



WEEK OF JANUARY 9TH 2017 #2/52



Ye olde Coppicing

The poplar trees that divide our fields and provide wind protection, in addition to other benefits, have to be cut down. If not, they die off.



These fast growing trees have a short life. By cutting them close to the ground, we create a stump or stool. They regrow up to 20 new shoots the following year. The tree line pictured above was cut last spring and are already over ten feet tall. Our job this winter is to thin out the shoots to just three of the best. In another eight years, these shoots will be eight inches in diameter. They are then perfect for mushroom production or timber. Anything not the right size is shredded for mulch or firewood. Now we need the right person to come along and crate a great mushroom business on the farm.



Strawberries and Chickens

The strawberry plants are dormant right now, taking a break for the winter and getting ready for the spring. This is last years crop, which we will harvest again this spring and then plant a new crop to replace it on another part of the farm. Last year, we put the chickens on some old strawberry beds to scratch away the leaf debris, so that we could remove the woven plastic mulch. As we moved them down the field, where they had been the week previously, the strawberry crowns regrew. So I am thinking that I will try that for a very short period of time on this years crop. It will make the berries easier to pick and increase airflow around the plants reducing the risk of disease. My concern is that if it rains heavily, we will not be able to move the chicken houses and the chickens could cause damage to the plants and the future crop. Farming is a gamble, I have no need to go to Vegas, I gamble every day on the farm... Nigel

Paddington Bear Loves These

Not quite true, but he does love the marmalade that you can make with them. You can add myself and quite a few members of he farm to the marmalade lovers list, too. The Seville orange fruit is ripening nicely and we will be harvesting it very soon. Seville



oranges are bitter and can be used in many ways apart marmalade, such as Cocktails, for baking and in Indian dishes.

How all this works is, once we have harvested the crop, we will weigh it and then offer it to you, the farm members, first. **Please watch your**



Friday afternoon email for details.

Any unclaimed oranges by members will be gobbled up by our Ferry Plaza Farmers Market customers.



Winter Rains

Our crews work year round, through the heat of the summer as well as through the rains and winds that we are currently receiving, as this atmospheric river passes through the

Central Valley. We are grateful for the rain, desperately needed to replenish ground water and refill reservoirs throughout the region, but it does create a very challenging working environment. Just wanted to say how much we appreciate the crews picking, washing, packing, selling and delivering the produce throughout the year and thank you for supporting us.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
ORGANIC@EATWELL.COM TEXT/VOICE 707-999-1150

A Note From Lorraine

My "adopted" daughter Kalina is visiting from New York with her boyfriend Andre. Andre works the fish station at Perry Street a restaurant in NYC. Yesterday he and Kalina walked and picked the farm, and last night we enjoyed his farm creations. Our fabulous meal included a butternut squash soup, made with coconut milk and spices, roasted cauliflower, roasted leeks, and sauteed radicchio. The meal was amazing and I could have eaten an entire cauliflower on my own! I think sauteeing the red cabbage in the same method would be a fantastic replacement for the radicchio. I too have been roasting many vegetables lately, from the obvious butternuts, to fennel, green cabbage, celeriac, and turnips! If you already have the oven on you might as well throw in a few things to roast, like fennel and leeks, to have for the week. They are so delicious added to soups or stews or as a side little bit of extra veg.

Sautéed Fennel, Leek and Mushrooms

vegkitchen.com

Though anise-flavored fennel is a great veggie, most of us don't think to use it for everyday meals. Sautéed with leeks and mushrooms, it makes a simple side dish. I also just heard it can be a great substitute for celery in your recipes.

1 tablespoon olive oil
2 tablespoons dry white wine or water
2 large leeks, white and palest green parts only, chopped and rinsed well
1 large fennel bulb (stalks trimmed away; see note), quartered and sliced
6 to 8 ounces cremini or baby bella mushrooms, sliced
¼ cup minced fresh parsley
¼ cup crushed walnuts or almonds
Salt and freshly ground pepper to taste

Heat the oil and wine in a large skillet. Add the leeks, fennel, and mushrooms, and sauté over medium heat, stirring frequently, until the leeks are wilted and the fennel tender-crisp, 10 to 15 minutes. Add tiny amounts of water if needed to keep the skillet moist. When the vegetables are done to your liking, stir in the parsley and nuts. Season with salt and pepper, then serve at once.

