



WEEK OF MARCH 21, 2022 WEEK 12/52

News From The Farm

To be honest, I am finding it really difficult coming up with something to write this week. The wind is blowing again which always seems to unsettle my soul. Normally I would just go out for a walk on the farm and find loads to say, but the truth is, I am my mother's caregiver, I don't have help with her on Tuesdays and she had a really rough night. I don't feel comfortable leaving her alone right now, so here we are, me in front of the computer musing.

Last week we closed one of our oldest sites, South Van Ness. Suraj has been a generous and amazing host. I am sad to see it close, but understand that things change and so must we. Fortunately for us, the folks over at Bernal Cutlery on Valencia jumped in and offered us a wonderful alternative location. The owner Kelly and her family have been CSA members for years. Her staff is really excited too, which makes it all that much better. Need your knives sharpened? Or maybe you need to purchase a good knife, then I would suggest you trek on over there. Knives are a lifetime investment, when you get the right one for you, it will make your kitchen work so much better. Having someone guide you to the best knives for your needs, (all knives are not created equally and you don't always have to spend a fortune) is incredibly helpful.

We also opened a site in the Mid-Sunset at 23rd and Lawton. One of our former members responded to the email I sent out asking for a new host site in the Mission and offered us a new site in the Sunset. She reached out to her Mom's group and got about 7 people to join the CSA. Some of them chose different locations, so we are needing more folks to join and pick up at this new site. If you have friends in the middle of the Sunset, please let them know. And Bernal Cutlery can handle more members as well.

Last week I wrote about flowers on the farm, and had mentioned that we are just about due for some lilacs. Wouldn't you know that we had the first bunches at the market this past weekend?- They are so beautiful and sold out really fast! And as you can see in this photo, I picked up the "Sauce of Nostalgia", which I have been using in all kinds of dishes lately. Last week I cooked up some of our Hodo tofu and spinach and used this new sauce we now have available for you mixed with a little bit of Gochujang from Volcano Kimchi, boy was that a delicious dinner!



We have signed up quite a few new members recently, so if you are one of them, these things I am talking

about like Hodo Tofu, or Volcano Kimchi, Aedan Fermented Foods, are all items you can order as extras to come along with your box. You will find your extras order in a box labeled as "Add-Ons" and your particular order will be labeled with your name on it. We will be ordering Asparagus again so all of you every other-week people can get some next week. And since many of you are new, I wanted to mention that our cutoff time for orders is midnight on Sundays. I have put more asparagus into inventory so if you want to get orders in for next week's delivery, you can do that now. I probably won't be ordering after this next round.



We have had some great success out in our mini-green house. Zach has sown thousands of seeds at this point, and with the exception of the Copia Tomatoes, everything has germinated beautifully! We have San Mazaranos growing, in this photo you can see cucumbers and summer squash. Those germinate and grow so quickly, I don't see why we have to have Headstart do those starts anymore. We usually do some starts and direct sow seeds in the field, but I am concerned with our squirrel problem and am hoping that having us do these starts we might not have as much loss. We shall see. So much to learn, as always!

The last things I wanted to say this week is, if you are a new member welcome! One of the things Eatwell has always been really good at is getting folks up to the farm. My life is a bit crazy with my mom these days, but please know that I love to have folks come up to the farm. If you would like to come up and wander, picnic, please text me 530-554-3971.

RECIPES AND IDEAS FROM LORRAINE

Kohlrabi Risotto

Recipe by Martha Rose Shulman NYTCooking
I am pretty excited that we have Kohlrabi in the boxes this week. We sowed those seeds months ago, and finally it has sized up enough. Never had Kohlrabi? Well you are in for a treat! One description of its flavor is that it is reminiscent of broccoli stems. When I was growing up my mom would cube and simmer, then serve it with a béchamel sauce. It always reminded me more of cauliflower. It is in the same family as cabbage, cauliflower, broccoli, etc. It looks like a large turnip, hence its name, loosely translated from German Kohl/Cabbage Rabi/Turnip. The shape lends it to some fun usage, like cutting into discs, breading and frying. You can roast it, cube and sauté or simmer, spiralize for salad or noodle type dishes. It does have 2 fibrous layers that require peeling.

