



WEEK OF FEBRUARY 13, 2023 WEEK 7/52

Beau On Guard Duty



Last week we lost a lot of chickens. Loosing a few here and there is normal. After all, we have plenty of ladies who buck the system, jumping the fence running around the farm. Coyotes cross our property regularly, and enjoy a rogue hen now and then. But last week we lost a lot of birds. Hard to say how many, but probably at least 20. Part of the problem was Belle had been staying in the kennel by the house for a while because it was just so wet in the field with the girls. She moved back out last week and her first night out there, the hens were fine.

Our young flock is currently residing on the other side of the pond here at the front end of the farm. They are out there on their own, with no guard dog. The second night Belle was back out in the fields, we lost about 10 of our young hens. Our driver Jack even texted me early Thursday morning letting me know he saw a large dog running across the street with one of our chickens in its mouth.

Agustin was extremely concerned, so together we came up with a plan to rig one of our old chicken houses and put Beau to work that night. If you remember when I first got him, he was supposed to be a chicken dog. But that boy stole my heart and got the job of companion and best friend. In all the time he has been with me, we have never spent a night apart. It was so hard bringing him out that night and leaving him there. I slept in the living room on the sofa that night, getting up every hour to listen for a pack of wild dogs, partly because I was a little concerned for my boy who is used to sleeping at the foot of my bed, but also because I was very concerned for my chickens. That night I realized how much I rely on him for protection, and for company and loads of love. The great news is, after only one night out there, we haven't had another attack. The next morning, when I went out to get him, I thought he looked rather proud of himself. It is good to know that we can put him to work if we need to.

Cruising Down The Road In Our New Van

It was pretty shocking to find out last week that no insurance company would cover us for a longterm rented van. Our insurance broker discovered this sad fact when she looked for a new carrier for us after our current carrier cancelled our policy effective last Friday. I had two days to figure things out. I called a few different rental companies to find out what their insurance rate would be, and the prices were astronomical. Enterprise, the company we have been working with charges \$65.00 a day for insurance! Clearly, renting was no longer an option. I had hoped to put off

purchasing a van a bit longer, waiting for the range to improve on the electric models. I guess that was not meant to be, at least not yet.

Thankfully, I was extremely fortunate to find a high roof cargo van, that didn't have too many miles on it, for a reasonable



price. Several members helped us out and I was able to purchase this van. It is a little smaller than what we have been driving, but it uses less fuel. I think it will save us about \$20.00 per trip in gas. And we will be able to modify it a bit to suit our needs better, which is something we couldn't do with the rental. Let's hope this is one of those situations that seemed like a near disaster in the beginning that turns out for the better in the end!

Black Radish - Nero Tondo

This week the radishes in the Family box are Nero Tondo. The name is Italian for "round black". A Spanish type black radish, that has a wasabi like flavor. It does have a good kick, but that mellows with cooking. I think it is absolutely delicious.



You can enjoy it raw, sauté'd, braised, grated and added to soups or salads. You can eat the skin, no need to peel, and inside flesh is very white.

RECIPES AND IDEAS FROM LORRAINE

SALMON LEEKS, FENNEL & LEMON

Recipe from Williams-Sonoma

3 Tbs Extra-Virgin Olive Oil, plus more for greasing

3 Fennel bulbs, 8 to 10 oz. each

4 or 5 large leeks, including 1 inch (2.5 cm)

of tender green part, thinly sliced

Kosher salt and freshly ground pepper

6 skin-on salmon fillets, each 6 to 7 oz.

1 tsp fresh Thyme leaves

Juice of 1 Lemon

Preheat an oven to 425°F (220°C). Lightly

oil a rimmed baking sheet with olive oil.

Cut off the stems and fronds from the fennel

bulbs. Finely chop the fronds from 1 bulb

and reserve the fronds from another for

garnish. Discard the remaining fronds and

any stems. Cut each fennel bulb in half

lengthwise and trim away the tough core.

Cut the bulbs crosswise into thin slices.

Scatter about half the leeks and half the

sliced fennel bulbs evenly over the bottom of the prepared

baking sheet. Lightly season with salt and pepper. Rinse

the fillets under cold running water and pat dry with paper

towels. Arrange the fillets, skin side down, on top of the

vegetables. Season with salt, pepper, half of the thyme and

about 1/3 cup (1/3 oz./10 g) of the chopped fennel fronds.

Drizzle the fillets with half of the lemon juice and 1 1/2

Tbs. olive oil. Roast the salmon until opaque throughout

when pierced with a knife, about 20 minutes, depending

on the thickness of the fish; allow about 10 minutes for

each inch (2.5 cm). Meanwhile, toss the remaining

chopped leeks and fennel bulbs in a baking dish with the

remaining thyme, chopped fennel fronds, lemon juice and

1 1/2 Tbs. olive oil. Sprinkle with salt and pepper and

transfer to the oven. Roast the vegetables alongside the

fish until the vegetables are lightly browned and tender,

about 15 minutes. Using a spatula, transfer the leeks to a

warmed platter and top with the salmon. Garnish with the

reserved fennel fronds and serve immediately.

