



WEEK OF FEBRUARY 21, 2022 WEEK 8/52



Morning Walk and Pondering

I wish you all were with me this morning walking the farm; it is such a beautiful place early in the morning. The best I can do is to share with you my experiences and lots of pictures. My words can paint a picture and the pictures enhance that, but this morning I want to tap into a couple of our other senses, smell and hearing. Coming around the bend from the packing area, approaching our first field, I could see Roberto has pre-prepped our first beds. Even though I saw that, what really struck me was the smell of mineral rich, recently turned soil. Healthy earth, filled with life and life giving nutrients. In my mind I saw those now empty beds filled with lush green basil. Just beyond our beds that Roberto mowed yesterday. Oh that smell of freshly cut grass that triggers childhood summertime memories. As Beau and I walked further along, him stopping every two feet to sniff, I laughed because he was smelling



his way down the farm too! It was then, I realized I wasn't really looking at the farm, I was smelling it. That triggering of a different sense starts right when I walk out of my house, where there is a spot for a few feet you smell the citrus

hawks perched on a giant nest. As I came closer she flew off, wow was she huge! I listened for the peeping of little ones, but didn't hear anything. To be honest I have no idea what the life/reproduction cycle of a hawk is, and once again I wish I had some bird enthusiast close by. Moving on to the next field, which is our orchard, I was hit by one of nature's perfumes, blooming trees. Many of the blossoms only have a faint scent. Our entire region right now smells of almond blossoms, but my orchard is scented by a blend of stone fruit and citrus.

Walking through the orchard I think about the fact that between COVID and vacations we ran out of time for pruning this year. I hope the fruit will be ok. Last year's heavy pruning really improved the quality and quantity. But at the end of our rows of trees are the table grapes, which I was happy to see *did* get their annual hair cut.

In the following field I took a look at the later planting of Sugar Snap Peas. Since they are smaller plants, they clearly did not enjoy last week's cold snap, haha pun intended! The delicate leaves showed the signs of frostbite. Fortunately, we planted a few times, and later on in



my journey I came across one of the first. The plants were much larger and seemed to do ok. I was happy to see the fava bushes are getting big and were full of flowers. Not much scent there, but they are very pretty. I hope you enjoyed this virtual morning walk with me. I look forward to a time later in the season when you can come for a



visit. We still have olives on the trees, if anyone wants to come out and pick, they brine easily and are delicious!

RECIPES AND IDEAS FROM LORRAINE

Cauliflower With Brown Butter Crumbs

Recipe from Smitten Kitchen

This recipe came to me recommended by one of our new members. Thanks for sharing Amy!

1 1/2 to 2 lbs Cauliflower

Oil for pan, if roasting

4 TB Salted or Unsalted Butter

1 medium Spring Onion, finely minced

1 small clove Garlic, minced

Approximately 3/4 cup Panko

Salt & freshly ground Black Pepper

Few gratings of Lemon zest

1 to 2 tablespoons fresh lemon juice

1 tablespoon chopped flat-leaf parsley or chives

To steam cauliflower: Set a steamer basket (see Notes) inside a large pot. Bring about one inch of water to a boil in the pot, lower cauliflower, whole or in large florets, into basket, and cover pot with lid. Reduce heat to medium. Let cauliflower steam for 10 to 20 minutes (less time if using a proper steamer basket, longer if using the modified basket below), or until it is easily pierced with a knife.

To roast cauliflower: Heat oven to 400 degrees. Lightly coat a large baking sheet with oil. Scatter cauliflower florets evenly over pan and roast until cauliflower is brown at edges and easily pierced with a knife, about 20 to 30 minutes. Toss and flip pieces once, halfway through roasting time, to ensure that they brown easily. Make brown butter crumbs: When cauliflower is almost done, melt butter in a heavy frying pan over medium heat, and continue to cook it after it is melted until it is a little brown, and smells toasty. Working quickly, stir in the shallots, and let them hiss in the butter for about 30 seconds. Add the breadcrumbs, garlic, 1/4 teaspoon table salt (if using unsalted butter, skip if using salted) and a few grinds of black pepper and cook together, stirring frequently, until crumbs are a shade darker, anywhere from 5 to 10 minutes. Add a scrape or two of lemon zest and adjust seasonings to taste.

