frying pan, toast the cumin on high heat for a minute or two, shaking the pan to move the seeds around as you do so, until they give off their aroma and begin to pop. Transfer to a mortar, and crush with a pestle until powdery. Put the sprouts, radish and carrot in a large bowl. Add the herbs, garlic, oils, vinegars, cumin, salt and some black pepper. Stir, taste and adjust the seasoning as necessary. Add the tomatoes and spinach, toss gently and serve.

Sweet Potato Galette *Recipe by Yotam Ottolenghi from Ottolenghi, The Cookbook*

If you have the family box, you might consider pairing this with a simple green salad using this week's lettuce. Or pair it with the Spout Salad and you will have quite the hearty meal, that also happens to be vegetarian. Bet you wouldn't even miss the meat.

3 Sweet Potatoes, about 12 ounces each
9 oz Puff Pastry or 1/2 recipe Rough puff pastry
1 Egg, lightly beaten
6 1/2 TB Sour Cream
3 1/2 TB aged Goat Cheese
2 TB Pumpkin Seeds
1 medium-hot Chile, finely chopped
1 TB Olive Oil
1 clove Garlic, crushed
2 tsp chopped Parsley
coarse Sea Salt
freshly ground Black Pepper
Preheat the oven to 400°F Bake the sweet potatoes in their skins for 35 to 45 minutes, until they soften up but are still slightly raw in the center (check by inserting a small knife).

Leave until cool enough to handle, then peel and cut into slices 1/8 mm thick. While the sweet potatoes are in the oven, roll out the puff pastry to about 1/16 inch thick on a lightly floured work surface. Cut out four 2 3/4 by 5 1/2-inch rectangles and prick them all over with a fork. Line a small baking sheet with parchment paper, place the pastry rectangles on it, well spaced apart, and leave to rest in the fridge at least half an hour. Remove the pastry from the fridge and brush lightly with the beaten egg. Using an icing spatula, spread a thin layer of sour cream on the pastries, leaving a 1/4-inch border all round. Arrange the potato slices on the pastry, slightly overlapping, keeping the border clear. Season with salt and pepper, crumble the goat cheese on top, and sprinkle with the pumpkin seeds and chile. Bake for 20 to 25 minutes, until the pastry is cooked through. Check underneath; it should be golden brown. While the galettes are cooking, stir together the olive oil, garlic, parsley, and a pinch of salt. As soon as the pastries come out of the oven, brush them with this mixture. Serve warm or at room temperature.

Broccoli Risotto *Recipe by Martha Rose Shulman from NYT Cooking*

Did you know you can use the Chico Rice for Risotto?
Serves 4-6
2 quarts well-seasoned Chicken or Vegetable stock, as needed
2 TB Extra Virgin Olive Oil
½ cup minced Onion
1 ½ cups Arborio or Carnaroli Rice
1 to 2 garlic cloves (to taste), minced
Freshly ground Pepper to taste
½ cup Dry White Wine, such as Pinot Grigio or Sauvignon Blanc
1 lb Broccoli (2 good-size stalks), stems peeled and cut in small dice, flowers thinly sliced
½ cup freshly grated Parmesan cheese
2 TB minced flat-leaf Parsley
Put your stock or broth into a saucepan, and bring it to a simmer over low heat with a ladle nearby or in the pot. Make sure that the stock is well seasoned. Heat the olive oil over medium heat in a wide, heavy skillet or in a large, wide saucepan. Add the onion and a generous pinch of salt, and cook gently until it is just tender, about three minutes. Do not brown. Add the rice and the garlic, and stir until the grains separate and begin to crackle. Add the wine, and stir until it has been absorbed. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock, and continue to cook in this fashion, stirring in more stock when the rice is almost dry. You do not have to stir constantly, but stir often. After 10 minutes, stir in the diced broccoli stems. Continue to add broth and stir the rice for another five minutes. Stir in the thinly sliced flowers. Continue to add broth and stir the rice for another 10 minutes or so. When the rice is tender all the way through but still chewy, it is done. Taste now and adjust seasoning, adding salt and pepper to taste. Add another ladleful of stock to the rice, along with the Parmesan and the parsley, and remove from the heat. The mixture should be creamy (add more stock if it isn't). Stir for about half a minute, then serve in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

This Week's Box List

*Persimmons from Guru Ram Das
Chard
Potatoes
Winter Squash
Leeks
Eggplant
*Sweet Potatoes
*Parsley
*Onions
*Broccoli
*Lettuce or Cabbage
*Radishes

**indicates Box for 2*