STUFFED COLLARD GREENS

Recipe by Martha Rose Shulman NYT Cooking

1 large bunch collard greens (about 1½ pounds), stemmed

¼ cup Olive Oil

1 large Red or White Onion, finely chopped

Salt to taste

1¼ cups medium-grain Rice, rinsed and drained

3 TB Pine Nuts

2 to 3 Garlic cloves (to taste), minced

½ cup chopped fresh Dill

½ cup finely chopped Mint

½ cup finely chopped flat-leaf Parsley

Freshly ground pepper to taste

½ to ½ cup strained freshly squeezed Lemon Juice

2 TB Tomato Paste

1 Lemon, sliced (optional)

Bring a large pot of water to a boil while you carefully

stem the collard greens, trying to keep the leaves intact.

Fill a bowl with ice water. When the water comes to a

boil, salt generously and add the collard leaves, in

batches. Blanch for 2 minutes and transfer to the ice

water. Drain, gently squeeze out excess water and set

aside. Heat 2 tablespoons of the olive oil over medium-

low heat in a large nonstick skillet and add the onions

and a pinch of salt. Cook, stirring, until the onion is

tender but not browned, 5 to 8 minutes. Add the pine

nuts and garlic, stir together and add the drained rinsed

rice. Stir for a minute or two, until you hear the rice

begin to crackle, then remove from the heat. Toss with

the herbs, salt and pepper, and 1 tablespoon olive oil. To

gauge how much salt you will need, use the amount that

you would use when cooking 1¼ cups of rice. Oil a wide,

deep lidded sauté pan or saucepan with olive

oil. To fill the leaves, place one on your

work surface, vein side up and with the

stem end facing you. The leaf may have a

big space in the middle where you

stemmed it; if it does, pull the two sides of

the leaf in toward each other and overlap

them slightly. Place about 1 level

tablespoon of filling on the bottom center

of each leaf. Fold the sides over, then roll

up tightly, tucking in the sides as you go.

Place in the pan, seam side down, fitting

the stuffed leaves in snug layers. Whisk

together the lemon juice, remaining oil,

and tomato paste with 2 tablespoons water.

Season to taste with salt. Pour over the

rolls. Add enough water to barely cover

the rolls and top with a layer of lemon

slices if desired. They will add some

bitterness to the dish because of the bitter

oils in the lemon skin. Invert a plate over the rolls to

keep them wrapped and in position, and bring to a

simmer over medium heat. Cover the pan, turn the heat

to low and simmer for 1 hour, at which point the leaves

will be tender and the rice cooked. Remove from the heat

and carefully remove the stuffed leaves from the water to

a platter or to plates with a slotted spoon or tongs. Allow

to cool for at least 15 minutes. Taste the liquid left in the

pot and adjust seasonings. Serve the rolls warm or at

room temperature with the liquid from the pot as a

sauce. Advance preparation: These keep well for several

days in the refrigerator. I enjoyed eating leftovers for

lunch all week.

ROSEMARY GINGER TURNIP BREAD

Recipe by Sky Hanka found in

Edible Houston

This recipe was sent to me by one of our CSA members

who was looking for a creative way to use up some

turnips. And she says it was really delicious!

2 1/4 tsp Active Yeast

1 cup warm Water, 95-100

2 1/2 TB Honey + 2 TB for garnish

4 cups plain Flour

2 TB grated fresh Ginger

3/4 cups grated Turnips + a handful thinly sliced

1 sprig fresh Rosemary, stripped and chopped + 2 TB

chopped for garnish

1 1/2 TB SEa Salt

2 TB Olive Oil

In a small bowl mix yeast, water and honey. Let sit for 5

minutes, until bubbly. In the bowl of a stand mixer fitted

with a paddle attachment, add yeast mixture, flour,

ginger, turnips, rosemary, sea salt and olive oil. Knead

on medium-high for 10-12 minutes, until a ball forms.

The dough will form a tight ball that springs back to the

touch. If it sticks slightly to the bowl, coat with a small

amount of flour. (If you do not have a mixer, knead with

hands.). Remove dough from the mixer and place into a

cast-iron pan coated with oil OR into a loaf pan. Place in

a warm area and let rise until doubled in size, about 1

hour. You can cover it with a warm, damp towel to help

it proof. Preheat oven to 350°F. Brush the top of the

loaf with olive oil and sprinkle on fresh rosemary, sea

salt and, if you like, thinly sliced raw turnips. Bake 40-

50 minutes until golden in color.

This Week's Box

*Arugula

*Fennel

*Collards

*Spring Raab

*Leeks from TF

*Mandarins

*Turnips

Broccoli Or Cabbage

Radishes

Spinach

Mizuna

* = Items in Box for 2