Assemble dish: Place whole cooked cauliflower or cauliflower florets in a low serving bowl. Toss gently with lemon juice, salt and pepper to taste. Spoon crumbs over cauliflower, pressing them onto the florets as you can, and letting the rest fall into the serving dish. Scatter herbs over top and serve with a large spoon. Do ahead: Steam or roast cauliflower and make crumbs; keep them separate until serving. Just before serving, rewarm cauliflower and add crumbs.

Spinach With Garbanzos

Recipe from Smitten Kitchen

I have practically been living off of Spinach, grabbing any and all bags leftover in the cooler.

1/2 lb dried Chickpeas, cooked until soft and tender* or two 15-ounce cans of Chickpeas, drained and rinsed

6 TB Olive Oil

1 lb Spinach, washed

A hefty 1-inch slice from a Country Loaf or about 2 slices from Sandwich Loaf bread (2.5 oz) crusts removed and cut into small cubes

1/2 cup (4 ounces) Tomato Sauce

3 Garlic cloves, thinly sliced

1/2 teaspoon ground Cumin

Pinch of Red Pepper Flakes

1 1/2 TB Red Wine Vinegar

1/2 tsp Smoked Paprika

Salt and freshly ground black pepper

Lemon juice, to taste

Place a large saucepan over medium heat and add half the olive oil. When it is hot, add the spinach with a pinch of salt (in batches, if necessary) and stir well.

Remove when the leaves are just tender, drain in a colander and set aside. Heat 2 more tablespoons olive oil in a frying pan over medium heat.

Fry the bread for about 5 minutes or until golden brown all over, then the remaining tablespoon of oil and the garlic, cumin and pepper. Cook for 1 minute more or until the garlic is nutty brown. Transfer to a food processor, blender or mortar and pestle along with the vinegar, and mash to a paste. Return the mixture to the pan and add the drained chickpeas and tomato sauce. Stir until the chickpeas have absorbed the flavors and are hot. Season with salt and pepper. If the consistency is a little thick, add some water. Add the spinach and cook until it is hot. Check for seasoning and serve with paprika on top, or on fried bread

toasts (as the Spanish do).

Risotto With Spring Onion, Saffron and Green Garlic

Recipe by Martha Rose Shulman NYT Cooking

If you are looking for a side of protein, I often make a bit of fish to go with a Risotto.

About 7 cups chicken stock or vegetable stock

2 TB Extra Virgin Olive Oil

1/2 cup finely chopped Spring Onion

2/3 cup finely chopped Green Garlic (about 2 bulbs)

Salt, preferably Salt, to taste

1 1/2 cups Arborio or Carnaroli Rice, our Chico Rice is great for Risotto

Generous pinch of Saffron threads

1/2 cup dry White Wine, such as Pinot Grigio or

Sauvignon Blanc

Freshly ground Pepper

1/2 cup freshly grated Parmesan

Put the stock or broth into a saucepan, and bring it to a simmer over low heat with a ladle nearby. Make sure that the broth is well seasoned. Heat the olive oil over medium heat in a wide, heavy nonstick skillet or saucepan. Add the spring onion, green garlic and 1/2 teaspoon salt, and cook gently until it is just tender, about three minutes. Do not brown. Add the rice, and stir just until the grains separate and begin to crackle. Rub the saffron between your thumb and fingers, and stir into the rice. Add the wine, stirring until it has been absorbed. Begin adding the simmering stock, a couple of ladlefuls (about 1/2 cup) at a time. The stock should just cover the rice and should be bubbling, not too slowly nor too quickly. Cook, stirring often, until the stock is just about absorbed. Add another ladleful or two of the stock. Continue to cook in this fashion, adding more stock when the rice is almost dry and stirring. When the rice is just tender all the way through but still chewy, in 20 to 25 minutes, it is done. Taste, and adjust seasoning. Add another ladleful of stock to the rice. Stir in the Parmesan, and remove from the heat. The mixture should be creamy. Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than lumping into a mound.

This Week's Box List

*Cauliflower OR Bok Choy

*Green Garlic

*RR Kale OR Arugula

*Spinach

*Spring Onions

*Parsley

*Eatwell Mandarins

Fennel

Mustard OR Mizuna

Radish OR Turnip

Lettuce

* = Items in Box for 2