



WEEK OF JANUARY 2, 2023 WEEK 01/52

### HAPPY NEW YEAR

2023 literally blew in with wild winds and rain. These stormy days make me appreciate all the delicious food we eat even more. Navigating puddles and slippery mud to and from the pack house is tricky, but nothing compared to how hard it is for the guys out in the field. I am so grateful for their dedication and hard work. And, of course, same goes for our drivers; driving in this weather is not fun. The storm predictions were so dire, several members wrote in concerned for their safety. Those emails really made my day as they were such an awesome reminder of the connection we have to the food we eat.



The weekend's storm did mean our final market for 2022 was a bust: wet, windy and cold. I must admit, I stayed home, but Mike was there braving the weather which was so bad the market manager shut it down extra early. It's going to be another stormy market this week, and honestly I wonder if it is really worth going, but a market needs their core farms to be reliable. So the crew is out picking right now, getting us ready to head down and face another stormy market day:)

2022 was a challenging year for me; I am happy to put it behind me. The really big thing for me was taking care of my mother as she transitioned into her last few months of life. Taking care of her and running the farm was a real stretch, and I am only now beginning to realize how ridiculously out of touch with reality I was during those months. My mom was 98 and had been ready to go for quite some time. My dad past back in 2012 and she lived on her own for many years, which was quite remarkable. In a perfect world I would have had more time for her, but the farm kept me too busy. I know it was hard for her to be here, so far from her home in Santa Rosa and far from her friends. Had we not been right in the middle of a pandemic things would have been easier, but I had to focus on keeping her healthy, COVID free, and I know that made her feel pretty isolated. In the end I know I did the best I could given all the circumstance. She never got COVID or break any bones, and that meant she could finally pass peacefully at home with me. I am grateful for that small blessing.

2022 found me shifting my duties, adding "CSA Manager" to what I already do. Learning the job of CSA Manager has been really great. It was a very uncomfortable feeling not knowing the ins and outs of our software and not fully understanding the daily tasks required to get our boxes out. Sitting in the CSA Manager seat I have spent a lot of time looking at how we can work more efficiently. I made many changes in the way we produce the information need for the boxes, extras and eggs. The entire system is much

more efficient, takes less time AND we have created a system to catch mistakes. I know we are not perfect, but the amount of mistakes we make has dropped significantly and that makes me very happy.

The end of 2022 brought us a very cold autumn. Unlike the last several years when October and November were very warm, sometimes even very hot and even the winters were sunny and warm. So much sun and heat made most of our fall/winter crops bolt and bloom before we could ever harvest much. I looked at row after row of broccoli in full bloom and cabbages that barely produced decent heads. It was heartbreaking to see so much food going to waste. This year I planted a little later hoping to avoid that, and of course we had an exceptionally cold season so everything is growing REALLY slowly. There are cabbages, broccoli, cauliflower, celeriac and more out in the fields kind of stalled out. And the prognosticators are telling us January will have only a few days of break in the rain. One thing about farming is certain, it is NEVER boring.

I plan on spending the next couple of weeks reorganizing and cleaning up a few more things. I hope to implement a few simple systems to make sharing information from field

to office better and easier for Jose. And I am excited to start a new year with a clean slate and make next year a much better year. I looking forward to doing a much better job in 2023, continuing to learn even more. I hope that we can have more events this year than the past several years. I would love to have as many of you up to the farm as possible. We all can look forward to Spring!

### ADORABLE FARM CATS

Feral cats have always been a problem on the farm. Over the years many have been dropped off, left to fend for themselves, and then, of course, reproduce giving us an even greater supply of cute kitties. Right now we have quite the gang and we need to find new homes for a bunch of them. Keri and I have been feeding and spending time with them to accustom them to humans. Several are pretty young but out of the little kitten stage, but under a year. Most of the cats would make amazing, loving pets. Is anyone looking for a new fur friend? Let me know!





