



WEEK OF FEBRUARY 22ND, 2021 #8/52

Farm Walk

Since Nigel passed, this is my first year doing the crop planning, with a lot of help from Elise. The first three years Cameron took on that task, and I am so grateful for all the work he put into setting up our spreadsheets, and gathering all the information we needed to get this insane task done each year. So much goes into crop plans, and with our changing climate, summer fires, seed crop failure, COVID madness rushes on seed companies, delivery of seeds held up, and companies short staffed due to COVID, it is an ever evolving process. Reading seed catalogues and conferring with our Johnny's Seed rep, John (who honestly has helped me in so many ways I can't imagine not having his input and guidance) I feel like I am learning an entire new language. There are things I have already written about like long, short and neutral day onions and which ones grow better at which latitude etc. This morning as I walked the farm, I was so pleased to realize and actually see some of the things I have been learning. As I was getting into one of the cauliflower patches I could see that many of the first planting did not have good "leaf coverage". Most cauliflower is grown with the leaves rubber banded at the top to reduce sun exposure on the head. In the next field I came to another planting of cauliflower that had much better "leaf coverage" and it was quite obvious the difference it makes. Cauliflower and Romanesco are tricky because they take longer to develop, compared to broccoli. The DTM or "days to maturity" for our broccoli is only 62 days, the Cauliflower is 75 and the Romanesco is 78. The difference in those DTM's may not seem like much, but when we are



planting in September/October for Winter harvest, the days are already growing significantly shorter and we run out of growing days, so getting them into the ground at the right time is critical. Throw in the wrench of horrible air quality and smoke filled skies, when I try not to have the guys work more than absolutely necessary,

only picking and packing boxes, we have to put planting on hold. The longer we hold them, the later they are in the ground, the shorter the days. Then add in the fact that the past few years our fall weather has been abnormally warm, like near 80's the week before Thanksgiving, and no significant rain in sight, we now have a very complicated situation to get plants growing for when we need them. The world is changing so fast, and on an organic farm you don't have the option of chemicals to greatly influence your growing. Not that many of these issues didn't exist before, but the intense heat and the fires have added a new level of challenges for all of us. I was thinking this morning, now that we have Elisia and Lupe working, they are wanting 5 days a week work so they are helping out in the fields on Thursdays, perhaps they could experiment with rubber banding some of our cauliflower to help hold the crop and extend our time for harvesting. With too much sun they can turn pinky/purple and the heads will loosen up. Maybe rubber banding cauliflower might be something some of you might like to come and help us get done?

On my way out I passed by Roberto who was grading our farm roads. They are such a mess after the rains. Imagine

trucks and tractors going up and down those muddy roads many times each day, the ruts are incredible. So he was out there with the scraper and was smoothing things out. This



is another task that is tricky to work in to the work flow that is time sensitive, you can't do it when the ground is too wet, and you can't wait until the ground is really dry. I was really happy to see him squeezing it into his day.

When I walked passed our young chickens, (who by the way started laying their first eggs last week!) it was very obvious they are in desperate need of moving. But like scraping the roads, moving chickens has to be done when the ground isn't sopping wet.

Agustin assured me it was in the plans for this Thursday. This young flock is really friendly and they all came running over to me as I walked by. These young ladies are on a plot that actually has weed fabric down, and is where we have been growing lemon verbena and other herbs. This section has been so overgrown with weeds growing ON TOP of the weed cloth, and it was a real challenge



trying to get it up, I suggested we try putting the chickens there. They have done an excellent job of cleaning everything up right down to the fabric. Not sure if the herbs will come back, or perhaps we will just pull the fabric up, but I am happy they did some of the hard work for us. Our chickens do so much more than just produce eggs.

RECIPES AND IDEAS FROM LORRAINE

Turnips are one of my favorite root vegetables. I had a new member send me a sweet email over the weekend telling me how much she loves the box, but struggles with the turnips. I have heard that from many people over the years, but as common as that's been, many members have told me turnips became one of their absolute favorites too! Last Friday, inspired by the new chef at the Barn & Pantry, who made a parsnip cream, I decided to make a turnip cream. I sautéed some romanesco and leeks with a pinch of our Smoked Chili salt in Springhill Butter, and a bit of chopped prosciutto. I made a batch of crepes and filled them with the veg. For the sauce, I boiled peeled purple top turnips which I then mashed with grated Springhill Cheddar, a few splashes of cream to thin, and some more butter, because that's me, and a good zesting from a lemon. Pureed it with my immersion blender and seasoned with a bit of salt and pepper. Wow was that a delicious meal! Who knew turnip cream would be such a delicious addition to my favorites that helps me reduce my out of control dairy consumption and work in a bit more veg where none would normally be expected. Another new turnip hack I recently discovered was as an addition to potato pancakes, which I was making the other night but didn't have quite enough potatoes. I peeled some turnips and added them into the mix. Last night I made this again, and would say the ratio of potato to turnip was probably 3 to 1. It is amazing the difference the turnips make! If you would like my recipe, shoot me a text 530-554-3971 and I will work on putting it together with actual measurements :)

Mary Margaret's Spinach and Mizuna Salad

Recipe from CSA member Mary Margaret

4 cups of Spinach, washed well
1 cup of Mizuna, stems removed
1/4 small Red Onion, sliced thin, use the onion from the share
1/2 to 1 cup Snap Peas, chopped into bite size pieces
3 mini Sweet Peppers sliced in rings (I use red, orange or yellow whatever I have on hand)
Large handful of Cilantro leaves (tough chop if you like smaller bits)
1/4 cup Feta Cheese
1/2 cup Cherry Tomatoes, halved
I use Trader Joe's Olive Oil Spray and I drizzle some Pomegranate Balsamic vinegar on top.

