



WEEK OF JANUARY 17TH, 2022 WEEK 3/52

What's Going On Out On The Farm

Bees, are what's going on! Zach and I were out checking on how things are looking in field 7. One of the more exciting things we found was in this run of



blooming broccoli raab, it is completely loaded with bees! Winter can be really hard for bees as their sources for food are pretty limited. Allowing our crops to go into bloom gives them a lot of

great nourishment to help them make it through the winter. While out there we also discovered the Kohlrabi I had Roberto sow a couple of months back. You can actually see the bottom of the stem starting to bulb. Kohlrabi is a brassica and tastes much like broccoli/cauliflower or cabbage heart. The leaves are also edible and can be used like collards or kale. I really hope we end up with a decent crop out of this



bed, it has been a long time since we have had kohlrabi.

The photo above on the right, shows you just how beautiful the Red and Gold Frills look out in the field. The Gold Frills definitely have some damage at the end of the row. I'm not sure what is causing that, could be a particularly wet spot on the bed, or maybe it is just a bit colder at the end. I hope you all enjoyed the Sugar Snap Pea shoots last week. We will have them in the box again this week.

Welcome To Our New Members

As it goes each year, the New Year always brings us a lot of new members. Is it a New Year's Resolution to eat healthier food? Perhaps, it is the fact that most of us feel pretty stuffed after a couple of months of over indulgence. Full disclosure, I am still eating Christmas cookies:). Whatever your reason for joining our CSA, I hope that you will take full advantage of being a member of this farm, and that you enjoy your box. By "full advantage" I mean that you order some of the extras we offer, especially the special items coming

from our farmer friends, like the satsumas from Everything Under The Sun, and the pastured chickens from Root Down. We also offer coffee roasted just down the road from us in Vacaville by some of our own CSA members, Marissa and Kevin. We offer a lot of great food made by some of the best food producers the Bay Area has to offer. The other aspect of this farm I hope you will have the opportunity to take advantage of is to come out for a visit. Currently, we have olives on the trees, and if you are interested in bringing your own olives, please come out and pick. They are free for picking. Bringing olives is pretty simple and easy to find loads of information on the internet. And it is looking like we have no rain in sight, so if you would like to come pick olives, please let me know by texting me 530-554-3971 or emailing us at organic@eatwell.com. You can roam the farm if you like once you are done picking. And later in the season we invite folks out for strawberry picking. In years past our Strawberry Days were a pretty big deal. Nowadays with COVID messing up our lives, we are doing much smaller gatherings with scheduled times.

My late husband Nigel and I shared a real love for food, but kind of from different angles. He, of course, looked at everything through the eyes of a farmer, and I look at what we grow through the eyes of a cook. As time goes by though, I am now seeing things a little more like a farmer, but my lifelong passion for sharing great food with people, will never die. And so, I want all of our members to know that I make myself available to answer questions and solve food problems as much as I possibly can. Texting me is always the best way to reach me (530-554-3971), if you are stumped and don't know what to cook, you don't know how to use something in your box, your kids don't like anything! Text me, I truly love talking to our members. And if you have a suggestion for something we should bring in or grow, I want to hear that too.

There is one more thing I would like to mention, with so many new folks, it is pretty common that we end up with folks grabbing the wrong size box, or taking eggs when they haven't ordered them, or forgetting to pick up the extras you have ordered. Just for clarity's sake, we do have 2 sizes of CSA boxes, the box for 2 is distinctly smaller than our family size. Please always check the sign-in sheet to double check you are taking the correct size, and to see what extras you have, it will all be listed next to your name, including whether or not you have eggs. Some of the extras we offer you will find in the egg cooler, like tofu, or miso, butter, frozen meat etc. Other items will be in a box that has a label that has your site's name on it and it says "Add-Ons". So, please always double check, and if you are sending someone new to pick up your box, remember to let them know they need to check the list too.

Full disclosure, as I am sitting at one computer writing this newsletter, I have my lap top with the game on and the Niners just scored, woohooo! Thanks to Zach who got me into watching all these playoff games. Go Niners!

