



## Broccoli

We're pleased not to find aphids on the broccoli and cauliflower this year. I believe, this is due to the cold spell and the rain that we've had this winter. It is very difficult to control aphids organically inside broccoli or cauliflower heads. Every material used relies on contact with the bugs. I do not spray anymore pesticides, but I did have a very sophisticated sprayer that allowed me to



spray a fine mist, which did a good job in the past. The only problem was that you needed to spray every week, which becomes tiresome and expensive. Even organic sprays will kill the good guys and the bad guys, which is why we don't spray anymore. Over the last six years, since my sprayer broke, we have seen a much reduced pest population and many more of the good guys and gals. As always, let us know if you find any aphids. Washing well in slightly salty or soapy water does a good job of removing them from the head, just rinse well afterwards.

## Olives

A couple of months ago, I wrote about our Olive Trees. This is the first year we have had an actual crop on these trees. Unfortunately, we were told that the olives had been infested with a white fly and the olives wouldn't be any good. As the weeks went by I would check on them when I walked past. I think the trees that were affected were on the other side of the drive because every time I looked at the Olives they looked fine. The week before Christmas we had some friends and family come up and we had a bit of an Olive harvesting party. About 10 of us were out there filling buckets. It didn't take much time to load up with more than any of us can manage. There are so many olives on the branches, harvesting was fast and easy. I barely moved from one spot and nearly filled my bucket just from one large branch! At Thanksgiving Jan and Liz harvested a bucket of olives. By this point in December the water cured olives Jan had made were ready for eating and quite delicious. I followed Jan's recipe, covering the olives with water and changing the water every day or every other day. After about two weeks, most of the bitterness was pulled out with the water and they were ready for a salt and vinegar brine. I now have half a dozen 1/2 gallon jars in the fridge nearly ready for eating. I am not expecting perfect olives, but it was a fun first test run, and look forward to doing a better job with them next year. Nigel and I walked out to the Olives yesterday and the trees are still loaded with fruit. If any of you would like to come up to pick olives let me know. They are there waiting to be harvested, and it would be good for the trees if we could get most of the fruit off. Send me a text if you are interested 530-554-3971.



## Saffron

Back in the Fall our friend Jim brought me a bag of Saffron corms. Because I know nothing about growing saffron, I decided to plant them right in front of the house so I could watch their daily evolution. More importantly, seeing them every day, I would not forget to water them. Concerned that the rebel roving chickens would pull the little sprouts out

of the ground, I decided to plant them in large pots. In a week, they began sprouting. In another week and a half, I had my first flower! It was so exciting. Every day for almost two weeks, I got flowers. And every day I harvested those delicate beauties, then very carefully pulled then one stamen with the three threads of saffron. After harvesting, I let them sit out for a couple of days to dry. By the end of it, my first harvest of saffron feels so rewarding. And as life tends to roll, there recently was a segment on PRI about farmers growing Saffron in Vermont. I figure if it can grow in Vermont it certainly can grow in Dixon! The one draw back everyone likes to point out is how much labor is involved. I figure just about all farming is a lot of labor, but few things are as expensive as the precious saffron threads. I plan on doing some research and who knows, maybe saffron will become the newest addition to our list of crazy projects!



## Palm Tree Invasion

Lorraine showed me a picture she took on the farm where there is a Seville orange with a palm tree seedling growing under it. We have no idea where the palm seedling came from. In the past, tree seedlings have come in with leaf mulch delivered to the farm, but we have put nothing on them



except Blue Bottle coffee. We've had eucalyptus trees growing after we've applied a mulch but never before a palm tree. The Seville oranges are not quite ready yet, but I hope to pick them after the next rainstorm. We will then email everyone when they are ready and you can sign up for them on the member's web store. Please act quickly as these do sell out quickly every year.

## A Note From Amie

We've achieved that time of year where I'm starting to think that I'll freak out if I see one more recipe for potato leek soup or roasted butternut squash. Now, these things are fantastic but (probably) like you, I'm reaching my limit and I'm looking for something new to do with these gorgeous vegetables.

Lucky for us, I've got a few things up my sleeve. First up is one of my favorite condiments/ingredients. Kimchee is a spicy fermented vegetable that you can make year round, and it works well with a wide range of ingredients! Start with this cabbage and apple version (Cabbage is in your box this week), and feel free to toss in some carrot, radish, cucumber, or sub in pear for the apple! Once your kimchi is done, you can use it to compliment a Korean BBQ or make one of my favorite winter dishes: Kimchi fried rice!

Next up: Leeks Vinaigrette. This is a classic French preparation, and really lets leeks (also in your box this week) shine on their own. Braised stovetop and then combined with a basic vinaigrette, they work well as a side, a vegetarian main, or on top of your favorite toast.

## Kimchi

Serious Eats

### Ingredients for Day 1

1 large head cabbage  
6 tablespoons salt

### Ingredients for Day 2

4 scallions, including tops  
3 cloves garlic, minced  
1 tablespoons Sriracha (or substitute another garlic chili sauce)  
1 teaspoon grated fresh ginger  
1 teaspoon sugar  
1 cup sliced or grated apple (any kind will do)  
1 tablespoon salt

Cut cabbage into 1-inch square pieces, or a large shred like thick coleslaw (I find this cut makes it easier and more versatile once it's done). Place in a bowl, and sprinkle with salt. Add water to cover, and mix well. Cover the bowl with plastic wrap, and let stand in a cool place overnight.

