



WEEK OF JANUARY 23RD 2017 #4/52



Citrus maxima (Pomelo)

Sounds impressive and it is seeing a tree laden with a full crop of these large citrus. I have not eaten these with a little salt, which Wikipedia says is an Asian delight. Unfortunately, I cannot eat any because of drug interactions. Seville oranges are the same for me. Tragic, I know. Enjoy. Nigel



Metal bending

We keep one of the shade structures covered during the winter to provide cover for the crew in heavy rain. The risk is that a big storm comes along and blows it down. Some how, out of all this mess, the structure will reappear with the help of spare tubes and a new tarp. Some would say we should have taken the tarp down, but the damaging wind was not forecasted. The rain came overnight accompanied by the surprise winds. I had never heard such ferocious winds here since I came to the neighborhood in 1992.



Chainsaw Time

The storms of last week will ensure Agustin has plenty of work over the next month. These Lombardy Poplars are approaching 20 years old. I

wrote recently in this fine newsletter, that is the end of their life. They blow down easily or just die standing up, then fall down. That's why we are busy Coppicing them. Once they have blown over, the roots are damaged and we find they do not regrow. We will cut them up into mushroom sized logs, timber, firewood and brush for shredding into mulch. If the rain stops, then we can get straight on this but 'if' is the important part of this statement. We have chicken houses to repair, repaint, and get ready for more chicks at the beginning of March. Never a dull moment on the farm.

Rehydrating the landscape

My permaculture friends would say it's fine to get excited that the reservoirs are filling up, but we need to soak more water into the landscape and minimize the soil laden run off. We have found that our soil is improving each year in its ability to soak up rainfall. Our tractor wheelings always collect water as they remain in the same place every year keeping the compaction from the tractor localized to the non-cropping part of the field. Here we have a November sown cover crop which held the soil together and stopped it washing away. We pride ourselves that since the first year we bought the farm in 1998 no water has flooded the highway.



WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Dutch, Baby!

Hello hello! I know that in times of trouble, if I cannot join millions of women on the streets (it was AMAZING), I head directly to the kitchen to feel better. There's something about cooking that just sets the world to rights. You know that if you do this, then that, and maybe that other thing you'll come out with something (hopefully) delicious & nourishing, and with any luck you'll have some folks to share it with.

This week during one of these sessions of messing around, I decided to make a Dutch Baby just for kicks. They are super easy, really delicious, and normally served as a breakfast item. Luckily for me it was dinnertime, so I decided to experiment and turned it into a savory dish with chopped herbs, a little cheese, and then served it alongside a few spreads and pickles (see previous newsletter). I encourage you to do the same!

Have fun with this! Use the dill from this week's box (or whatever other herbs you have lying around) and serve alongside a cauliflower soup or arugula salad. And if you want to serve this for dessert too, go right ahead! Follow the same formula and omit the savory elements, and when it's done, squeeze the orange juice over it and shake a little powdered sugar on top.

Dutch Baby

by Amie

2 eggs
 1/2 cup flour
 1/2 cup milk
 1/2 tsp salt
 1/4 cup grated cheese of your choice (or stir in some goat cheese, ricotta, or yogurt)
 1 bunch chopped parsley
 1 tsp chopped thyme, oregano, or chives (your choice)
 2 tbsp. unsalted butter
 Juice of 1/2 a lemon

Heat oven to 425°. Whisk eggs in a large bowl, and then add flour, milk, and salt; whisk until blended but still slightly lumpy. Stir in herbs and cheese if using.

Heat butter in a 12" oven-proof skillet over medium-high heat. When butter stops foaming, pour batter all at once into center of skillet.

Transfer to oven and bake until pancake is puffy on the edges and golden brown, about 15 minutes.

When done, pull from oven and working quickly put on serving plate. Sprinkle with lemon juice, and serve with your choice of dips, pickles, or other savory bits and bobs.



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

Winter Citrus Curd

This week, we're lucky to have quite a bit of citrus in the box, and I thought I'd remind you all of a great standby recipe that works not just with lemon but with any citrus. Orange curd is a delight on cranberry scones, and pomelo curd is lovely and fresh in the dead of winter. Try this formula with lime, lemon, orange, blood orange, pomelo, or grapefruit!

Note: I love this method from David Lebovitz. Take care as you are working on direct heat, but it works and is simpler than breaking out a million dishes. Just whisk it all the pan and go for it. Straining afterwards removes any pesky lumps.

Citrus Curd

1/2 cup freshly-squeezed citrus juice
 1/3 cup sugar
 2 large egg yolks
 2 large eggs
 pinch of salt
 6 tablespoons unsalted butter, cubed

Place a mesh strainer over a bowl, and set aside.

In a medium saucepan, whisk together the lemon juice, sugar, egg yolks, eggs, and salt.

Add the butter cubes and set the pan over low heat, whisking constantly until the butter is melted.

Increase the heat and cook over moderate heat, whisking constantly, until the mixture thickens and just begins to become jelly-like. It's done when you lift the whisk and the mixture holds its shape when it falls back into the saucepan from the whisk.

Immediately press the curd through the strainer. Once strained, store the lemon curd in the refrigerator. It will keep for up to one week.

This Week's Box List

Butternut Squash
 Romanesco or Cauliflower
 Bok Choy
 Broccoli
 Cabbage
 Leeks
 Spinach
 Cilantro or Arugula
 Chard
 Apples (Hidden Star Orchards)
 Pomelo
 Navel Oranges

Add Whatever You Like Scones

And what's a curd without somewhere for it to land? Here's Alice Medrich's delightfully adaptable and absolutely delicious scone. If you want to add in some extra citrus zest, nuts, dried fruit, granola, fresh fruit, a jam swirl, or chocolate chunks, feel free! They don't change the measurements of the flour, etc. and truth be told, when I make scones they are more of a collection of dried fruits and nuts held tenuously together with a little batter.

Note: This is a very tender dough. Feel free to spoon it onto the baking sheet (I'll sacrifice picture perfect for delicious every time).

1 large egg
 1/2 cup cream, whole, or low-fat milk
 2 cups flour
 1/3 cup sugar
 2 1/2 teaspoons baking powder
 1/2 teaspoon salt
 6 tablespoons unsalted butter, chilled, cut into cubes
 1 egg, beaten with a drop of milk for egg washing before baking

Preheat the oven to 400F (200C) and line a baking sheet with parchment paper.

1. In a small bowl, stir together the egg with the milk or cream.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. Using your fingers, work in the cold butter until the pieces are about the size of corn kernels.
4. Add the egg mixture, stirring with a spatula, until the dough is moistened, (if you were going to add in nuts or dried fruit, now is your chance! Use as much or as little as you like!)
5. On a lightly-floured surface, pat the dough into an 8-inch round. If it's too wet and is very sticky, knead in a spoonful or two of flour on the countertop.
6. Cut the dough into eight wedges.
7. Brush the tops of each wedge with the egg wash.
8. Bake the scones for 25 minutes, or until the tops are golden brown.