RECIPES AND IDEAS FROM LORRAINE

I talk about cabbage quite often, but I feel like it is such an underrated veg, kind of like turnips. So how about I talk about both of them?). First of all, our cabbage is really sweet, sometimes it tastes like I have added sugar to my dish. The turnips also quite often taste very sweet to me. Both are veg I use in many dishes, simply by chopping and throwing them in! I love them both roasted. Last night I made a braised pork roast and to it added a couple heads of cabbage that were sitting around. If I'd had turnips I would have thrown loads of them in too. All winter long, when we do not have potatoes, I use turnips instead. I cube them into soups, stews, roasted, add to mashed potatoes. Grated and used in a version of turnip latkes! And since we have parsley all the time and I always add loads to my latkes and fritters. Cabbage pancakes are also one of my favorites, a traditional Japanese dish known as Okonomiyaki (recipe below). I love them for breakfast too! Several folks wrote to us last week asking about the Sugar Snap Pea shoots. You can eat them raw in salad or chop and stir fry or throw into pasta. Finding recipes for the newsletter all these years, AND eating from the farm, I have learned to substitute many veg ingredients to suit what we have in the box. For instance in the Okonomiyaki recipe they suggest serving with micro greens, I suggested chopping pea shoots and parsley, maybe add a bit of lemon zest to that. Some steamed or sautéed tatsu on the side topped with sesame oil/seeds and lemon juice would also be delicious. When eating from a CSA box you have to give yourself permission to think OUTSIDE of the box, and don't stress about following recipes. The braised pork I am including this week is a great example. I used the original recipe as inspiration and switched the fennel seeds with 2 bulbs of chopped fennel bulb. I had red wine in freezer and used that instead of white wine. I added a full lemon thinly sliced and sliced cabbage. So good. The recipe was a great jumping off point, but then I looked at what I had on hand and just went for it. Don't be afraid to try new things, and don't feel like you have failed if a recipe doesn't work, cause honestly a lot of recipes out there are flawed, it might not be you. Happy Cooking!

Okonomiyaki

Recipe from Love and Lemons
This okonomiyaki recipe is SO easy and fun to make!
It's a frittata-like savory Japanese pancake with a cabbage hashbrown-like texture.

3 packed cups finely shredded Cabbage, 1¼ cups
Chopped Scallions, about 1 bunch Use the Spring
Onions from this week's share!

1 cup Panko Breadcrumbs

¾ tsp Sea Salt

3 Eggs, beaten

Good Oil for frying

for serving:

Worcestershire sauce

Mayo

Sesame seeds

Pickled ginger

½ sheet Nori, sliced**

½ cup Microgreens, optional OR chop some Pea Shoots and parsley and top with a mixture of that

In a large bowl, combine the cabbage, scallions, panko, and salt. Gently mix in the eggs. (Note: the mixture

will be very loose and cabbagey, not like a flour pancake batter. If it's very dry, let it sit for 10 minutes).

Heat a nonstick skillet over medium heat. Brush the skillet with olive oil and use a ¼ measuring cup to scoop the cabbage mixture into the skillet. (It's ok if it doesn't seem cohesive, it'll bind together as the egg cooks).

Flatten gently with a spatula so that the mixture is about 1/2 inch thick. Cook 3 minutes per side, or until browned, turning the heat to low as needed. Repeat with the remaining mixture, wiping out the skillet and brushing more oil, as needed.

Drizzle the okonomiyaki with Worcestershire sauce and thin strips of squeezed mayo. Top with sesame seeds, pickled ginger, and nori.

Sprinkle with microgreens, if desired. Serve hot.

*Shred my cabbage on a mandoline to get thin, even-sized shreds. **Use scissors to cut nori into thin strips.

Braised Pork With Garlic, Fennel & Olives

Recipe inspired by Mellissa Clark from her book

Dinner in an Instant

You do not have to use an InstantPot or a crockpot, you can easily do this recipe in the oven.

4 lb Pork Roast, cut into 4 1 lb chunks, or you can cube it into bite sized pieces. The roast I used had the bone in and a lot of fat, which I feel adds a lot of flavor, so I chose not to cube.

1 TB Salt

4 to 8 cloves Garlic, depending on how you like it

1 TB chopped fresh Rosemary

2 tsp dried Sage

1 Lemon, washed and thinly sliced

Black Pepper, to taste

1/2 to 1 tsp Red Pepper Flakes

2 bulbs Fennel, thinly sliced

1 Onion, thinly sliced

Olive Oil for sautéing

1/2 cup Green Olives, pitted

Parmesan, for serving

Heat a dutch oven or skillet, or IP with a bit of oil and brown your meat a bit. Remove, then add onion, fennel and garlic and sauté until onion and fennel are soft. If using a skillet put it all into dutch oven or crock pot of IP and add all of the ingredients, except olives and Parm.

In the InstantPot I set it on the meat/stew setting for 1 hour, you can also put it into the oven and cook until the meat is falling apart tender, probably a couple of hours at 325-350. Or hours in a crock pot. When it's all done, remove the meat and tent with foil to keep warm. Then you can separate out the fat and cook down the remaining liquid a bit. Add the olives to the sauce, then pour over the meat and serve. This would be so delicious over Polenta, with a good amount of Parm.

This Week's Box List

*Wakefield OR Savoy Cabbage

*Fennel

*Sugar Snap Pea Shoots OR Kale

* Tat Soi

*Lemons

*Parsley

*Pomelo

Spinach

Red Mustard

Turnips

Rosemary

Spring Onions

* = Items in Box for 2