



WEEK OF JANUARY 16, 2023 WEEK 03/52

A LOTTA MUD

Yes, the farm is a muddy mess. We have gotten so much rain in the past few weeks, it is pretty incredible. This morning I caught a couple of the guys in the pack house hosing off their rain pants.

Our roads are rutted, slippery and wet, so we can't take any of the trucks out. But Agustin got himself an atv several months ago. When it isn't this wet, he attaches a trailer to the back and brings the chicken food out on that, instead of using a truck. Now a few more brothers have



gotten themselves lightweight atvs, which they all seem to love! And they handle the mud quite well.

Looking at them parked this morning, I remembered back to Nigel telling me he would never allow atvs on the farm. He felt they weren't safe, but they work, especially in this weather, and they take a lot less gas than the big trucks. The guys don't get crazy on them, they are all parents now, so that tends to temper crazy behavior a little, and the truth is, I do things a little differently.

One of the changes I made last year was where we source our egg cartons. We used to do sizable orders from Coast Packaging and would drive to Modesto to their warehouse. But the warehouse people were really difficult to deal with and our drivers always had to wait for at least an hour, and

often much longer than that. The last time Cory went out there, he was so angry he told me he would never go back. That's pretty bad. After that experience we did jump in on a bulk order with Riverdog and a bunch of other farms, but it was a lot of money to spend all at once to store egg cartons for 10 months. One day at the market I was talking to one of the other egg farmers who told me she gets hers from Zellwin Farms, which is based in Florida. If I order 15 cases I get a 10% discount and they do not charge for shipping. With gas prices, at that time, over \$6.00 a gallon, plus paying a driver to go to Modesto and back, and wait a couple of hours at the warehouse, the slight difference in price didn't matter much. The other factor is we don't have excess labor, no longer am I looking for tasks and projects for my driver to keep busy all week. I don't really have the spare man



hours and Zellwin Farms is a nice company to work with, all I have to do is go on line and quickly place my order. And normally, in just a few days, the order is delivered. We did get our carton order yesterday, just in the nick of time:)

With the sun shining I took a quick walk out to the end of the farm. If you have visited us, you most likely have walked out to the far end of the farm and seen a very long, deep ditch. Nigel always called that the Tahoe. It was put in to catch rain water



runoff and over spill from the fields next door. I have only seen water in the Tahoe a couple of times in the 15 years I have been on or around this farm. It is about half full right now, which tells you that we got a lot of water in a short amount of time.

I spoke with Jose a couple of days ago and he is pretty concerned about our smaller plants which have been under water. He and I are going to

walk the fields tomorrow, so I will have more news for you next week.

The clear skies have brought us cold temps, if you look closely, you can see the frost!



RECIPES AND IDEAS FROM LORRAINE

Mom's Carrot Cake

The other day I made a bunch of carrot juice, but I always feel bad about the pulp that ends up in the compost. So I thought I would try to use it in a carrot cake and it was delicious! Here is my mother's recipe. I grew up eating this for breakfast:). We never made a really sweet frosting, and this week I decided to go with a much lighter cream cheese frosting. I used Sierra

Nevada's which has no gums or thickeners in it, so it is naturally lighter. I also added a lot of zest from the mandarins and a blood orange, and just enough powdered sugar to get it thick enough to kind of stay in place. It was fairly runny though and kind of drizzled down the sides, but it was so delicious!

1 1/2 cups Neutral Oil

1 1/2 cups Sugar

4 Eggs

2 cups of Flour

1 1/2 tsp Baking Powder

1 tsp Baking Soda

1 tsp Salt

1 1/2 tsp Cinnamon

3 cups grated Carrots OR if you are juicing use pulp

1 cup chopped Walnuts

Measure the flour, baking powder, soda and salt into a bowl and carefully mix. In a stand mixer or a bowl using a hand mixer, cream the eggs and sugar until pale yellow and slowly drizzle in the oil. Fold in the dry ingredients, followed by the carrots and nuts. Once everything is thoroughly mixed, pour into a cake pan. I used a 9" springform but a bundt, loaf pan or even a sheet cake pan would work great. Bake at 350 for about an hour. Check the center with a knife to make sure it is baked through. You can frost this cake or eat as is.