The next day, drain the cabbage and rinse quickly under cold running water. Cut the scallions into 1-inch lengths, then cut lengthwise into thin slices. In a bowl, combine the scallions with the rinsed cabbage, garlic, chili sauce, ginger, sugar, apples, salt and enough water to cover. Mix well, and place in a quart jar with a lid.

Close the jar, and let stand for a few days in a cool place. Taste mixture every day, and when it has a good balance of flavor and acidity, place in the refrigerator (four to five days usually). The kimchee will keep for two weeks.

## Kimchi Fried Rice

Serious Eats

3 tablespoons vegetable oil, divided  
4 cups kimchi, chopped  
1 tablespoon butter  
1 tablespoon red pepper paste (gochujang)  
4 cups cool cooked white rice, preferably a day old  
1 tablespoon sesame oil  
4 eggs  
sesame seasoned seaweed, crushed  
4 scallions, green parts only, chopped  
black pepper

Pour two tablespoons of the oil into a large skillet or wok and turn the heat to medium. When oil starts to shimmer, add the kimchi. Cook, stirring occasionally, until the kimchi is heated through, about two minutes. Add the butter and the red pepper paste. Stir well until both are incorporated.

Add the rice, breaking up any clumps with a wooden spoon. Stir until it is evenly mixed in with the kimchi. Pour the sesame oil on top of this mixture. Spread the rice and kimchi out as much as possible in an even layer, and let cook for a few minutes until it gets a little crispy on the bottom. Turn off the heat, and divide the mixture between four bowls.

Pour the remaining one tablespoon of oil into a non-stick skillet set over medium-high heat. When shimmering, crack in the eggs, cover the skillet, and cook until the whites have set. When each is done, use a spatula and set one egg on top of each bowl of rice. Garnish with the crushed seaweed, scallions, and black pepper. Serve immediately.

## Leeks Vinaigrette

Saveur Magazine

8 medium leeks, trimmed of tough green parts  
Kosher salt, to taste  
5 tbsp. red wine vinegar  
2 tsp. Dijon mustard  
Freshly ground white pepper, to taste  
7 tbsp. vegetable oil  
8 sprigs parsley  
1 hard-boiled egg, chopped

Starting about 1" above root end, slice leeks lengthwise, but not all the way through. Open leeks like a book and wash well in cold running water to remove all sand and dirt.

Bring a deep-sided skillet of salted water to a boil, add leeks, and cook over medium heat until soft but not mushy, about 6 minutes. Transfer leeks to a large bowl of ice water to stop them from cooking further.

Carefully split leeks completely in half lengthwise, and transfer to a rack, cut side down, to drain thoroughly. Whisk vinegar, mustard, and salt and pepper together in a small bowl. Gradually add oil, whisking constantly, until vinaigrette is smooth and creamy. Adjust seasonings and set aside. Remove leaves from 4 of the parsley sprigs, chop leaves, and set aside.

Divide leek halves equally among 4 warm plates. Drizzle vinaigrette over leeks, and sprinkle with chopped parsley and egg. Garnish each plate with a bit of parsley.

### This Week's Box List

Romanesco or Cauliflower  
Bok Choy  
Cabbage  
Leeks  
Turnips  
Spinach  
Mizuna  
Red Kale  
Dill  
Pomelo  
Navel Oranges

## Cauliflower Kuku

by Najmieh Batmanglij

Recommended by CSA member Pat K.

¼ - ½ c. olive oil  
1 medium onion, peeled & thinly sliced  
2 cloves garlic, peeled & finely chopped  
1 small head cauliflower (or romanesco), cut up into florets & coarsely chopped  
1 t. salt  
pepper  
1 t. ground cumin  
¼ t. turmeric  
¼ t. cayenne  
½ c. chopped parsley  
4 eggs  
½ t. baking powder  
1 T. rice flour, potato starch, arrowroot, or cornstarch  
½ c crumbled cheese

Preheat oven to 400 degrees. Heat ¼ c. oil in a medium-sized cast-iron skillet over medium heat. Add the onion, garlic, cauliflower, salt, spices, and parsley.

Stir-fry for 5-10 minutes until cauliflower is soft. Meanwhile break eggs into a mixing bowl, add the remaining ingredients and whisk lightly.

Pour this mixture into the skillet and give it a quick stir, reduce heat to low, flatten the surface and pour 2 or 3 T. of remaining oil around the edges. Transfer the skillet to the preheated oven and bake 8 - 10 minutes or until the edges are lightly browned and pulling away from the skillet. Remove from the oven, cut into wedges. Can be served with yogurt and fresh herbs.

All recipes can be found at: [www.eatwell.com](http://www.eatwell.com) under the "CSA Farm Box" tab. Just click "Recipes."

WE WELCOME YOUR COMMENTS AND QUESTIONS!  
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