



WEEK OF JUNE 17TH, 2019 #25/52

Horseradish and Bananas



Probably the oddest things we grow on the farm, and certainly the most random of pairs! But both are growing right in front of the farmhouse, and were planted years ago by

Nigel. He LOVED the idea of growing bananas in Dixon and so he thought he would give it a try. They definitely don't like the frost, but they are planted right in front of the house and the curved walls that keep the soil on the house really do a nice job of retaining heat and protecting tropical plants like bananas. We do have two hands of bananas growing at the moment. Nigel would get the biggest grin on his face when he told people he had banana on his producers certificate and it would have been such a dream for him to take some to the market to sell.



Not sure why he planted horseradish out there, probably because he didn't want it out on the farm because it can spread like crazy. My friend Wyatt, the chef at Dawson's here in Dixon, needed some for his father's day dinner at the restaurant. So I told him we should dig some up and wow did he get a beauty! We didn't harvest any last year, so the roots look to be quite substantial. I think we will have to harvest some

for tomato sauce parties for those of you who enjoy a good Bloody Mary.

What to do with these two oddball items? Obviously we don't have enough bananas to sell. The horseradish we can make available and probably will do that in the next couple of weeks. But with the bananas I am thinking of raffling some of them and putting all the proceeds into the Care Share fund. But first they need to grow a little bigger, so I have a little time to decide.

Opportunity House

For my birthday I asked if anyone felt inclined to donate to our Care Share Fund, and you know what we raised \$1000.00. I had asked for just a \$10.00 and many of you did that, and some of you were incredibly generous. I really can't thank you enough. The most exciting thing is I have decided to put all of that into a credit for The Opportunity House in Vacaville, our newest Care Share partner. I had a chance to visit there this past week, and was really impressed with the work they are doing.

Opportunity House is a shelter with enough bed space to handle 52 people. Currently there are about 39 folks including 13 kids in that mix. Their kitchen, which is amazing and would be the envy of many restaurants, recently passed inspection and is now fully certified, so they can make and bake things to sell at the farmers market in Vacaville. All of the food they get is donated, so you can imagine it is almost entirely canned and packaged goods, and sorely lacking in fresh fruits and vegetables.

They are hoping to start a program to teach the residents to cook, which might give them an opportunity to work in the food industry. I am hoping to go down on occasion and maybe cook with some of the kids. The director and I are going to plan a tomato harvesting plus pizza visit to the farm. I am guessing most of the residents have not been on a farm before, so I think this would be a fun experience for them. In our own little way, if we can show a few people how to cook for themselves, help them save money, eat a little better, we get to help them a long the path to self-sufficiency.

With your support, either through your monetary donations or by donating your CSA box we have really been expanded this program. The impact this new partnership could have is just so exciting, and I am so proud of our community!

Important July 4th Update:

The farm will be closed on Thursday, July 4th. All Thursday deliveries scheduled for that day will be made on Tuesday, July 2nd. If you need to place your box on hold, you can do it through your member dashboard here: <https://eatwell.csaware.com/accounts/dash.jsp>

RECIPES AND IDEAS FROM LORRAINE

Cabbage & Pesto

Recipe from focusedonfit.com

When I was a kid, my aunt often made this really simple pasta dish. It was either spaghetti or fettuccine noodles with butter, parmesan and basil. I had a craving for that the other night, so I made up a small batch and it was delicious! And brought back so many memories. But if you are trying to avoid carbs here is a nice alternative that uses the cabbage in this week's share. 5 cups Cabbage
3 TB fresh Pesto

Prepare your pesto, which you can make in advance and keep refrigerated. Thoroughly wash the cabbage. Remove core and any hard center pieces. Julienne into thin strips, similar to a pasta. Heat a wok or large skillet on medium-high heat. Once heated, add cabbage and dry cook for 3-4 minutes, until the cabbage begins to wilt. Don't let the cabbage char or brown. Once wilted, add 3 TB of pesto and mix thoroughly using tongs. Continue to coat the cabbage with pesto until mixed thoroughly, and sauce the cabbage in the skillet for another 2-3 minutes. Plate the cabbage, and top with grated parmesan, as desired. Enjoy topped with grilled chicken, salmon or tofu!