Green Curry Salmon & Coconut Rice

Recipe by Melissa Clark found on NYTC

1/4 to 1 1/2 lb skinless Salmon Fillets

Fine sea salt & freshly ground black pepper

4 TB Green Curry paste

2 TB Virgin Coconut oil (or use a neutral oil, such as canola)

1 bunch Scallions, whites and greens, thinly sliced

2 Garlic cloves, finely grated or minced

1 (14 1/2-ounce) can unsweetened, full-fat Coconut Milk

1 3/4 cups Sushi Rice or short-grain rice, rinsed well

2 cups chopped Greens from Box, Mizuna, Arugula etc

1 cup chopped Cilantro leaves and tender stems

Lime wedges, for serving

Lightly season salmon with salt and pepper, and spread 1 tablespoon curry paste all over the fillets. Set aside.

Heat oil in a 5- or 6-quart Dutch oven over medium.

Stir in scallion whites and most of the greens, reserving

2 tablespoons scallion greens for garnish. Cook until

golden brown, about 3 minutes. Stir in garlic and a

pinch of salt, and cook until fragrant, about 1 minute

longer. Stir in coconut milk, remaining 3 tablespoons

green curry, 1 1/2 cups water and 1 1/2 teaspoons salt. Stir

in rinsed rice and reduce heat to low. Let simmer,

covered and stirring occasionally, for 20 minutes. Using

a wooden spoon, gently fold in spinach, cilantro and a

pinch of salt. If the rice looks dry and threatens to stick

to the bottom of the pot, stir in 2 to 4 tablespoons more

water. Place salmon filets on top of rice, raise heat to

medium-low and cook, covered, until salmon is just

cooked through, 12 to 20 minutes, depending on thickness. Remove from heat and taste rice for doneness. If the salmon is done before the rice, gently remove the fish from the pan using a metal spatula, transfer to a plate and tent with an overturned bowl or foil to keep warm, then continue to cook rice until tender, adding more water if the rice seems dry. Taste and season with salt as needed. Squeeze a lime wedge over the salmon and serve immediately, garnished with reserved scallions and more lime wedges on the side.

Stir-Fried Bok Choy and Mizuna with Tofu

Recipe by Melissa Clark - Bon Appetit

3 1/2 TB Soy Sauce, divided

4 tsp Asian Sesame Oil, divided

3 1/2 tsp unseasoned Rice Vinegar, divided

14 to 16 oz Extra-firm Tofu, drained

2 TB Peanut Oil

4 Green Onions, chopped

1 TB finely chopped peeled fresh Ginger

2 Garlic cloves, finely chopped

4 baby Bok Choy, leaves separated

12 cups loosely packed Mizuna (about 8

ounces)

Whisk 2 tablespoons soy sauce, 2 teaspoons sesame oil, and 1/2 teaspoon vinegar in bowl. Stack 2 paper towels on work surface. Cut tofu crosswise into 3/4-inch-thick slices; cut each slice crosswise in half. Arrange tofu on paper towels and let stand 10 minutes. Pat top of tofu dry. Heat peanut oil in large nonstick skillet over medium-high heat. Add tofu and cook, without moving, until golden brown on bottom, 2 to 3 minutes per side. Transfer tofu to paper towel to drain, then place tofu on sheet of foil and brush both sides with soy sauce mixture. Wipe out any peanut oil from skillet. Add 2 teaspoons sesame oil and place skillet over medium heat. Add green onions, ginger, and garlic. Stir until fragrant, about 30 seconds. Add remaining 1 1/2 tablespoons soy sauce and 3 teaspoons vinegar, then bok choy. Toss until bok choy wilts, 1 to 2 minutes. Add mizuna in 2 batches, tossing to wilt before adding more, 1 to 2 minutes per batch. Season greens with salt and pepper. Add tofu to skillet. Toss gently to blend. Transfer to platter.

Simple Roasted Turnips

Recipe found on [Spend With Pennies](#)

I am including this recipe because I know it is hard for a lot of you to get through the turnips. And this week we have gigantic purple tops going into the box. Also, last weekend I had the most amazing meal at Preserve, my favorite local restaurant, and they served roasted turnips, which was so delicious and the perfect thing to go with the meal I had.

1 1/2 lb Turnips peeled and cut into bite sized pieces

2 tsp Olive Oil

1/8 tsp ground Sage

kosher Salt & Pepper to taste

2 teaspoons Butter

Preheat oven to 425°F. Toss turnips with olive oil, sage, salt & pepper. Roast 30-35 minutes or until tender.

Remove from the oven, toss with butter and season to taste.

This Week's Box
*TURNIPS
*ARUGULA
*CARROTS TF
*NAPA CABBAGE
*MANDARINS GOLD OAK
*GRAPEFRUIT
*MIZUNA
COLLARDS
WINTER SQUASH
LETTUCE
RED RUSSIAN KALE
* = Items in Box for 2