# RECIPES AND IDEAS FROM LORRAINE

As a start to my New Year's Day dinner I served Cream of Turnip Soup, which is a recipe I have included in our newsletters many times over the years. I found the original recipe in the Greens Cookbook. I served up this delicious soup without telling my guests what the star ingredient was. With those first couple of sips everyone was asking what it was, and not able to guess at all. I can guarantee that if you have a creamy soup lover, who is not a fan of turnips, you will have a convert if you make this for them. Here is a [link](#) to the recipe we posted several years back. As it is not yet spring garlic season, I used a small onion, which I sautéed with the turnips. I also now sauté the turnip greens and puree them in the soup with the turnips. DELICIOUS!

## Creamy Dill Dressing

For the salad I served at that dinner I made this delicious dressing.  
1 1/2 cups of Sour Cream OR you could use Greek Yogurt  
1/4 cup Mayo  
2 TB fresh Parsley, rough chopped  
1/2 bunch of Dill, rough chopped  
1 to 2 TB Lemon Juice  
A small splash of light Vinegar, I used Champagne  
Salt and Pepper to taste  
Add all of the ingredients to a blender and blend until fairly smooth. This dressing is great on a salad, but also makes a delicious topping for potatoes or roasted winter squash, or roasted turnips!

## Napa Cabbage Kraut

For all the how to pictures and even more information visit the website linked above. I know many of you really love Kimchi, and probably make loads, but my German blood has been craving a basic Kraut. So here are detailed instructions for making a Bare Naked Kraut, and yes you can use Napa Cabbage. I find our cabbages ferment much faster than store-bought cabbage, so the timing recommendations might be a bit off.

Large mixing bowl

1-quart (L) wide-mouth canning jar or similar sized jar

4-ounce (125 ml) canning jar (jelly jar) or fermentation weight of your choice

Wide-mouth plastic storage cap or airlock lid of your choice

2 1/2-3 pounds (1 kg) Cabbage

1 TB (15 ml) iodine-free salt (fine-grain)

Round up all your equipment so it is on hand as you work your way through the recipe. You don't want to include the weight of your bowl in your measurements, so either zero out the scale or write down the weight of your bowl. Discard the limp outer leaves of the cabbage, setting aside one of the cleaner ones for using later when you are submerging the cabbage in the brine. Quarter, then slice cabbage crosswise into thin ribbons. Add sliced cabbage to your bowl until weight of cabbage is 1 3/4 pounds (28 ounces, 800 grams). Create Your Brine: Salt will put the moisture out of the cabbage cells to create a brine in which the salt loving bacteria grow and proliferate while the bad bacteria die off. Sprinkle the cabbage with one tablespoon (15 ml) of salt. OR...Be a Fermentation Ninja! Measure Your Salt Like a Pro. You'll want to be working in grams for this. Your scale should read 800 grams, which is the amount of sliced cabbage you added to your bowl. You need to add 2% salt. For 800 grams, that is 16 grams of salt. Sprinkle salt into your bowl of sliced cabbage until the scale reads 816. Mix well until salt is evenly dispersed. Once the salt is dispersed, you can let the salt work on its own. At this point, I usually leave the salted cabbage sit for 10-15 minutes while I clean up the kitchen. (When you come back, you'll see the cabbage glistening with moisture and find that it requires very little massaging to create the brine.) Massage your salted cabbage with strong hands until moist, creating the brine. The mixture will wilt, shrink in size, and start to "squeak" as your work it. Work it until you see a 2-3 inch puddle of brine when you tilt the bowl to one side. If little or no brine is being created, see [this post](#) for some tips. Pack Mixture into Jar. Grab handfuls of the salty, juicy cabbage mixture and pack it into your quart-sized (liter) wide-mouth canning jar, periodically pressing the mixture down tightly with your fist or a large spoon so that the brine rises above the top of

the mixture and no air pockets remain. Be sure to leave at least 1 inch of space between the top of the cabbage and the top of the jar. Because we weighed out just the right amount of cabbage to fit in your jar, this should happen automatically. Pour any brine left in your mixing bowl into the jar and scrape out any loose bits stuck to the sides of the bowl or to the side of your jar.

