



WEEK OF DECEMBER 12TH, 2022 50



### Ahhh, The Weather

It has been pretty cold up here for the past few weeks now. Yesterday morning when I was running the extras labels out to Alicia in the pack house, I was watching Josezito and Victor trying to wash and scrape ice off the farm car they take out to the fields; it wasn't going too well. The water they sprayed just froze, they were laughing about it and I suppose that is the best thing to do. At least the sun was out, and the days warm up some, but the mornings have been pretty frosty. The guys start at 6; they come in really bundled up, top layered with rain gear because it is wet and slippery out there. The winter vegetables seem to really be loving this weather though.

Driving down our road toward Davis, you can see the mountains and they are covered in snow. It is clear there is a lot up there because the snow level is quite low. That is very good news because more than the rain, we need a lot of snow up in the mountains to replenish many of the California's reservoirs this spring.

Speaking of reservoirs, in the summer we get our water from the canal that comes out of Lake Berryessa. The Lake Berryessa Watershed encompasses an area of 576 square miles. This lake is not filled by snow melt, but is fed by Putah Creek, which originates from springs on the east side of Cobb Mountain. Also critically important to filling the lake is the runoff from the hills in this vast region. I was reading on the Lake Berryessa News website that we typically need a solid 2" of rain to saturate the surrounding ground before the lake gets any runoff. We got those 2"+ in November and December, so from this point on the rain will run down the hills and fill the lake. Interestingly, they say that at this point 1" of rain can raise the lake 1'. Currently, Lake Berryessa is 46' shy of the glory hole. Once it hits the Glory Hole the lake is full. A full Berryessa is critically important to all the farmers in our region, especially now with these incredibly hot summers. Access to good irrigation water is a real blessing.

Did you know that the town of Monticello is at the bottom of the lake? The town was founded back in the mid 1860's, but sometime in the early 1900's there was interest in creating some kind of reservoir in the region. After failing to protect their town, it was decided that Monticello would be sacrificed, cemetery moved, homes abandoned and farmland lost. The Monticello dam was built and the lake slowly began to fill. Many believed Berryessa would never fill, but by 1963 it had.

I often look over to the Berryessa Hills and love to photograph the "Gap". You can see the Gap is fogged in, in the photo at the top. And in front is one of our summer vegetable fields and to the right is the lavender. Lavender definitely is not very pretty this time of year.

I am finishing up this week's newsletter as Mike drives us back to the farm from our SF deliveries. Looking out at the Vaca Mountains it is disheartening to see how brown they still are. Even though we have had quite a bit of rain, the hills have not turned green. I had hoped for some greening up after that big rain back in October, but it is pretty clear that our ground is just so dry.

### HOLIDAY SCHEDULE

**WE WILL BE DELIVERING BOXES BOTH HOLIDAY WEEKS THIS YEAR, HOWEVER WITH A LITTLE MODIFICATION. WEDNESDAY BOX FOLKS, NOTHING CHANGES FOR YOU. THURSDAY EAST BAY FOLKS, THAT INCLUDES BENICIA, YOUR BOXES WILL COME ON TUESDAY DECEMBER 20TH & 27TH. VACAVILLE, DIXON, DAVIS AND SACRAMENTO FOLKS, YOUR BOXES WILL BE DELIVERED ON WEDNESDAY DECEMBER 21ST AND 28TH. ANY QUESTIONS, PLEASE TEXT ME 530-554-3971 OR EMAIL ME AT ORGANIC@EATWELL.COM**



# RECIPES AND IDEAS FROM LORRAINE

Napa Cabbage explanation, our Napa heads haven't really formed well. So what you are getting are Napa Cabbage leaves, which are really delicious. This can happen from excessive heat (remember September?), or excessive cold (the last several weeks), not enough water, or a nitrogen imbalance. We have had difficulty growing Napa Cabbage for several years now, mostly because of heat. You can eat the leaves raw or cooked.

## Asian Style Cabbage Wraps

From [PaleoHacks.com](http://PaleoHacks.com)

I found this recipe that calls for Savoy cabbage leaves, but I think the Napa leaves would work really well here.

12-14 savoy cabbage leaves  
1/2 lb. ground turkey  
1 C water chestnuts, chopped  
1/2 c green onion, thinly sliced  
1 C shredded carrots  
1 T olive oil, for brushing

For Sauce:

3 T coconut aminos  
2 T sesame oil  
1/3 C cilantro, chopped  
1 garlic clove, minced  
1 inch piece of ginger, peeled and grated

In a medium pan, begin to brown ground turkey. While turkey cooks, bring a large pot of water to boil and place cabbage leaves in water to tenderize, for about 5 minutes. Remove from pot and set aside on paper towel. Once turkey is browned, pour into a mixing bowl. Add carrots, onion, and water chestnuts. Mix. In a separate small bowl, whisk together sauce ingredients. Pour over vegetable and turkey mixture. Stir to coat. Preheat oven to 350°F. Line a 9x13 baking pan with 6 cabbage leaves. Place 1/3 cup filling in the center of cabbage leaves. Fold in the sides and roll up from the bottom. Place in pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes. Cabbage rolls should be lightly browned on top.

