



FOOD FOR THE BODY & SOUL

WEEK OF APRIL 12, 2021 #15/52



Last week was one of those weeks when too many things happen all at the same time. We were out of the boxes, not a big deal, I'll just order more and pick them up Tuesday morning. We were at the end of our supply of egg cartons, also not a problem, Riverdog told me a while back we could get some from them. Monday was pretty busy coordinating all the orders, and scheduling the produce pickup from Terra Firma. It took 3 trips to pickup all those bins of butternuts! Plus, Cory did a run to Turlock to pickup our strawberry plants. There was so much juggling. Then we heard back from our box supplier, they were out of boxes. What to do? Called the other box supplier to find a substitute, nothing. Then Tim from Riverdog texted back and said he was just about out of cartons and had none to spare, but he immediately sent a group text out ask who might have some extra. By late Monday Tim sent me the contact for Ken at Pasture 42 for egg cartons. Early Tuesday morning I got a call from our box supplier and they had made a mistake with their inventory and found 11 pallets of our boxes! Everything ended up falling right into place, Elise jumped into one van and made the trek up to Gridley to pick up the boxes. I headed over to Terra Firma to pickup the first load of the butternut squash for the boxes. Ran back to our farm to quickly unload and then head straight up to the Capay Valley to pick up egg cartons. Back to the farm to unload then right back to Terra Firma to pick up the second bin of butternuts. By the time the CSA boxes were filled Tuesday afternoon, I was ready for a glass of champagne and a moment in my garden to catch my breath because this all happened in and around everything else we normally do on Mondays and Tuesdays.

Running this farm is one giant juggling act that sometimes seriously makes my head spin. Last week was one of those weeks when I really missed Nigel, I miss his knowledge and expertise. One of the most important lessons I learned from him is how to ask for help. I remember my early days here at Eatwell I was so impressed by the cooperative relationships many of the farmers have with each other. We share equipment, go in on orders together when we can. On my drive back down the Capay Valley the sense of relief and gratitude for the help I had just received rushed right over me like the spring scented breeze coming through the van window.

As the week progressed we naturally ran into more issues when Thursday a large shipment arrived from Headstart. I was working in town making Softers when Jose called letting me know the forklift we normally borrow from our neighbors next door at the seed farm was out of commission. We had tens of thousands of plants to unload, and the bins were double stacked on the semi. What to do? Jose called the Cooleys down the road and they came right to the rescue



towing their old forklift behind the truck. Matt Cooley unloaded the entire order for us; my hero. As I watched him unload all of our bins, I was, once again, overcome with gratitude for this farming community of which I am a part. Farming is

chaotic, especially this time of year with so much going on and so much unpredictability with the weather. Much can go wrong, but I am comforted by the fact that there are many amazing farmers to turn to for advice and assistance.

Friday morning it was my turn to be the helpful farmer. The owner and the farmer from Ruhstaller, our newest neighbors here on Sievers Road, aka the Beer Farm, came out for a visit. They are taking our last old hens. Our landlord Gary connected us, he told me Ruhstaller was looking for chickens for their farm. They came out Friday morning so I could show them how we keep our hens and what we do on our farm. Xo, the young farmer, was really excited to see the crazy way we farm, which is far from

textbook. She and JE, the owner, were pretty impressed and very surprised by all that goes on here. We finished up our long walking tour with some refreshing Softers, which they are now offering for sale at the Beer Farm! In two weeks they hope to be ready to take the last of our old birds, giving them a nice home in the hops, where they will do their job as fertility providers and bug eaters. When I shared our forklift story they immediately told me I now have another friend down the road with a forklift and if we need to borrow it they will be right down to help. They have created a pretty amazing place down there, and I hope when y'all come up to visit our farm you have a chance to drop in over at Ruhstaller for a cold one, Softers for the kids, and enjoy some of the live music that happens every weekend.



I can't finish up today without saying thank you to the folks who came up this weekend and put in hours of work helping us clean up the orchard and the strawberries. It was so much fun spending that time with you, and I am very grateful for all the work we got done. Thank you. I will talk more about this in next week's newsletter, but we have another work weekend coming up next week. If you would like to join us shoot me a text message 530-554-3971.

RECIPES AND IDEAS FROM LORRAINE

I made the Butternut Lasagna from last week's newsletter, and it was so delicious. If you have the time (you can break it up into parts so it doesn't seem like so much work) I highly recommend it. I found it made a good deal more than what the recipe suggested, and with the addition of a little more sauce I was able to get two 8 x 8 dishes out of that recipe. I found the recipe on [Vanilla and Bean's](#) website it is linked if you would like to go for it. I made one dish for Cameron and Lilly and I rounded out their meal with a Fennel, Orange and Spring Onion Salad.

