



WEEK OF DECEMBER 21ST, 2021 #21/52

### Organic Inspection

Yesterday was our annual CCOF organic inspection. It is an event we all dread, probably mostly because it means we have to spend hours prepping, and then many hours sitting with an inspector. Yes, being questioned about everything you do is a pain and uncomfortable, but I think what is hardest is having to give up hours to sit with the inspector, unable to run off and do 5 different things in as many minutes. From what I have seen of most farmers, and Nigel was no exception, you don't sit still much, and seldom are you doing only one thing at a time. But being a certified organic farm is important, and therefore this inspection is important.

Nigel used to always say, "leave a little something for the inspector to find". Not that I have to do that intentionally, there will always be a thing or two I forget, and my inspector will always have something for their exit interview requiring follow up .

As we walked the farm, (I was very glad it wasn't raining!) we passed the crew bringing in this week's cauliflower. Such an impressive site to share with her, beautiful tight heads, pretty and white.



Before we could head out for our walkabout, we had to go through all the forms and paperwork, which includes going over the list of inputs, fertilizers, soil amendments, pest management, herbicide/ fungicide, used in our operation. But that is always the shortest section for me, because we don't use anything. New inspectors look at me dumbfounded, unable to wrap their head around the way we farm, because how we farm is quite different. I am grateful we had the inspector from years past, because she understands what we do, and how we use our chickens. Those ladies are **the** source of fertility, they are our pest management and weed control. Albeit we have a wide tolerance for pests and weeds, but here at Eatwell, with the help of our girls, we allow nature to do her thing. We definitely don't have perfect looking fruits and veg, but isn't avoiding the use of treatments, even if they are approved for organic farming, better than perfect looking produce? I watch the planes and helicopters spray, even on the organic farms; isn't it better that we find a way to avoid that? Think of the hours of tractor time, diesel and fumes we save by not spending hours spreading compost or manure. We are far from perfect, believe me I am well aware, but we are trying so hard to forge a different path. And given all the supply chain issues, like not being able to get fencing for the chickens, the ongoing struggle to get a reliable source of paper bags, or seeds for our favorite crops, that seem to always be unavailable due to crop failure, climate change, and a pandemic, that path is getting muddier and darker. There is so much that we have to contend with, not having to deal with fertilizers, and pesticides is a great one to take off our plate.

At the end of it all, we passed and Debbie was pretty impressed. And that is now behind me, with the exception of a few little action items, until next year.

### Nigel

I can't write this week's newsletter without a story about Nigel. The 24th would have been his 62nd birthday. Honestly, so much of me feels him here with me all the time, it is always a heartbreaking moment when I



remember he won't be walking through that door, or bringing me my morning cuppa. He was a man with great vision, a tremendous heart and so much passion for the things he committed his life to. Nigel was never one afraid of doing things differently, trying the yet unthought of. I will never forget standing with him at the end of the row of CSA members cooking tomato sauce into the dark of night, at that first sauce gathering, looking out at that site, him telling me, "This is what it's all about. This is community." How many of you were there, that fateful year that brought us a quarantine due to the discovery of Mediterranean Fruit Fly 3 miles from our farm?

This picture of him is such a great example of how Nigel was driven by his commitment to his beliefs. We grew wheat because we had learned so much of what was in our organic chicken feed, at that time, was coming from China. We rented the land next door, transitioned it from non-organic to organic, and grew wheat to feed our chickens. He thought it was crazy to feed chickens in California feed coming from half way around the world, and so we pulled our eggs out of organic certification and took on a grand new endeavor. We aren't growing that wheat anymore, because one of the things I learned from Nigel is it is important to try new things, but equally important to understand when to stop doing something that no longer makes sense. I am doing my best to keep his spirit alive on this farm, his vision, his love and care for the land, as well as our crew and for all of you. You are *that* community his heart and mind dreamed of building, and I am so proud to share that love. Thank you for supporting the work we do, in sharing with me his passion and love for this farm and this land. For those of you celebrating, I wish you all a very Happy Holiday, and I hope the true spirit of the season finds and warms your heart.

