



WEEK OF JANUARY 3RD, 2022



**Looking For That New Year Perspective**

Sunday I ran down to Ruhstaller (the brewery/hop farm down the road) to set up a little display of our CSA box. Keri, who helps me in the warehouse, went along with me. It was a gorgeous day, and her first time there, so I had to bring her up on the deck. The view is pretty incredible; one of my favorite things is seeing our farm from that distant vantage point. As we stood up there, the deck to ourselves, soaking in all the local scenery, I realized sometimes it is good to look at things from a different place and or space. As I wrote last week, Eatwell is so much more to me than just the veggies we send out, it is on many levels my family. That family tends to grow and stretch and sometimes molts, moving forward with new people. My reason for going out to Ruhstaller was because one of our new drivers Jason, is a trained chef and is now cooking out of the Ruhstaller food truck. He and

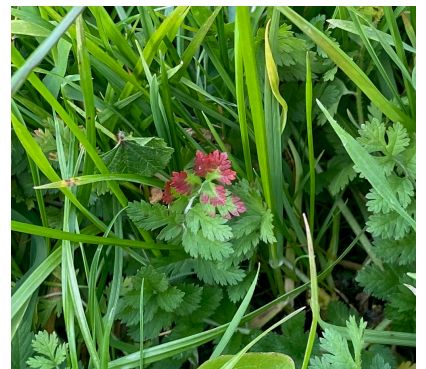


his fiancé, Layla, have been out there every Wednesday night for a while now, and as time goes on, more nights have been added. Often, his dishes feature veggies from the farm, and we thought it would be fun to have a display of our CSA box set up right in front of them. Today his vegan dish was Roasted Cauliflower Soup, made with our

cauliflower.

When I first met Jason, we hit it off immediately. I drove with him his first time doing the route, and we talked food the entire time. We certainly share a deep love for cooking and good food. After that first day he was good to go, which is rather unheard of for a new driver. If you are an East Bay Wednesday box person, Jason is your driver. Jason and Layla are available for small catering gigs, so if you are looking for someone, let me know, I would love to connect y'all.

Back on the farm, that same day, I was taken in by this beautifully colored little plant out in our pasture. According to the plant id app, it is Musky Stork's Bill. The tiny leaves with that bit of red on the edges, caught my attention immediately. Why does it do that? A few minutes later, the sun was beginning to go down behind the hills, and the sky was starting its end of the day color show, which has been pretty spectacular lately. After spending much of the past two days in front of the computer, I realized what a treat it was to step outside and get these different perspectives of the farm, from afar, to right at my feet. Took a nice slow breath and appreciated every bit of the beauty all around me.



Walking the fields, I am happy to report the sugar snap peas, green garlic and fava plants are looking



pretty fantastic. Pictured above are the peas and garlic. We have gotten a good amount of rain this year, thankfully, AND it has been fairly cold, also very good. I noticed the Romanesco is just starting to form, it takes FOREVER! But all of those types of plants really don't like sunny warm winters, so I hope we will have some delicious Romanesco in our future!

# RECIPES AND IDEAS FROM LORRAINE

## Savoy Cabbage With Herbed Butter

Recipe by Jamie Oliver

Ok, it is really coincidental that the first recipe I found for Savoy cabbage was this one using herbed butter, since last week I included a recipe for compound (herb) butter. Life just works out that way sometimes.

### FOR THE BUTTER

2 cloves Garlic , peeled  
1 dried Red Chili

a few sprigs fresh Rosemary , leaves picked  
7 Anchovy fillets in oil , drained

2 sticks old Unsalted Butter

### FOR THE GREENS

4 large handfuls Savoy Cabbage leaves  
3 TB Balsamic Vinegar

Add the garlic, chili, rosemary and anchovies to a food processor and whiz until fairly fine. Dice and add the cold butter, then whiz again until well combined. Get yourself a good-sized piece of greaseproof paper and place the butter into the centre. Fold the paper over and roll it around until you have an even-sized log. Twist up the ends to seal then pop in the fridge or freezer until needed. Wash and drain your cabbage leaves, getting rid of any tough stalks. Add to a large pan of salted boiling water, bring back to the boil then cook on a medium heat for 2 to 3 minutes, or until tender. Drain well in a colander and leave to cool. Carefully squeeze the cabbage leaves to get rid of any excess moisture. Add a slice of your flavored butter and the balsamic vinegar to a large pan on a high heat. Once the butter has melted, add the leaves and toss around for a couple of minutes until hot through. Serve with a tiny extra knob of melting butter on top.