1 lb Kohlrabi, preferably with some greens attached
7 to 8 cups well-seasoned Chicken or Vegetable stock
1 TB Extra Virgin Olive Oil
½ cup minced Onion
1 ½ cups Arborio Rice
1 to 2 Garlic cloves (to taste), minced you can use Green Garlic
Salt and freshly ground pepper to taste
½ cup dry White Wine, like pinot grigio or sauvignon blanc
¼ to ½ cup freshly grated Parmesan cheese (1 to 2 ounces)
2 to 3 TB chopped Parsley

Peel the kohlrabi, making sure to remove the fibrous layer just under the skin, and cut into .5-inch dice. If there are greens attached, wash, stem and blanch them for 1 minute in salted boiling water. Transfer to a bowl of cold water, drain, squeeze out water and chop coarsely. Set aside. Put your stock or broth into a saucepan and bring it to a simmer over medium heat, with a ladle nearby or in the pot. Make sure that it is well seasoned. Turn the heat down to low. Heat the olive oil over medium heat in a wide, heavy nonstick skillet or a wide, heavy saucepan. Add the onion and a pinch of salt, and cook gently until it is just tender, about 3 minutes. Do not brown. Add the diced kohlrabi and the garlic and cook, stirring, until the kohlrabi is crisp-tender, about 5 minutes. Add the rice and stir until the grains separate and begin to crackle. Add the wine and stir until it has evaporated and been absorbed by the rice. Begin adding the simmering stock, a couple of ladlefuls (about .5 cup) at a time. The stock should just cover the rice, and should be bubbling, not too slowly but not too quickly. Cook, stirring often, until it is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, adding more stock and stirring when the rice is almost dry. You do not have to stir constantly, but stir often. After 15 minutes, stir in the greens from the kohlrabi. When the rice is just tender all the way

through but still chewy, in 20 to 25 minutes, it is done. Taste now, add pepper and adjust salt. Add another ladleful of stock to the rice. Stir in the Parmesan and the parsley and remove from the heat. The mixture should be creamy (add more stock if it isn't). Serve right away in wide soup bowls or on plates, spreading the risotto in a thin layer rather than a mound.

This Week's Box List

*Mustard, Red Giant
*Green Garlic
*Radish OR Turnips
*Lettuce
*Kohlrabi
*Parsley
*Eatwell Mandarins
Broccoli OR Romanesco
Bok Choy OR Spinach
Onions OR Dill

* = Items in Box for 2

A Variation on Utica Greens

Original recipe from Chesterfiled Restaurant in Utica NY

FOR THE OREGANATO:

½ cup extra-virgin olive oil
1 cup bread crumbs
½ cup Parmigiano-Reggiano, grated

FOR THE GREENS:

1 head escarole, about 1 ¼ pound, bottom removed, leaves separated and washed thoroughly to remove grit

2 tablespoons extra-virgin olive oil

4 slices prosciutto (about 2 ounces), sliced thin and cut into roughly 1-inch squares
4 to 6 hot cherry peppers (pickled will do if you can't find fresh), tops and seeds removed, broken by hand or chopped into 4 or 5 chunks
2 cloves garlic, minced
½ teaspoon kosher salt
¼ teaspoon freshly ground black pepper
½ cup Parmigiano-Reggiano, grated, plus 2 or more tablespoons for garnish

Bring a large pot of water to boil over high heat. Prepare an ice bath in a large bowl and set aside. Meanwhile, in a medium bowl, prepare the oreganato: Mix the oil, bread crumbs and cheese until well blended. It should have the texture of moist beach sand. Set aside. When the water is boiling, blanch the greens until they are nearly limp but still a little firm, about 1 to 2 minutes. Plunge them into the ice bath to stop the cooking. Remove and drain them well in a colander or salad spinner, allowing them to remain moist but not dripping wet. Squeeze just a little of the moisture from them, then chop them into 2-inch pieces. Set aside. Heat the broiler. Coat a large pan with the olive oil. Over medium heat, sauté the prosciutto, cherry peppers and garlic until the prosciutto is browned and slightly crisp, about 5 minutes. (Lower heat slightly if garlic begins to brown too quickly.) Add the chopped greens to the pan, season with salt and pepper and stir to mix well. Add ½ cup Parmigiano-Reggiano and ½ cup of the oreganato. Cook 3 to 4 minutes, stirring frequently to blend, scraping the bottom of the pan to keep the oreganato from burning. Sprinkle another ¼ cup oreganato atop the greens. (Save leftover oreganato for use in another greens dish, or add it to baked chicken or shrimp.) Place the pan under the broiler and broil until the top browns, about 2 minutes. Remove from the broiler and sprinkle a bit more cheese on the dish. Serve immediately.