Now, it's time to make sure your fermenting mixture is in a safe anaerobic (no air) environment. This means that you need to keep the cabbage mixture submerged in the brine while it ferments, especially during the first 5-7 days. Take that cabbage leaf you during the SETUP step, tear it down to just fit in the jar, and place it over the surface of the packed cabbage. Forgot to save a cabbage leaf? No problem. You can fold a narrow piece of parchment paper to size or even cut an old plastic lid to size. Place the 4-ounce jelly jar on top of the cabbage leaf, right side up with its lid removed. In this picture, I am using my favorite weight, the PickleHelix by Trellis + Co. with a link to it right above this recipe. Lightly (to allow for escape of CO2 gases), screw on the white plastic storage lid. I like to label my jars using green or blue painter's tape and a permanent marker. I note the flavor of sauerkraut I made and the date I started fermenting.

Time now for the friendly bacteria to transform salty cabbage into tangy

sauerkraut. Place your jar of fermenting sauerkraut in a shallow bowl (to catch the brine that may leak out during the first week of fermentation), out of direct sunlight. Ideally, wait for 1 week before opening to sample. Should the brine level fall (very unlikely) and remain below the level of the sauerkraut during this first week, dilute 1 Tbsp of salt in 2 cups of water and pour some of this brine over the sauerkraut (removing the little jar first) until it just covers the mixture. Put the little jar back in, screw the lid on lightly and let fermentation continue. Don't worry if the brine disappears after the 7- to 10-day mark. By this time, you've created a safe environment in which the bacteria that would cause mold or slime has been chased away by the beneficial bacteria produced during the fermentation process. You can ferment your sauerkraut for up to 4 weeks. The longer you ferment it, the greater the number and variety of beneficial bacteria that can be produced. One study shows bacteria levels peaking on day 21.

## STORE: Store in Refrigerator for Up to 1 Year

After your sauerkraut has fermented to your liking, it's ready to go into the refrigerator to then be effortlessly added to any meal or dish. Rinse off the outside of the jar. You can take the little jar - or whatever fermentation weight you used - out. Clean the rim if necessary (sometimes it can get sticky from the brine that overflows), and screw the lid back on tightly. If you used an airlock lid, clean that up and save it for another batch of sauerkraut. Add to your label how long you fermented your sauerkraut.

## Spicy Raab and Onion Puree

Recipe from *Local Vegetarian Cooking* by Debra Daniels-Zeller found on Nash's Organic Produce site

2 TB Extra Virgin Olive Oil or Coconut Oil

1 small Red or Yellow Onion, peeled and chopped

3-4 cloves of Garlic, minced or pressed

1 Jalapeño, seeded and finely chopped - I'm going to try art with some pickled Jalapeño

6 cups Raab (or other seasonal green)

1/2 cup Water, Stock, or dry White Wine

Juice of 1/2 Lemon

2 Tbsp. Cashew or other Nut Butter

2 Tbsp. White Miso

Heat a heavy skillet over medium heat. Add olive oil, onion, garlic, and jalapeño. Stir and cook until onions are soft and garlic is lightly browned. Mix in raab, stir and add 1/2 cup of water. Cover and cook for 20-25 minutes, or until greens are very soft. Check every once in a while to make sure there is enough water. Add only a very small amount if needed. Remove from heat and place in a blender, add lemon juice, cashew butter, and miso and puree until smooth and creamy.

**This Week's Box**  
\*TURNIPS  
\*WINTER SQUASH  
\*DILL  
\*NAPA CABBAGE  
\*ORANGES  
\*POMELOS  
\*SPRING RAAB  
Arugula  
Rosemary  
LETTUCE OR KALE  
\* = Items in Box for 2