



WEEK OF JANUARY 24TH, 2022 WEEK 4/52

What's Going On Out On The Farm

There is something so optimistic about citrus. First, they bring us much needed vitamin C right in the middle of cold and flu season. Who doesn't love a glass of freshly squeezed OJ, or in my case this morning, tangerine juice, on a cold foggy morning? It's like drinking a glass of sunshine. But there is something else remarkable about them, those sweet little buds waiting to grow into blooms and eventually fruit for the next season, all while the tree is growing this year's fruit. How many fruits or vegetables literally show us their promise for next year? I have often said the orchard is my favorite spot on the farm, mostly because I love trees, but also because on gray days in winter, citrus trees are just so lovely.



But you know, not everything on the farm is all cutesy and lovely, the squirrels have caused a great deal of damage. You can see the ridiculous amount of holes in this field. It is one of the reasons I wanted the chickens



out there, hoping maybe they will scare those vermin off! If only it were so simple. When Zach and I were out walking in field 7 a couple of weeks back, the damage they have done to our Romanesco crop was painfully obvious.

So how do we deal with these wretched beasts? The fact is their population has exploded over the past couple of drought years, really wet winters are not friendly to the reproduction of ground squirrels. As an organic farm, we are not allowed to use poison, or to blow up their tunnels, but have to get this population explosion under control. The hawks and owls on our farm are already so fat, and they can only eat so many. As much as I hate it, we have to trap

and kill. Last year we had a ridiculous amount of crop loss, all of the shallots, most of our melons, onions, a third of our sweet potatoes, many winter squash, peppers, greens, cucumbers. We simply can not afford to plant only to feed an out of control population of ground squirrels. But this is the reality of life on the farm. I am hoping we will get some more rain, and hopefully some heavy rain, soon, but I fear it is not to come.

Bit of a Repeat

Last week I wrote a welcome to our many new members, and several more have joined since then, so welcome! And to repeat a bit of what I wrote last week - please always feel free to reach out to me directly - texting is always best 530-554-3971. Don't ever feel any question or comment is too basic to ask; 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 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.

As a reminder, 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 their extras. 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 is labeled with 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.

I love having members come to visit the farm, and granted these days I am awfully busy, but, know that you are always welcome to come for a visit and to wander. This morning one of our Vacaville hosts came out to harvest some calendula that is growing like crazy! We have olives on the trees, if you are up for picking and brining your own, they are quite delicious. Thinking ahead, they make really nice gifts for the holidays later this year. I am mostly gone on Saturdays in SF at the farmers market, but am mostly home on Sundays. If you would like to come out, I am happy to show you where things are and get you started. If the weather is nice, you can picnic on the farm. Just, you know, text me!

RECIPES AND IDEAS FROM LORRAINE

Sablefish with Savoy cabbage and Fennel Slaw

Recipe from Sunset Magazine Jan 2015

One of our members sent me this article all about Savoy cabbage. This particular recipe she made last week, since many of you will have cabbage and fennel in the box too, I thought we best pass this one along. Always great to have member approved recipes

2 1/1 tsp Fennel Seeds
1 1/4 tsp Salt, divided
3/4 tsp Pepper, divided
4 skin-on Sablefish (black cod) fillets, each about 6 oz. and 1/2 in. thick; or use 4 skin-on Trout fillets
1 medium Fennel bulb with a lot of feathery greens attached
5 cups very thinly sliced Savoy Cabbage (from a 1 lb. cabbage)
5 TB Extra Virgin Olive Oil, divided
Zest of 1 Lemon

3 TB Lemon Juice

1 tsp Orange Zest

1 Orange, cut into segments

1/4 cups sliced Chives, divided

Toast fennel seeds in a 12" nonstick frying pan over medium-high heat until fragrant, about 1 minute. Set aside 1/2 tsp. Finely grind remaining seeds with 3/4 tsp salt and 1/4 tsp pepper in a mortar or clean coffee grinder. Rub mixture evenly on fish, set aside. Chop enough fennel greens to make 3 TB. Tear off any remaining small fronds; set aside. Remove stalks and any tough outer layers from bulb. Cut bulb in half lengthwise, core, and slice very thinly crosswise. In a large bowl, combine cabbage, sliced fennel, and chopped fronds. In a small bowl, whisk together 3 TB oil, the lemon zest and juice, orange zest, reserved 1/2 tsp whole fennel seeds, and remaining 1/2 tsp salt and 1/4 tsp pepper. Pour dressing over cabbage mixture and toss with your hands until well combined. Add orange segments and 3 TB chives and toss gently. Set aside. In the frying pan, heat the remaining 2 TB oil over medium high heat. Add fish skin side down and cook, occasionally tipping pan and basting flesh with oil, until skin is well browned and crisp, 3 to 4 minutes. Reduce heat to low and continue cooking and basting until flesh is no longer translucent in center (cut to test), 3 to 4 minutes longer. If fish is thicker than 1/2", or if it isn't done yet, cover pan, cook 5 to 7 minutes more. Spoon slaw onto 4 plates. Top each mound with a fillet. Sprinkle with reserved fennel fronds and remaining chives.