## Stuffed Winter Squash

Recipe found on [thekitchn.com](http://thekitchn.com) originally found in: *The Homemade Kitchen: Recipes for Cooking with Pleasure* by Alana Chernila

2 Delicata or Carnival squash, cut in half through the stem and seeded  
2 tsp Olive Oil, plus more for rubbing the squash and oiling the dish  
3/4 tsp Salt  
6 ounces Chorizo or sweet Italian Sausage, crumbled or cut into small pieces  
1 cup chopped Leeks (from 1 small leek)  
1 cup chopped Apple or Pear (from 1 to 2 fruit)  
Freshly ground Pepper  
2 cups sliced tender greens (use your Kale, or mustard, or even arugula), cut into ribbons  
4 fresh Sage leaves, coarsely chopped  
2 cups cooked Millet, Rice, or Quinoa  
1/2 cup grated Cheddar Cheese  
Preheat the oven to 375°F. Rub the flesh of each squash half with olive oil, and oil an ovenproof dish or baking sheet. Sprinkle the whole baking dish with 1/2 teaspoon of the salt. Lay the squash flesh-side down in the dish and bake until it is very tender when pricked with a fork, 30 to 40 minutes. Remove the squash from the oven and raise the oven temperature to 425°F. Meanwhile, heat the remaining olive oil in a large skillet over medium heat. Add the chorizo or sausage and fry until browned. Remove from the pan and set aside. Add the leeks to the hot oil and cook until soft, about 3 minutes. Add the apple, remaining 1/4 teaspoon salt, and pepper, and cook for another minute. Add the greens, sage, cooked grains, and reserved

sausage. Cook for another minute, stirring to combine, and remove from heat. Taste and adjust the salt and pepper if needed. Flip the cooked squash over in the baking dish so it is flesh-side up. (Be careful, as steam will escape when you turn it.) Scoop the filling into the cavity of each squash half, piling it into a mountain so that it holds as much as possible. Sprinkle with cheese and bake until the cheese melts, about 10 minutes.

Chopped fried bacon is a great substitute for the chorizo. Crumbled cornbread is a delicious substitute for the grain. When you make cornbread and have a few pieces left over, just crumble them into a container and freeze them for your next batch of stuffed winter squash. If you don't have leeks, substitute a medium red onion. If you don't have cheddar, substitute Parmesan or other sharp cheese.

## Turnip Fritters & Greens

Recipe found on Brooklyn Dinner  
1 1/2 lb turnips, scrubbed & shredded  
2 tsp Sea Salt, divided  
1 cup All-Purpose Flour  
1 cup fine ground Cornmeal  
1/2 tsp Black Pepper  
2 large Eggs  
Neutral oil for frying  
1 lb Turnip Greens, add other greens to

make a lb  
4 thick-cut strips Bacon  
1 medium Yellow onion, minced  
1/2 tsp Red Pepper Flakes  
1 - 2 cups Chicken or Pork Broth  
Pimentón aioli for serving  
Fill a sink with cold water. Immerse the turnip greens, shake under the water a bit, and then let the dirt settle in the water. Roll greens in a towel and set aside to dry. When greens are dry, chop them up. To make the greens, set a large skillet over medium heat. Add the bacon and cook until both sides have crisp edges and the fat has rendered. Set bacon aside to cool. In the same skillet, still over medium heat, add the onion and red pepper flakes. Saute until onions are translucent, 5 - 7 minutes. Fold in the turnip greens, a handful or two at a time. Sprinkle with just a pinch of sea salt as you go. When bacon is cool, crumble it in. Add 1 cup broth, bring to a simmer, and turn heat to medium-low. Cook, stirring often, until greens are very tender, at least 30 - 40 minutes. Towards the end of cook time, add sea salt to taste, keeping in mind that the salt will concentrate as the greens reduce. As greens cook, add up to 1/2 - 1 cup more broth as needed. Meanwhile, make the fritters. In a large mixing bowl, toss shredded turnips with 1 teaspoon sea salt and set aside for 15 minutes. (The turnips won't release much water, but this does help soften them.) After 15 minutes, toss the turnips with the flours, 1 teaspoon sea salt, and black pepper. Fold eggs into the mixture until everything is well combined. Set mixture aside while you heat the oil. Set a wire rack on a baking sheet and slide into the oven. Set temperature to 200 degrees F. Set a large cast iron or other heavy skillet on the stove and turn the dial just past medium heat (roughly 5-o'clock). Add oil to a 1/4-inch depth. When oil shimmers and is fragrant, gather fritter dough into small discs (with about 3 tablespoons dough). Don't pack them too tightly. Carefully immerse 4 - 5 fritters in the oil at a time. Cook fritters for 2 - 3 minutes on each side. Place cooked fritters on the wire rack in the oven. Repeat for remaining fritters. As you cook, you may want to edge the heat down slightly. Just before serving, whip up the aioli (if you're new to the process, allow a bit more time). [Find the pimenton aioli recipe here.](#) Serve fritters topped with greens and with a big dollop of aioli on the side.

### This Week's Box

\*Mandarins  
\*Delicata OR Carnival  
\*Lettuce  
\*Napa Cabbage Leaves  
\*Mustard/Mizuna  
\*Red Russian Kale  
\*Turnips  
Green Cabbage  
Arugula  
Rosemary  
Bok Choy  
\* = Items in Box for 2