# RECIPES AND IDEAS FROM LORRAINE

## Spaghetti Squash And Lemon Pesto

Recipe found on Love and Lemons

1 medium Spaghetti Squash

Extra-virgin Olive Oil, for drizzling

2 cups Cauliflower florets

Hemp Seed Pesto, recipe below

2 cups baby Spinach, coarsely chopped OR spice it up a bit and use the Mustard greens from this week's box

Juice of ½ small Lemon, plus wedges for serving

2 TB Pine Nuts

¼ cup chopped fresh Parsley

Sea Salt and freshly ground

Black Pepper

Parmesan cheese (optional)

Preheat the oven to 400°F and line two baking sheets with parchment paper. Prepare and roast the spaghetti squash, see box for instructions.

Drizzle the cauliflower with olive oil, sprinkle with salt and pepper, and place on the second baking sheet.

Roast for about 25 minutes or until golden brown around the edges.

Meanwhile, make the pesto and set aside.

Place the baby spinach in a large bowl. Use a fork to scrape the spaghetti squash into strands.

Add the lemon juice and season to taste with salt and pepper (you can do this right in the spaghetti squash halves).

Add the spaghetti squash to the bowl and gently toss, so that the heat from the squash lightly wilts the spinach leaves.

Add the roasted cauliflower, pine nuts, parsley, and a dollop of the pesto.

Optional step: toss it all together so that the pesto coats all of the vegetables.

Serve with lemon wedges, extra pesto, and Parmesan, if desired.

### For the Hemp Seed Pesto:

½ cup hemp seeds

1 Garlic clove

2 cups chopped Kale leaves

2 tablespoons Lemon juice

¼ cup Extra-Virgin Olive Oil

Sea Salt and freshly ground Pepper

Pulse the hemp seeds and garlic in a food processor.

Add the kale and pulse again. Add the lemon juice and a few generous pinches of salt and pepper and pulse again.

While the blade is running, drizzle in the olive oil. Scrape the sides of the food processor, if necessary, and pulse again. Season to taste.

2 Pomelos or 3 ruby red grapefruit

¾ 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.

\*For the longest time I didn't realize

that you really do have to remove

the membrane around the segments

of the pomelo fruit. It is tough and

deftly ruins your experience.

Recipe by Melissa Clary from NYTC

1 TB Vegetable or peanut oil

1 tsp Toasted Sesame Oil, more for drizzling

3 Garlic cloves, minced

1 1-inch-thick slice peeled fresh Ginger root, minced

1 bun Mustard greens, cleaned, stemmed and torn into

pieces

1 TB Soy Sauce, more for drizzling

2 Flounder Fillets, 12 ounces each

Salt and freshly ground Black Pepper.

Heat oils in a very large skillet. Add garlic and ginger

and sauté until fragrant and translucent, about 2

minutes. Add mustard greens, soy sauce and 3

tablespoons water, and sauté until greens start to wilt, 2

minutes longer. Spread greens out in pan. Season

flounder with salt and pepper, and place on top of

greens. Cover pan, reduce heat to medium, and let fish

steam until just cooked through, about 6 minutes. If

pan dries out before fish is cooked through, add a little

more water, a teaspoon at a time. Uncover pan and

transfer fish to serving plates. If greens seem wet, turn

heat to high to cook off excess moisture. Serve greens

on top of fish, drizzled with a little more sesame oil

and soy sauce, if desired.

### How To Cook Spaghetti Squash

Cut in half lengthwise, scoop out the seeds.

Drizzle **lightly** with olive oil, and **lightly**

season with a little salt and pepper. Place it on

a parchment lined baking sheet cut side down.

Poke a few holes in the skin with a fork. Pop it

in a pre-heated 400°F oven. Once it has cooled

enough to handle, use a fork to scrape the

strands from long end to the other.

### This Week's Box List

\*Fennel

\*Lettuce

\*Parsley

\*Satsuma Mandarin

\*Mustard Greens

\*Cauliflower OR Cabbage

\*Pomelo

Red Russian Kale

Spaghetti Squash

Turnips

Leeks

Lemons

\* = Items in Box for 2