Buttered Turnip Puree

Recipe by Tyler Florence from Food Network Magazine

I loved mashed potatoes, but we all are trying to eat fewer carbs. AND I don't want to buy potatoes since ours will be ready soonish. So in the meantime, pureed turnips are a fantastic alternative, or do half potato and half turnip. Serve with any dish you would want mashed potatoes as a side.

3 large turnips, peeled and cut into uniform chunks

1 quart milk

3 fresh thyme sprigs

1 clove garlic, peeled and gently smashed with the side of a knife

1/2 cup (1 stick) unsalted butter, cut into small cubes

Kosher salt and freshly ground black pepper

Combine the turnips, milk, thyme and garlic in a medium saucepan. Set over medium heat and partially cover the pan. Bring to a gentle simmer and cook for 20 to 30 minutes, until the turnips are tender-the tip of a paring knife should go through without resistance. Drain the turnips, reserving the cooking liquid, and transfer to a food processor (discard the thyme sprigs). Add about 1 cup of the reserved cooking liquid and the butter, season with plenty of salt and pepper and puree until smooth. Add more of the liquid, if necessary. Serve hot.

Dino Kale Caesar Salad

Recipe from J. Kenji Lopez-Alt of the Food Lab

A few weeks back Lilly made a truly delicious Cesar Salad using Dino Kale instead of Romaine. And her dressing used cream instead of egg yolks. Here is a recipe from Serious Eats, which does not use raw egg yolk, but rather Mayo. The beauty of the Kale Cesar is it actually stores pretty well, since the kale is heartier than lettuce.

1 pound (about 2 bunches) Tuscan or curly kale, tough stems removed, leaves roughly chopped (about 4 quarts loosely packed leaves)

5 tablespoons extra-virgin olive oil
5 ounces hearty bread, roughly torn into 1-inch pieces

Kosher salt and freshly ground black pepper

2/3 cup mayonnaise

6 anchovy filets

1 medium clove garlic, minced (about 1 teaspoon)

1 1/2 ounces Parmigiano-Reggiano, finely grated (about 3/4 cup)

2 teaspoons Worcestershire sauce

2 tablespoons juice from 1 lemon

1 small white onion or 2 shallots, finely sliced

Adjust oven rack to middle position and preheat oven to 350°F. In a large bowl, massage kale with 3 tablespoons olive oil,

making sure to coat all surfaces, kneading with your hands to help break down the tougher pieces, about 2 minutes. Set aside while you prepare the croutons and the dressing. Combine bread pieces with remaining olive oil in the bowl of a food processor. Pulse until broken down into pea-sized pieces. Season to taste with salt and pepper and pulse once or twice to combine. Transfer to a rimmed baking sheet. Place in oven and bake until croutons are pale golden brown and crisp, about 20 minutes. Wipe out food processor bowl. Combine mayonnaise, anchovies, garlic, cheese, Worcestershire sauce, and lemon juice in the food processor bowl and process until smooth. Season to taste with salt and pepper if necessary. When croutons are cooked, add onions, dressing, and half of croutons to large bowl with wilted kale. Toss with hands until thoroughly coated. Serve sprinkled with remaining croutons.

This Week's Box List

* Basil

* Cabbage

Chard

Chives

* Garlic

* Kale, Dino

Kale, Red Russian

* Lettuce

* Peaches or Nectarines

Raisins (from Capay Canyon Ranch)

* Turnips

* = Items in Box for 2

Important July 4th Update:

The farm will be closed on Thursday, July 4th. All Thursday deliveries scheduled for that day will be made on Tuesday, July 2nd. If you need to place your box on hold, you can do it through your member dashboard here: <https://eatwell.csaware.com/accounts/dash.jsp>