



WEEK OF MARCH 22ND, 2021 #12/52



Spring
We welcome spring with open arms, looking forward to all it promises; renewal, rebirth and new life. Signs of new life are evident all around the farm, small plants going into the soil, stone fruit trees blooming, and snap peas growing. But the greatest of all new life came to us in

the wee hours of this past Sunday morning, when Cameron and Lilly's first child, David Holliday reluctantly came into the world. Although he took his sweet time, mother and baby are doing just fine, albeit exhausted. I am grateful Cameron could be with Lilly during her labor as this past year brought that possibility into question. Missed doctor's appointments due to COVID restrictions are a disappointment that is



quickly forgotten once you have that bundle of love in your arms. I am so happy for them, and really look forward to meeting our young Master David.

Walking through the orchard this morning I saw that Agustin has begun putting in stakes around the rows of citrus trees. The fencing is at the end of the rows just waiting to get put up. This photo of our citrus trees shows how yellow they are, which is a sign of nutrient deficiency. Fortunately for me I have a great adviser, Joanna from Guru Ram Das, and she has suggested that we run chickens in those rows, along with a few geese. The chickens will add a good amount

of nitrogen, more than the geese will, but the geese will eat down the taller grasses. Utilizing the geese for grass mowing saves us man hours and gas hours



running a weed whacker. So a few of the geese that moved up to Guru Ram Das' orchard will be coming back to ours. The hens we are putting out there will be old birds who don't produce many eggs. I told Agustin he doesn't have to spend any time looking for eggs out there, we just won't worry about those. Name of the game with this system is to reduce man hours AND eliminate the need to spray fertilizer or fertigate. I think ultimately this will be a very good solution for us.

Speaking of the fertility work our girls do, it is pretty evident when you see where we had had a house parked for several months a while back. You can see the lush green grasses growing tall all around the patch of barren soil. That spot is where the house sat, and under the house is where the hens like to congregate. All the chicken manure from hens hanging out there and what gets swept out of the house is in that location. The difference between that area of intense nitrogen compared to the area all around it where the birds wandered around eating and randomly pooping is quite obvious. Fortunately this is not a spot where we typically grow anything, but served as a good place to park a house of our young birds last year until they were ready to go out into the big field of planted chicken pasture. It has been months since that chicken house was in this location, and the after effects are still obvious.



RECIPES AND IDEAS FROM LORRAINE

Celeriac, what the heck is it?

Well, it is in the celery family however it is cultivated for the “root”. Technically we don’t eat the roots, but rather the hypocotyl, the bulby thing with little roots sticking off the bottom. You can eat the “celery” stalks too, however you do *not* want to store it with the stalk left on, as it will dry out the celeriac. So, what to do with this odd looking thing? There is so much. First of all you can matchstick or grate it and enjoy it raw in salads. One of my favorites is to peel, cube and boil with potatoes for a truly delicious, mildly celery flavored fluffy mash.

Yottam Ottolenghi loves it scrubbed, rubbed and roasted whole. I am linking the recipe [here](#). (In this link there is a delicious Turkish Style Carrots and Leeks recipe, perfect for this week’s family box.) Our celeriac grew very slowly this year so these may not be big enough for you to enjoy roasted whole, but you can peel, cube and roast with other veg, like the fennel, carrots, leeks (if you have them) tossed in good olive oil, your favorite Eatwell Salt and topped with a bit of finely chopped green garlic and parsley.

Another common use for celeriac is slaw, and the BBC Goodfood site has a delicious recipe [here](#). Toss it into a stew or a lentil soup with some Rancho Gordo French Style Lentils, and some of those delicious TF carrots, seasoned with Eatwell Thyme Salt. You see, countless things to make with Celeriac. I hope you enjoy it as much do.

Shaved Carrot, Fennel and Bok Choy Salad

Recipe found on [Todays Parent](#)

This dish looks beautiful and sounds delicious. There is a recipe for Fried Tofu Croutons that it links to [here](#), such a great way to enjoy our Hodo Tofu.

1 small Fennel bulb , (about 4 cups, sliced)
2 Carrots
1/2 tsp Salt
Bok Choy , (about 250 g)
3 TB unseasoned Rice Vinegar
2 TB good Vegetable Oil
2 TB toasted Sesame Oil
2 TB low-sodium Soy Sauce
2 tbsp grated Ginger
1/4 tsp Sriracha
1 TB toasted Sesame Seeds

Trim stalks from fennel. Cut into quarters, and use a mandolin or a sharp knife to slice very thinly (remove the core afterward). Peel carrots, and then use peeler to make long carrot ribbons. Combine fennel and carrots in a serving bowl. Sprinkle with salt and toss.

Let stand 10 min to soften slightly. Cut bok choy on the bias into long strips and add to carrots and fennel. Combine rice vinegar, canola oil, sesame oil, soy sauce, grated ginger, and sriracha in a bowl. Pour over vegetable mixture and toss to combine. Sprinkle with sesame seeds and top with fried tofu “croutons.”

Carrot Fennel Soup

Recipe by Ruth Cousineau from Gourmet November 2008

This recipe calls for onion and garlic, use your Spring Onion & Garlic instead. This time of year, there are few things I wouldn’t switch these out for, but remember they aren’t as strong/pungent as their cured counterparts, so maybe use a bit more. The recipe also calls for chicken broth, but if you have good vegetable broth you can easily use that in its place.

2 medium Fennel Bulbs with fronds
1 lb Carrots, quartered lengthwise
1 medium Onion, quartered
1 Garlic Clove
5 TB Extra-Virgin Olive Oil, divided
1/2 tsp Sugar
1/2 tsp Salt
1/4 tsp Pepper
2 1/2 cups Chicken or Vegetable Broth

2 1/2 cups Water
1 tsp Fennel Seeds

You will need an electric coffee/spice grinder. Preheat oven to 450°F with rack in lowest position. Chop enough fennel fronds to measure 1 tablespoon and reserve. Discard stalks and remaining fronds. Slice bulbs 1/4 inch thick and toss with carrots, onion, garlic, 3 tablespoons oil, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spread in a 4-sided sheet pan and roast, stirring occasionally, until browned and tender, 25 to 30 minutes. Blend half of vegetables in a blender with broth until very smooth. Transfer to a medium saucepan. Repeat with remaining vegetables and water. Thin to desired consistency with extra water and simmer 2 minutes. Season with salt and pepper to taste. Meanwhile, finely grind fennel seeds in grinder and stir into remaining 2 tablespoons oil. Serve soup drizzled with fennel oil and sprinkled with reserved fronds.

Cooks notes: Soup can be made 1 day ahead and chilled. Fennel oil can be made 2 days ahead and kept at room temperature.

This Week’s Box List

Onions
*Parsley
*Fennel
*Green Garlic
*Bok Choy
Spinach
Leeks
Radishes or Beets
*Celeriac
Chives
*Mandarins
*Carrots from Terra Firma

** indicates Box for 2*