This would be good over rice or another grain of your choice.

Fennel, Apple, & Dill Salad

fromthelittleyellowkitchen.com

1 small fennel bulb, thinly sliced
1 shallot, thinly sliced
1 rib celery, thinly sliced
1/2 apple, thinly sliced
1/4 cup dill, chopped (reserve sprigs for garnish)
3-4 cups mixed greens, use that Arugula or Mizuna
3 tablespoons lemon juice
2 tablespoons olive oil
1 teaspoon Dijon mustard
1/4 teaspoon salt

Using a mandoline or sharp knife, thinly slice fennel, shallot, celery and apple. Toss mixed greens with dill and top with the sliced celery and fennel. Whisk together or use an immersion blender to combine lemon juice, olive oil, Dijon, and salt then add sliced shallots. Let sit 10-15 minutes. Drizzle dressing with shallots over the salad and toss to combine. Plate salad and place 5-6 apple slices on top. Garnish with sprigs of dill.

Pan Sautéed Red Cabbage

Recipe by Andre

Olive Oil
Salt and Pepper
Pinch Sugar
Juice from 1/2 Grapefruit or Pomelo

Cut the cabbage in half and remove the core. Slice the cabbage into thin strips. Put into a bowl and pour on enough olive oil to coat, a good sprinkling of salt and pepper, mix well in the bowl.

Heat a large pan over medium heat and add the cabbage. When the cabbage is well wilted add a pinch of sugar and juice from 1/2 grapefruit or pomelo. Cook until the cabbage is to your preferred level of doneness.

Roasted Cauliflower

Recipe by Andre

Cauliflower or Romanesco
Olive Oil
Salt and Pepper
Pomegranate balsamic vinaigrette

Preheat oven to 400 F. Slice the cauliflower, or Romanesco if that is what you have, into thick slices, about 2", so it looks almost like a slice of bread. Coat extremely well with olive oil, salt and pepper to taste.

Put onto a baking sheet, but if you have a cooling rack that fits on your baking sheet use that and put the slices directly onto that. It will cook more evenly on both sides. If you don't have a rack to use, then flip everything over half way through the cooking time.

Roast for 20 to 25 minutes. You should see some nice dark brown caramelly edges.

Serve with a slightly sweet vinaigrette, Andre made one using a balsamic vinegar flavored with pomegranate, but I think a citrus would work well too.

This Week's Box List

Romanesco or Cauliflower
Bok Choy
Red Cabbage
Fennel
Leeks
Turnips
Watermelon Daikon
Spinach
Arugula or Mizuna
Dill
Apples (Hidden Star Orchards)
Grapefruit or Pomelo

Sautéed Baby Bok Choy

Recipe from NYT by Sam Sifton

2 TB Canola or Sunflower oil
2 cloves Garlic, peeled and mince
1 1/2" piece Ginger Root, peeled and minced
1/4 tsp Red Pepper Flakes, or to taste
Approximately 1 1/2 lbs cleaned Bok Choy, ends trimmed
1 TB Soy Sauce
1 TB chicken Stock or Water
Toasted Sesame Oil for drizzling

In a large sauté pan with a lid, heat oil over medium-high heat until it starts to shimmer. Add garlic, ginger and red-pepper flakes and cook, stirring constantly, until fragrant, about 45 seconds.

Add bok choy and stir carefully to cover with oil, then cook for approximately 2 minutes. Add soy sauce, stock or water, then cover pan and cook for approximately 2 minutes more, until steam begins to escape from beneath the lid of the pan. Uncover and continue to cook until liquid is close to evaporated and stalks are soft to the touch, approximately 3 minutes more.

All recipes can be found at: www.eatwell.com under the "CSA Farm Box" tab. Just click "Recipes."