## Cauliflower Rice

Recipe by Ali Slagle on NYTC

I love the idea of cauliflower rice, mostly because I love cauliflower so much. This recipe goes through the process of how to make the “rice” and has a few options for sauces to use on it.

2 medium Cauliflowers (about 4 pounds total), cored and cut into florets

6 TB Olive oil

2 large Garlic cloves, finely chopped (about 1 tablespoon), optional

Kosher salt and black pepper

### GINGER-GARLIC SAUCE:

1 ½ TB Neutral Oil

1 (2-inch) piece Ginger, peeled and cut into thin matchsticks

4 Garlic cloves, thinly sliced

1 ½ tsp Sesame Oil

½ tsp Red-Pepper flakes

Kosher salt

### TAHINI-PARMESAN SAUCE:

3 TB Tahini

2 TB Lemon juice

¼ cup freshly grated Parmesan

Black pepper

### THAI-STYLE SAUCE:

½ cup Red Onion, finely chopped

¼ cup Scallions, thinly sliced

½ cup Cilantro leaves and tender stems, roughly chopped

¼ cup mint leaves, roughly chopped

2 TB Fish Sauce

2 TB Lime juice

2 teaspoons Red-Pepper flakes

Heat the oven to 425 degrees if you're serving the rice cooked. Fill a food processor halfway with cauliflower florets, then pulse until it breaks down to about 1/4- and 1/8-inch pieces and resembles rice. Transfer to a very large bowl. Repeat with the remaining florets. The rice can be eaten at this point, or stored in an airtight container in the refrigerator for 5 days or in the freezer for 1 month. To serve warm, toss the rice with olive oil and garlic (if using), then spread in an even layer on 2 baking sheets. Season with salt and pepper. Roast until dark golden brown at the edges and lightly golden all over, 15 to 20 minutes. Serve plain or with 1 of the sauces below. For the ginger-garlic sauce: Heat oil in a small

frying pan over medium heat. Add the ginger and garlic and cook, stirring occasionally, until lightly golden, about 3 minutes. Turn off the heat, then stir in sesame oil, red-pepper flakes and a pinch of salt. Pour over cauliflower rice, toss to combine and serve at once. For the tahini-Parmesan sauce: In a small saucepan over medium-low heat, combine 3 tablespoons water, tahini and lemon juice. Once warm, add grated Parmesan and continue stirring until the cheese has melted and the sauce has come together. Season with black pepper. Drizzle over the cauliflower rice, to taste. Pass extra at the table. For Thai-style rice: To the cooked rice, add red onion, scallions, cilantro, mint, fish sauce, lime juice and red-pepper flakes. Toss to combine and serve at once.

## Sautéed Broccoli Rabe

Recipe from Love and Lemons

1 bunch broccoli rabe

1 tablespoon extra-virgin olive oil, more for drizzling

2 garlic cloves, sliced

¼ teaspoon red pepper flakes

Sea salt and freshly ground black pepper

Lemon wedge, for squeezing

Trim ½ inch off the ends of the broccoli rabe. Prepare a large pot of salted boiling water and a large bowl of ice water. Drop the broccoli rabe into the boiling water and blanch for 2 minutes. Remove and immerse in the ice water long enough to cool, about 15 seconds. Drain and place on paper towels to dry. (If using in this pasta recipe, stop here and continue with that recipe's instructions.). Heat the oil in a large skillet over medium heat. Stir in the garlic and cook for 30 seconds, then stir in the red pepper flakes. Add

the broccoli rabe and sauté, shaking the pan and gently tossing so that it cooks evenly, until tender, especially the stems, for 3 to 5 minutes. Remove from the pan and drain off any excess liquid. Season with salt and pepper to taste, and serve as a side dish with a squeeze of lemon.

### This Week's Box List

Broccoli Raab

\*Savoy Cabbage

\*Cauliflower

\*Fennel

Leeks

\*Lettuce

Mizuna

\*Oranges

\*Parsley

\*Pomelo

Turnips

\* = Items in Box for 2

### Full Disclosure

Last Friday Jose brought me a bunch of what looked like Broccoli Raab, I googled it and compared it to the photos from seed companies. But honestly I am not positive, it tasted good, so I am going with it.