Red Russian Kale and Red Onion Savory Breakfast Squares

Recipe from Kalyn's Kitchen adapted from Regina Schrambling's Collard Squares, 50 minutes, 6 servings

About 1/2 lb Kale, well washed and chopped you can remove the bottom stems or chop them very small
1/2 Red Onion, chopped
1 tsp minced Garlic
1 TB Olive Oil
Salt and fresh ground Black Pepper, to taste
2 tsp Tamari or Soy Sauce
3/4 Cup grated Mozzarella
1/2 cup coarsely grated Parmesan
8 Eggs, beaten well
1 tsp Spike Seasoning, or use your preferred seasoning, like an Italian blend
Preheat oven to 375F. Spray a casserole dish (about 8" x 12") with non-stick spray or olive oil. Wash kale leaves and dry well. Pile kale leaves up on top of each other and cut into strips about 3/4 inch wide, then turn cutting board the other way and cut again so you have squares just under an inch square. Chop onion into pieces about 1/2 inch. Heat olive oil

in large heavy frying pan over medium-high heat, then add onions and cook 3 minutes. Add garlic and cook 1-2 more minutes more. Then add kale to the pan, turning over and over as it wilts and cooking about 5 minutes, or until kale is significantly wilted and softened. (Kale will cook more in the oven, so it doesn't need to be completely soft at this point.) Season kale with a little salt and fresh-ground black pepper as desired. Put the wilted kale into the casserole dish. Top with 1/2 cup grated Mozzarella cheese and 1/4 cup coarsely grated Parmesan cheese. Beat eggs with the soy sauce or Coconut Aminos and Spike Seasoning or seasoning of your choice. Pour eggs over the kale/cheese in the casserole dish. Then use a fork and "stir" gently until ingredients are well distributed. Bake about 30 minutes or until eggs are well set and the top is lightly browned. Serve hot. This is good with sour cream added at the table.

Romanesco Con Le Sarde

Recipe from LA Times by Ben Mims, 1 hour, serves 2-4

This recipe was shared to our Slack Group by CSA member Rose L. Thanks Rose, I can always count on you for excellent recipes :)

1 large head romanesco (about 2 pounds), leaves and stalk intact
6 tablespoons everyday olive oil
Kosher salt and freshly ground black pepper
1/4 cup plain bread crumbs

2 large shallots, finely chopped (about 3/4 cup)

2 tablespoons double-concentrate tomato paste
1/3 cup golden raisins
3 tablespoons pine nuts
1/8 teaspoon crushed saffron threads (or a pinch of ground turmeric)
1 tin (3.75 to 4.4 ounces) high-quality sardines packed in olive oil, drained
1/2 cup water
Finely chopped flat-leaf parsley, to garnish.
Heat oven to 425 degrees. Trim a sliver off the base of the core of the romanesco, then break off any large stems (leave smaller stems and leaves intact). Cut romanesco vertically through its core into 6 wedges, then arrange the wedges on a baking sheet. Drizzle them with 2 tbsp olive oil and season with salt and pepper. Arrange wedges so each is lying on a flat side. Place romanesco in the oven and roast, turning each wedge onto its other flat side once halfway through, until deep golden brown on both cut sides and a paring knife inserted in the thickest part of the core slides in and out easily, 40 to 45 min. While Romanesco cooks, prepare all the remaining ingredients. After you flip the romanesco halfway through roasting, start cooking the sauce: Heat 1 tsp olive oil in a large skillet over medium heat until shimmering. Add bread crumbs and cook, stirring occasionally, until golden brown, about 3 minutes. Scrape bread crumbs onto a dish and let cool. Wipe skillet clean with a paper towel, then return to medium heat. Heat remaining 3 tablespoons olive oil in the skillet until it begins to shimmer. Add shallots, season with salt, and cook, stirring occasionally, until soft and evenly brown, about 8 min. Add tomato paste, stirring and smashing the paste into the shallots, until it is broken down in the oil and coating shallots, 1 to 2 min. Stir in raisins, pine nuts and saffron, cook for 1 minute, then add the sardines, breaking each one up into 3 to 4 chunks. Stir to coat fish in sauce, then pour in water. Bring to a simmer over medium heat and cook until sauce is reduced and no longer loose and watery, 3 to 4 min. Remove pan from heat, season with more S & P, and keep sauce warm until the romanesco is ready. Remove romanesco from oven and transfer wedges to a shallow bowl. Spoon sardine sauce over and around romanesco, then sprinkle with the bread crumbs and some parsley.

This Week's Box List

Onions
*Spinach
*Bok Choy
*Romanesco
*Leeks
*Red Russian Kale
*Turnips or Radishes
Mizuna
Lettuce
Parsley
Chard
*Tango Mandarins from Gold Oak Partnership

*Indicates Box for 2