Daikon

We have daikon in the boxes this week, what a treat! But, what the heck can you do with daikon besides pickling or grating into salad? Why not try this recipe for Spicy Roasted Daikon Fries! If you are a bit nutty like me and you enjoy learning the nutritional value and history of the various foods we grow, try visiting www.healthline and look up daikon. The variety we are growing this year is Miyashige which grows to about 18" long and has a mild flavor/crisp texture. I hope you enjoy them!

Spicy Roasted Daikon "French Fry"

Recipe by Valentina Wein

5 cups (about 1 3/4-pounds) Daikon radish, peeled & sliced - see instruction no. 2. for instructions

3 1/2 TB Grapeseed Oil **grapeseed oil**

1 1/2 tsp Chili Paste, like Sambal Oelek

1 tsp Tamari or Soy Sauce

1/2 tsp Ginger, freshly grated

1/2 tsp granulated Sugar

1/2 tsp Sea Salt

Preheat the oven to 475°F, and adjust a rack to the center. Cut the Daikon into sections approximately 3-inches long, then cut about 1/4-inch slices off the side of each one, to make a base. Stand the sections on their bases, and cut them, vertically into slices about 1/4-inch thick. Stand these slices on top of each other, and then cut them into sticks about 1/4-inch thick. Add all of the Daikon slices to a baking sheet and set aside. In a small bowl, combine the oil,

chili paste, Tamari or soy sauce,

ginger, sugar and salt. Drizzle this over the Daikon slices and then use your hands to toss them until they're all evenly coated and in a single layer. Place the baking sheet in the preheated 475°F oven and roast until they are golden brown on all sides, about 30 minutes. (You should gently toss/flip them about halfway through the cooking time.) Add a double layer of paper towels to another baking sheet, and when the fries are done, add them on top of the towels to drain and cool.

Tatsoi Salad With Sesame Ginger Dressing

Recipe from Kalyn's Kitchen

Tatsoi and Spinach have many similarities, the fact that they shrink a lot when cooked is a big one. If you have spinach in your box this week, you can easily make this recipe using that instead. Just remember to wash well!

12 ounces Tatsoi leaves

1 TB Sesame Seeds, for garnish (see notes)

2 T Soy Sauce (see notes)

1 T Rice Vinegar (not seasoned)

1 tsp. grated Ginger Root

1 tsp. Golden Monkfruit Sweetener

1/2 tsp. Sriracha Sauce (see notes)

Fresh ground Black Pepper to taste

Bring a large pot of salted water to a boil, and fill another bowl with cold water and a handful of ice cubes. Wash Tatsoi leaves and cut into thick strips. I used a salad spinner for this. Dump Tatsoi into boiling water, time for exactly one minutes, then drain immediately into colander and dump into bowl with ice water. (I used the salad spinner again for the ice water.) While Tatsoi is cooling in ice water, get a plastic bowl with a tight fitting lid that's large enough to hold all the Tatsoi. Mix dressing ingredients in this bowl, then drain Tatsoi well and add to dressing. Chill in the refrigerator an hour or more, turning bowl over a few times so Tatsoi remains coated with the dressing. To serve, use tongs or a slotted spoon to remove Tatsoi from bowl and arrange on serving plates. Toast sesame seeds for 1-2 minutes in a dry pan and sprinkle over salad. (If using a mixture, the black seeds burn more quickly than the white ones.)

This Week's Box List

*Broccoli Raab

*Daikon

*Fennel

*Spinach OR Tat Soi

*Grapefruit OR Lemons

*Parsley

*Gold Oak Mandarins

Cabbage OR Romanesco

Spring Onions

Arugula

Purple Turnips

* = Items in Box for 2