



WEEK OF MARCH 18 2019 #12/52



CUESA & The Ferry Plaza Farmers Market

CUESA is the organization that runs the farmers market at the Ferry Plaza. During the nicer months they

organize farm visits. This past weekend was our turn. 22 people showed up on a bus from SF, via a stop at Hedgerow Farm in Winters. Many faces were familiar from my weekends at the market. It was a real pleasure to have a chance to show them our land. Fortunately the weather was glorious, completely different from last weekend!

Many of the regular shoppers stop by our stand every week, but they have no idea what the farm looks like, or the scope of everything that goes on here. You, as members, have the opportunity to come to the farm several times a year, to partake in strawberry picking or tomato saucing etc.



The market is where Nigel got his start, breaking into this farming business. Eatwell is one of the original farms when the market began in the Spring of 2003. And from day one Eatwell

has always had a prominent spot. I remember Nigel telling me the story of how he got his spot. His answer was simple, "the minute I had the application I filled it out, asked for the spot I wanted and sent it in right away. I was probably the first farmer to get an application in." At the market Nigel met and developed relationships with almost all of his initial CSA members. Several of them are still members. It is because of that market he was able to start the CSA.

Some 26 years later and we still have a prime spot. We are one of the market's anchor farms, as we attend year round. And we have never missed a market, ever, no matter what is happening in the life of Eatwell, or how bad the weather is. Not many farms can make that claim, but it is something we have always been proud of.

The Ferry Plaza Saturday Market is one of the best farmers market in the world. The crowds that show up during the summer months, often over 20,000 on a Saturday, certainly attest to its popularity. Market day is exhilarating and exhausting. We leave the farm before 4:30 in the morning, and make a mad dash to have everything set up and ready for customers by 7:30. Even though the market doesn't open until 8, some of the more passionate shoppers know if you want the pick of the best you better get in early.



(Continued) Our stand is complicated. We always have a wide variety of produce, chicken eggs, quail eggs, and currently goose eggs. But we also sell our lavender products. Lavender was one of Nigel's hobbies "that got a little out of hand" as he often described it. We also have a table for Drinkwell Softers, and another one for all of the salts. So you can imagine we need quite a few people working our stand.

There is a beautiful and amazing thing that happens on that pier every Saturday. We pull in before the sun rises, setting up in the dark. Our market crew arrives, and while stories of the past week's adventures are shared, the tables are set up. It takes some real dedication to get up early on a Saturday to spend the day hustling, but for those few hours every Saturday, our crew, the other vendors and so many customers truly are like family. We watch kids grow up, babies come to the market and have their first strawberry in our stand. Or parents proudly tell us every time you see them, their baby's first food was our Sweet Potatoes. Proud parents exclaiming their children have discerning taste and know when they aren't eating Eatwell eggs. We make a difference in their lives.

The chefs keep us relevant and on our toes. So many restaurants make claims about their "farm to fork" status, and most of us know they will buy from a farm once or twice, so they can put your name on the menu. But there are those chefs who show up, rain or shine, every week. They are the real deal, and in SF we are fortunate to have quite a few of them. Nopa, who supports us year round buying eggs every week, plus produce every Saturday, Marla, Boulette's Larder, Onsen, Homage, Sons and Daughters, Foreign Cinema, Lazy Bear, Che Fico, just to name a few. It is incredible to have conversations with these people and get to know them. In my world they are like rock stars.



But for me personally, the market will always hold a special place in my heart, as it is where I met Nigel. A simple little friendship that developed while buying produce and eggs every week that changed my life forever.

RECIPES AND IDEAS FROM LORRAINE

Carrie Sullivan, CUESA Market Chef, and tour organizer, made a bunch of snacks for the group to enjoy before getting back on the bus to head down I-80. She prepared a simple frittata with Eatwell Greens, plus roasted Eatwell Celeriac and Cabbage and Romanesco, all topped with an Eatwell Salt. Carrie had never roasted cabbage before and she was really surprised by the simplicity of the dish, but how delicious it is. So for this week I would highly recommend you give it a try. You can roast green or red cabbage. Simply cut into wedges and put on a baking sheet. Drizzle with a little olive oil or if coconut is your thing, you that. Sprinkle with an Eatwell Salt and some freshly ground Pepper, then roast in a very hot oven. After about 10 minutes I typically turn my baking tray around and bake until the edges begin to brown.

