



WEEK OF MARCH 29TH, 2021 #13/52



As much as I love spring time, farming wise it is a hard time of year. Unlike autumn when there is so much overlapping of seasons, spring is always lean. I found an interesting article about the Hungry Gap referring to the months of March, April and May farming in England, and just how slim those pickings are during that time of year. It is pretty tricky for us as well when you are looking at what is actually harvestable. We have such strange weather, cold winter like days, followed by strings of warm, almost hot days. Sunshine brings on blooms, causing much of what is left of our winter vegetables to bolt. The dry fall and winter didn't help us much either. We don't do any real irrigating during that time and as a result much of our October plantings grew very slowly, or as was the case with our cabbages, essentially not at all. We would have really benefitted from a wetter November and December. Peas



were sown a while back, so we do have sugar snap peas to look forward to. On the flip side, looking at what was planted last month I am very pleased to see how well things are growing now. We were blessed with a bit of wet weather at exactly the right times, basically in between our plantings. It didn't come down too hard or too long which would have kept us out of the field; not great for California as a whole, but it did help us out with our plantings. The kales and cabbages we put in the

ground last month are growing fast and looking great, but it will be a bit before much of that is ready to harvest. So we just need to get through the lean month of April!

Heading back to the house I cut through the garden. I snapped this photo to show you the new additions Jose has made to our Members' Garden, two palm trees. They made me laugh because I can't tell you how many times I told Nigel just how much I dislike palm trees and now there are two in our garden! I should clarify, I do not actually dislike *palm trees*, I just don't like seeing them in places where I feel they don't belong. Northern California (imho) is not a natural home for palm trees. As a native San Franciscan, it bugs me to see them lining our major boulevards, we are not LA :) Personal opinion aside, when Jose asked me if he could plant these palms in the garden, his smile was so immense I naturally had to say "of course!" And when I watched the guys trying to move the second one into its spot (apparently palms are quite heavy) they

were laughing and having such a good time, I couldn't help but share in their delight. Do palm trees belong in a garden in Dixon? Maybe not. Are they reminders of home for the guys? Perhaps, but all that really matters is two small trees made them happy, and I know they are looking forward to their summer barbecues out there, so I have a new found appreciation for palms.



Strawberry Patch and The Orchard

I ate a few strawberries this morning, the very first of the year. I always look forward to this moment, it is such an exciting moment, that first bit into that first red berry! Unfortunately, we have lost all of the organic plants which has me a bit concerned that we may not have enough berries this year. Looking at last year's strawberry patch it is clearly in need of help. There is a lot of debris (dead leaves and vines), plus weeds, and that all needs to get cleaned up. I think if we could get in there and take care of that it would improve our yields. Additionally, out in the orchard, the crew who came in this winter to prune, pruned heavy which is exactly what our trees needed. But their job was trimming, not removing the trimmings, so all of the branches are on the ground in the rows between the trees. Our guys are really busy tackling the crazy amount of plants I have ordered for us this year and just don't have the time to get this kind of work done, so I am asking for



help. If we could get a few groups, kids welcome, to help clean up strawberries and or to move trimmed branches to the ends of the rows, it would help us immensely. I would love to get some help scheduled for the weekend after this coming weekend, and the weekend after that (April 10/11th & April 17/18th). You are welcome to help yourselves to strawberries after the work is done. If you can come out to help, you can text me at 530-554-3971.

RECIPES AND IDEAS FROM LORRAINE

I have been working on a few recipes, hoping to have some put together for a Salt/Olive Oil/Vinegar pack I would like to offer on our public webstore. Looking at basic vinaigrette recipes there isn't a great deal of variation, so I thought to play with the application. This weekend I made a Rosemary Vinaigrette which I used to marinated chicken thighs, and a Smoked Chili version which I used on tofu. Haven't cooked up the tofu yet, but I did make that chicken for dinner last night and it was super delicious. I definitely took advantage of items from the box.

