



WEEK OF JANUARY 4TH, 2021 #1/52

### Lots Goin' On Down On The Farm

Wow the first newsletter of 2021! I hope everyone had a lovely New Year's, or as my family always said "Guten Rutsch". The literal translation is "good slide" or "good jump". I kind of like to slide into the new year myself, but no matter what you had going on I hope it was a good one.



People always ask me if we slow down in the winter months, the answer is definitely "no". We have so much growing in the winter months, countless greens like kales, chard, mizuna, mustard, spinach. There are all the brassicas, broccoli, cauliflower, romanesco (that doesn't seem to want to grow), and cabbages, plus the root—turnips, beets, radishes. Looks like the first of the Daikon is starting to come in, we are pretty excited about that. And of course the end of the year brings a mountainous pile of permits, surveys, forms galore and our organic inspection. There is a lot to keep us all very busy. On New Year's Day I caught Agustin and Miguel out moving our youngest flock to their new home in the field where we grew the summer squash last summer. Time zooms by, those girls arrived (600 of them) late September and my how they have grown! This morning on my walk I could see just how happy they were to be released from their house and get outside onto terra firma. The 800 bird flock that arrived back in May is now laying large eggs and laying well. Our egg production exploded over the last couple of weeks and I am confident



that we will have plenty for everyone to order as many as you would like. It made me so happy to see two houses out in field 4 with the entire area enclosed with new fencing. With that \$2,000 investment we made a couple of months ago, we are able to fence off the entire field with a dividing fence keeping the two flocks separated. It makes the chicken work much easier because the guys don't have to fight with old fencing full of holes and rips. We now have 3 solid flocks, 2 in production and 1 about to start. It feels good to finally be back in good egg production. Next project - working on getting rid of our old birds. We do work with an organization that does an excellent job of finding good backyard homes for many of them, and the rest will hopefully work their way into your stock pot. It is very important to move the old girls out so we continue to have room for young flocks, and to not exceed the 2,999 quantity which keeps us under state, rather than federal regulations.

It was a very foggy morning Sunday. As you can see in the photo of the vegetables, the end of the rows are barely visible. Sound travels differently on the foggy days, plus it is hard to see the birds in the trees, but you certainly hear



them. I was a little surprised to find a bird's nest in one of our orchard trees right at the end of the row on the road side. That is a well trafficked spot, but I guess the birds on the farm have found their harmony with we human interlopers. What is it about a bird's nest that just makes ya smile? Seeing our citrus trees so full of fruit is another smile maker. It appears that we will have a good amount of Sevilles available this year. So get your jars ready, I think it could be the perfect year for making Marmalade. Will keep you posted as soon as I hear from Jose regarding availability.

I know we have many new members, so I want to take a moment to mention the best way to handle our boxes. We ask that everyone to remember to bring a re-usable bag to empty your box contents into, gently unfold the bottom flaps, flatten your box and leave it in a neat stack. When you don't flatten your box, our drivers have to do that work, and while it might not seem like much, it is time consuming when there are many boxes to flatten at multiple sites. You have to remember we are delivering around 700 boxes each week. Our drivers really like to get in, deliver, grab flat boxes and empty coolers and keep on truckin' down the road. And what to do with that paper liner? Well, we ask that you bring it home to compost or recycle. Our hosts are very generous, sharing space in their homes for our CSA so it helps us all to keep things tidy.

# RECIPES AND IDEAS FROM LORRAINE

Eggs, Eggs, Eggs, get ready we have a lot coming! We are now done with pullets, but our youngest flock will start laying within a month. If you are a pullet lover we will have more soon. I wanted to also mention, we are adding 2 lb bags of Terra Firma's loose beets to our extras list. Borscht? Tis the season!

## Baked Eggs With Creamy Greens *Recipe from Marthastewart.com*

My first experience with baked eggs was years ago at Marla Bakery. I had never heard of this dish. I was definitely not disappointed, it is incredibly delicious. If you have the small box use your turnip tops for the greens.

Unsalted Butter, room temperature, for ramekins  
1/2 cup chopped cooked Spinach or Turnip tops  
4 Large Eggs  
4 tsp Heavy Cream  
Kosher Salt and freshly ground Pepper

Preheat oven to 375 degrees with a rack in top third. Generously butter four 1/2-cup ramekins; add 1 tablespoon greens to each. Break an egg into each ramekin, then top each with another 1 tablespoon greens. Drizzle each with 1 teaspoon cream; season with salt and pepper. Transfer ramekins to a rimmed baking sheet. Place sheet on rack and bake until whites are just set and eggs are still soft in centers, 12 to 15 minutes (start checking at 12, as they tend to cook at different rates). Serve immediately.