Mafalda And Roasted Butternut in Warm Yogurt Sauce
Recipe from Flavor by Yotam Ottolenghi and Ixta Belfrage

I always have loads of greek yogurt because I drain 25 lb buckets of yogurt for the whey which is what I use to ferment the Drinkwell Softers. So I am definitely looking forward to trying this one out! I would suggest, if you have turnips in your box this week, peel and quarter or halve them and add them in with the squash while roasting.

1 Butternut Squash, peeled, seeded and cut into 1" cubes just shy of 2 lbs when done
1 Onion, peeled and cut into 6 wedges or use the Spring Onions from the box and halve or quarter about 1/3 lb

6 TB Olive Oil

6 Garlic Cloves, thinly sliced

1/2 lb Mafalda or Pappardelle Pasta

1 1/2 cups of Greek Yogurt, at room temp

1 1/2 tsp ground Cumin

2 Egg Yolks

1 1/2 tsp Cornstarch

Parsley, roughly chopped the recipe calls for 5 grams (I have the English version of this book) and the conversion chart says that is about .17 oz. Good Luck:)

Salt and Black Pepper

Yotam's Quick Chili Sauce :

1 Plum Tomato, roughly chopped about 3 oz

3 Red Chillies, deseeded and roughly chopped about 1 1/2 oz

1 1/2 TB Cider Vinegar

2 TB Olive Oil

Preheat oven to 450 F. Put the squash, onion 3 TB of oil 3/4 tsp of salt and a good grinding of pepper into a medium bowl and mix well to combine. Transfer on to a parchment-lined baking tray and roast for about 30 minutes, stirring once or twice, until softened and charred. Keep warm until ready to use. Meanwhile, put the sliced garlic and 2 Tb of oil into a frying pan and place on medium heat. Gently cook until the garlic becomes deeply golden and crispy, stirring occasionally, about 12 minutes. Reserving the oil, use a slotted spoon to transfer the garlic to a plate lined with kitchen paper. For the quick chili sauce, put the tomato, chillies, plus 1/4 tsp of salt into the small bowl of a food processor and blitz until finely minced,

scoping down the sides of the bowl. Add the vinegar and olive oil and pulse for a few seconds more. Transfer to a small bowl and set aside. Cook the pasta in plenty of salted boiling water until almost al dente, about 7 minutes. Reserve about 1 cup of cooking water, drain the pasta well. Put the yogurt, the remaining tablespoon of oil, the cumin, egg yolks, cornstarch and 1/3 tsp of salt into a blender and blitz until smooth, about one minute. Pour the mixture into a large saute pan on a medium heat. Cook stirring continuously, until thickened and just beginning to bubble, about 15 minutes. Add the pasta, the reserved water, parsley and half the squash mixture and cook

for another 4 minutes, or until just heated through. Transfer to large serving platter and top with the remaining squash mixture. Drizzle a third of the chili sauce, serving the remainder alongside, and top with fried garlic, parsley and reserved garlic oil.

Tuscan Kale Salad With Fennel, Radish and Ricotta Salata

Recipe from Gjelina by Travis Lett

I realize this recipe call for Tuscan Kale, not Russian, and only some of you will have Red Russian Kale in your box this week and some won't, some will have radishes and some won't, but this looks quite tasty and I think we would improvise a bit.

1 TB Olive Oil

1 bunch Tuscan Kale, stemmed

and cut into 1/4" wide strips

Kosher Salt

1 TB Red Wine Vinegar, plus more as needed

1 TB fresh Lemon Juice

3 Radishes, thickly sliced

1 small Fennel Bulb, trimmed and shaved with a vegetable peeler

1 handful Garlic Croutons

1 oz Ricotta Salata Cheese

Freshly ground Black Pepper

In a large bowl, drizzle the olive oil over the kale and sprinkle with salt. Massage the leaves until softened and tender, squeezing them firmly with your hands. Add the vinegar and lemon juice and continue to massage the kale. Add more vinegar, lemon juice or salt if necessary and make sure there is enough rich, velvety olive oil coating the leaves. Add the sliced radishes and shaved fennel. Place the croutons on a work surface and using a rolling pin or chef's knife, crush into coarse crumbs. With a vegetable peeler, shave the ricotta salata into the bowl. Toss gently to combine. Add the crouton crumbs and mix thoroughly. Season with salt and pepper. Transfer to a serving platter or individual plates and serve.

This Week's Box List

Mizuna or Arugula

*Turnips or Radishes

Leeks

*Green Garlic

*Spring Onions

*Fennel

Red Russian Kale or Bok Choy

*Navel Oranges

Spinach

Strawberries

*Butternut squash from Terra

Firma

* indicates Box for 2