Eatwell Rosemary Marinaded Chicken Thigh Bake *Eatwell Farmhouse Kitchen*

For this recipe I used 2 packs (2lbs) of boneless, skinless thighs. Personally I would prefer thighs with bone in and skin on. I used one bag of spinach, but when all was said and done I would have enjoyed a lot more veg in this dish, so add whatever greens or diced carrots, it can handle loads more.

Chicken Thigh Marinade

2 lbs Thighs,
2 tsp Eatwell Rosemary Salt
1 TB boiling Water
1/4 cup Little Apple Pinot & Apple Cider Vinegar
1/3 cup Sky Hill or Soul Food Farm Olive Oil
2 tsp Dijon Mustard

Mix the Rosemary Salt with the boiling water to help dissolve the salt a bit. In a jar add the olive oil, vinegar, mustard, then the rosemary salt water. Shake well. In a baking dish, lay out the pieces of chicken, pour over the marinade, cover and refrigerate for at least 6 hours.

To prepare the actual dish:

1 bunch Fennel, tops removed bottoms sliced
2 Spring Onions, tops removed (you can save them for another dish or to chop finely and garnish after baking) and slice into thin round
2 Leeks, same as onion
1 bunch Green Garlic, same as onion
3 TB Butter
1 bag Spinach washed and chopped add more greens if you like
1 lb Spaghetti
1 Marinaded Chicken Thigh Recipe
White Pepper, to taste
Parmesan Cheese
Lemon Zest

Melt butter in a large skillet, add the fennel, leeks, onion, and green garlic. Saute until everything is

well softened. Put the chicken thighs onto of the cooked veg, pour over any of the marinade that is left in the baking dish, and give it a sprinkling or grinding of white or black pepper, to taste. Pop it into an oven preheated to 350, bake for 30 minutes. Then set the oven to broil and cook until the tops just start to brown. While the chicken is in the oven, start a large pot of salted water to cook your pasta. Cook the spaghetti and when it is almost done, add the spinach to the pot when the pot. Drain, but save some of the pasta water. When the chicken is done, remove the meat from the skillet, then toss in the pasta/spinach.

If you want to loosen up the sauce a bit add some of the pasta water. Before mixing zest some lemon over it, then toss well. Serve it with a topping of parmesan cheese and if you like some finely chopped parsley, with the chicken right on top of the pasta.

Fresh Green Salad

Eatwell Farmhouse Kitchen

Since we have nice heads of lettuce from Terra Firma this week, and I have been working on salad dressings, I thought I would "toss" this one in.

1 tsp Eatwell Lemon Salt, really any of our flavors make great

dressings
2 tps boiling Water, to help dissolve the salt
A good cracking of Black Pepper
1/4 cup Vinegar, either the Little Apple ACV or the Pinot ACV
1/2 cup Olive Oil
1 tsp Dijon Mustard Or powdered Mustard which is what I used in my dressing
Washed Lettuce
2 or 3 Radishes, sliced thin
Chives, finely chopped
Orange or Mandarin, peeled segments divided and cut into chunks
Very thin slices of Fennel Bulb, you can add a bit of finely chopped fronds
A handful of Nuts or Seeds, I always have Old Dog Ranch Walnuts on hand, so I would chop and toast some of those, but I also love sunflower and pumpkin seeds.

You can also get a bit fancy with your dressing by really "herbing" it up. For this you need to make it in the blender. Add all the dressing ingredients to the blender bowl or use a regular mouth mason jar to which you can attach your blender base. Add a tablespoon of chopped parsley, chives, and green garlic, blend until smooth.

This Week's Box List

*Spring Onions
*Parsley
*Fennel
*Green Garlic
Celeriac or Radishes
*Mandarins or Oranges
Chard or Collards
*Chives
Leeks
Radicchio
Spinach or Cabbage
*Lettuce from Terra Firma

** indicates Box for 2*