## Farro Broccoli Bowl With Lemony Tahini *Recipe by Melissa Clark found on NYT Cooking*

In the notes, Melissa Clark wrote you can substitute the farro for other grains, such as brown or white rice. I would think you could use the bok choy in place of broccoli if you like, broiling it as well.

Salt  
1 1/2 cups Farro, rinsed and drained  
4 Large Eggs, scrubbed under hot running water  
1 large head Broccoli, cut into florets, tender stems sliced (about 1 1/4 pounds)  
2 TB Extra-Virgin Olive Oil  
1 tsp Soy Sauce, plus more for serving  
2 TB Toasted Sesame Oil  
1 TB Sesame Seeds  
Thinly sliced Turnips, for serving (optional)  
1 Scallion, thinly sliced  
Hot sauce or thinly sliced green chiles, for serving (optional)  
FOR THE DRESSING:  
2 1/2 TB fresh Lemon Juice, plus more for serving  
1 Garlic clove, finely grated or minced  
1/4 tsp Salt, plus more as needed  
1/3 cup Extra-Virgin Olive oil, plus more as needed  
3 TB Tahini

Bring a medium pot of salted water to a boil. Add farro and eggs. Cook eggs for 6 minutes for very runny centers and 7 minutes for medium-runny. Use a slotted spoon to transfer eggs to a bowl of cold water. Let them sit for 2 minutes,

then crack and carefully peel the eggs. Continue to let the farro cook until done according to package directions, usually a total of 20 to 40 minutes. Drain farro. As farro cooks, prepare the dressing: In a medium bowl, whisk together lemon juice, garlic and 1/4 teaspoon salt. Let sit for 1 minute, then whisk in oil, a few drops at a time, until emulsified. Whisk in tahini and set aside. Broil the broccoli: Position the rack underneath your broiler so that it's at least 4 inches away from the heating element; heat the broiler.

On a rimmed baking sheet, toss broccoli with olive oil and soy sauce, then spread the pieces out into an even layer. Broil until slightly charred in spots, 2 to 5 minutes, watching closely so that it doesn't burn all over (a few burned spots are O.K.). Let cool slightly, then toss with sesame oil and sesame seeds and cover to keep warm. (You can also roast the broccoli at 450 degrees for 8 to 15 minutes instead of broiling.). Toss cooked farro with 5 to 6 tablespoons tahini dressing to taste, a large pinch of salt and a drizzle of olive oil. Taste, and add salt and olive oil if needed. To serve, divide farro across 4 serving bowls and drizzle with remaining dressing. Top with turnips, and sprinkle them lemon juice and salt. Add broccoli and egg to the bowl and garnish with sliced scallions and more sesame. Serve immediately, with soy sauce, hot sauce, and-or sliced chiles on the side if you like.

## This Week's Box List

Arugula  
Spinach  
\*Winter Squash  
\*Turnips  
\*Pomelos  
\*Broccoli  
\*Lettuce  
Mizuna or Mustard Greens  
Parsley  
\*Bok Choy  
Chard  
\*Beets from Terra Firma

*\*indicates Box for 2*

## Chile, Lime, Peanuts, and Coconut

*Recipe by Kris Yenbamroong found in Bon Appetit April 2015*

2 TB Palm Sugar or light Brown Sugar  
2 Red or Green Thai Chiles, finely chopped  
2 Garlic cloves, finely chopped  
1/4 cup fresh Lime juice  
3 TB Fish Sauce  
Salt  
1/2 cup unsweetened shredded Coconut  
1/2 cup Vegetable Oil  
2 Shallots, thinly sliced, divided  
1/4 cup Peanuts, preferably skin-on  
2 Pomelos or 3 ruby red grapefruit  
3/4 cup torn Cilantro leaves with tender stems  
2 TB dried Shrimp

Whisk palm sugar and 1 Tbsp. water in a medium bowl to dissolve sugar. Whisk in chiles, garlic, lime juice, and fish sauce; season with salt. Balance with more sugar, lime juice, or fish sauce if needed. Toast coconut in a dry small saucepan over medium-high heat, stirring occasionally, until golden brown, about 4 minutes. Transfer to a small bowl. Heat oil in same saucepan. Add half of shallots and fry, swirling, until golden brown and crisp, about 3 minutes. Transfer to paper towels with a slotted spoon to drain; season with salt. Cook peanuts in shallot oil until golden brown, about 2 minutes. Transfer to paper towels to drain; season with salt. Remove peel and white pith from pomelos. Tear membrane off and pull segments into large pieces, transferring to a large bowl as you go. Add cilantro, remaining shallots, and half of dressing and toss to coat. Add coconut, peanuts, and dried shrimp; toss again. Divide among plates, drizzle with remaining dressing, and top with fried shallots.