This week you have Radicchio OR Lettuce. The radicchio we grow is a seed that comes from Italy. When I was in Northern Italy last year visiting our former CSA manager Emily, she took me to her local farmers market. And of course I saw the same radicchios. The farmers were so surprised to hear that we are growing these, as I guess they aren't so well known outside of Italy, and the seed company Franchi is certainly no large seed company. In any case radicchio is delicious, you can saute it if you like, or eat it in a salad. Since it is a bitter green, although I don't find that ours is very bitter at all, add some of your citrus to the salad. Chopped up bits of mandarins create a really nice balance. If you order any of the Old Dog Ranch Walnuts, toasts some of those and toss them on your salad as well. And of course, if you have any of the Little Apple Farm Apple Cider Vinegar, use that in your salad dressing! I find our Lemon Salt is great in salad dressings.

Suspiciously Delicious Cabbage

Recipe from Food52 by 5andSpice.

Serves 4 to 6 | Takes about 50 minutes

I read the name of this dish and of course had to check it out. Definitely giving this one a try.
1 medium Green Cabbage, cored and thinly sliced
2 Garlic Cloves, minced - I will be using a couple of Green Garlic Stalks instead
1 TB Butter
3/4 cup Heavy Cream
Salt and freshly ground Black Pepper
In a very large pan, heat the butter over medium heat until it is melted and starting to bubble a little. Stir in the onion and garlic and cook for about 5 minutes, until softened. Stir in the ginger and cook for about a minute. Then, add in the cabbage, stirring well to coat it with the butter and other flavors. Cook, stirring occasionally for about 15-20 minutes, until the cabbage has softened and caramelized. Turn the heat to low and stir in the cream making sure to scrape any browned bits up from the pan bottom. Cover and cook over low for about 10 minutes. Uncover, add salt and pepper to taste. Then cook for a few more minutes, stirring once or twice, to let some of the liquid evaporate. Adjust seasonings as desired and serve.

This Week's Box List

- * Cabbage
- * Carrots (From Terra Firma Farm)
- * Celeriac
- Chard or Red Russian Kale
- * Chives or Parsley
- Green Garlic
- * Mandarins
- Oranges
- * Purple Top Turnips
- * Radicchio or Lettuce
- Spring Onions

* = Items in Box for 2

Paleo Pizza Crust with Carrot and Celery Root

Recipe from 7 Diet Meals. Serves 2 | Total Time 40 minutes
I will be sad to see celeriac season come to an end. It is so versatile, I love it cubed and roasted, in soup instead of potato, boiled with potato and mashed. You can even shave it and enjoy it in salads raw. I was thinking it would probably be really fun to make mini-pizzas using celeriac disks for pizza crust, did the little google thing and found this recipe!

- 9 oz Carrots
- 9 oz Celery Root
- 2 Eggs

Finely grate carrots and celery root. Move grated veggies into bowl, mix in 2 eggs. Sprinkle with salt. Spread mixture evenly on parchment paper. Bake at 400 for 20 minutes. After 20 minutes pizza crust is almost done, top with your favorite pizza toppings. Bake 10 minutes more.

Turmeric-Miso Soup with Shiitakes, Turnips and Soba Noodles

Recipe by Lindsey S. Love found on Food52
Serves 4

2 medium-sized Turnips, cut into 1/2" cubes about 8 oz
4 oz fresh Shiitake Mushrooms, stems removed and tops slivered
1" fresh Turmeric, peeled and grated or about 1 1/2 tsp dried ground
4 TB White or Chickpea Miso, although I would use the Country if that is all I had
1/2 lb Soba Noodles
Place the turnips, mushrooms, and turmeric into a large soup pot, cover with 4 cups of water, and bring to a boil. Reduce heat and bring to a simmer, then cook for roughly 15 to 18 minutes, until turnips are tender, but still have a bit of a bite. Add the miso paste to a bowl, ladle 1 cup of broth from the soup pot into the bowl, and whisk until dissolved. Return mixture to soup pot, taste, and adjust by adding more miso directly to the broth, if need be. In a separate pot, bring roughly 3 quarts of water to boil, add soba noodles, and cook according to instructions on the package. Drain and rinse with cold water, use your fingers to separate noodles if need be. To serve, divide the noodles among soup bowls and ladle the vegetables and broth over the top. Finish with a sprinkling of sliced onions and microgreens. To store, combine leftover soup and noodles in a container with a fitted lid. To reheat, gently bring the soup to desired temperature; if heated too fast, on too high of a flame, miso can lose some of its nutritional integrity.

Recipe Suggestions from CSA Members:

(With clickable links)

- [Palak Paneer](#) from Food52
 - Suggested by CSA Randi. Randi used a mix of turnip greens, kale, and spinach to make "palak."
- [Radicchio Salad with Caramelized Carrots and Onions](#) from Epicurious
 - Suggested by CSA Member Brittany