



WEEK OF JANUARY 30TH 2017 #5/52



Marmalade Therapy

In these troubling times, it is nice to know there are things you can do to make life feel better. Such as make Marmalade! Please sign up for your Seville Oranges Exclusively for Members until Saturday when we will sell any extra at the farmers market.



The Return of the Ladybugs

Every winter, ladybugs seek refuge in the Sierra Nevada Mountains in a seasonal dormancy awaiting springtime. We typically start seeing them show up at the farm in February. This photo is from just last week in the Rosemary. This early return is a good sign for our pest control. We anticipate their arrival to help us balance out our insect populations. They are known for eating aphids.



Julia, The Master

On my recent trip to DC, one of the most exciting things I got to see was Julia Child's kitchen at the Smithsonian! In 1963, she began a very long run of pbs programs inviting us into her kitchen. For decades Julia shared her knowledge, expertise, talent



and passion for food and cooking. I was a year old when that all began, and honestly I have no idea how old I was when I first started watching her programs on channel 9. But for as long as I can remember, she was always one of my idols. Julia, and Jacques of course, helped shape my life. She inspired me to throw dinner parties for my family when I was 9, I made stuffed pork chops and spinach. Julia made everything look like it was approachable, after all, she was the master. But most importantly she showed us how she made mistakes and that made it OK for me to goof up, too.

Today I find I am no longer driven by recipes, but rather what the farm sends our way. As much as I love deliciously crafted sauces and fancy meals, I find myself enjoying the simpler dishes that let the fresh flavors shine on their own. My new best friend, the oven, creates the simplest and most delicious roasted vegetables, from cauliflower to cabbage to kale. No longer does roasted veg simply mean winter squash, potatoes and carrots. The world of food and cooking has changed so dramatically since 1963 when TV dinners were pushed as the latest and greatest! But I truly believe because of people like Julia Child who showed us that cooking was fun and delicious we now live in a time where many of us cook, because we love it.

Haircut time

Jose and Ramon have been busy pruning the peaches and nectarines. Roberto is in Mexico visiting his family. We prune the trees to make sure there is enough light getting into the center of the tree. We remove any diseased or damaged branches. Pruning stimulates fresh growth to produce fruit in future years. The branches piled between the rows are for Roberto to shred with his tractor when he gets back next week. The geese have mown down all the weeds between the rows by their grazing. After mowing, we will spray the trees with raw milk to cover the emerging flowers with lacto bacteria to out compete the peach leaf curl bacteria.



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



Best of British

This week, my boyfriend took off to go play a tournament in Dublin, Ireland. He'll be gone two weeks (he's a professional gamer), and I'm ridiculously jealous as he'll get a week in the most amazing city in all the world, London.

I'm not an Anglophile, I'm a Londonphile. I mean, I ADORE London. I long for a cup of tea that tastes of the Thames. My body visibly relaxes when I get off the plane at Heathrow. And I think British food is some of the best in the world.

I know, I know. It's got a horrible reputation, but you have to understand: Rationing from WWII lasted until 1957, so you have two generations of people who grew up eating Mock Apple Pie and trying to figure out how to make 2 oz of butter last a week in a household of four people. It makes sense that it would take some time for an entire country to get back into the swing of their native foodways. And get back into the swing they have! This week, I have three recipes from two of my favorite chefs in the whole world.

First up is April Bloomfield and her Roasted Carrots with Carrot Top Pesto. I'd love for you to try this not just because there are carrots in this week's box but because this is a wonderful expression of the complete carrot. Next there are two recipes from Yottam Ottolenghi. The Apple and Celeriac slaw requires a bit more knife work than usual but don't get too worked up about that. It's completely worth it. Second, there is my rendition of his Spinach & Yogurt, which will turn even the most ardent spinach hater into a spinach fanatic.

So, let's have a right old knees up and enjoy some incredible (and unexpectedly delicious) British food!

Roasted Carrots with Carrot Top Pesto

By April Bloomfield

So good alongside a bowl of roasted vegetable soup, or try it as a vegetarian main!

1 cup plus 2 tbsp. extra-virgin olive oil
 1 1/2 lb. small carrots with green tops (2 carrots peeled, remaining carrots scrubbed and trimmed, leaving 1" green tops, leaves and tender stems reserved)
 2 1/2 tsp. sea salt
 3 tbsp. unsalted butter
 4 cloves peeled and crushed garlic
 1/2 cup packed parsley leaves
 1/2 cup walnuts
 1/4 cup grated parmesan, plus more for garnish
 8 oz. burrata or fresh mozzarella, drained
 2 1/2 tbsp. fresh lemon juice

Heat oven to 500°. Heat 1/4 cup oil in a 12" ovenproof skillet over medium-high. Add trimmed carrots and 1 tsp. salt; cook, turning carrots as needed, until browned, 6-8 minutes. Add butter and crushed garlic; roast until carrots are tender, 10-12 minutes.

Finely chop three-quarters of carrot leaves and stems (food processor is preferable but not necessary), 1 tsp. salt, the peeled garlic, 1/4 cup parsley, the walnuts, and parmesan in a food processor until coarsely ground. Add 3/4 cup oil; purée into a smooth pesto.

Arrange roasted carrots on a serving platter with burrata. Using a vegetable peeler, peel remaining 2 carrots into thin ribbons and place in a bowl. Add remaining oil, carrot leaves and tender stems, salt, and basil, plus lemon juice; toss to combine. Sprinkle over carrots and burrata. Spoon about 1/3 cup pesto over carrots and sprinkle with more Parmesan; serve remaining pesto on the side.

Apple and Celeriac Salad

By Yottam Ottolenghi

Great as a side, or add a little protein for a complete and completely portable meal.

1/2 cup quinoa
 3 tbsp white-wine vinegar
 2 tbsp sugar
 1 tsp salt
 1 red onion, peeled and sliced very thinly
 1/4 cup olive oil
 1/2 head celeriac
 1/4 cup lemon juice
 2-3 granny smith apples
 2 tsp poppy seeds
 1 red chilli, sliced thinly on an angle
 1/4 cup coriander leaves, roughly chopped

Bring a small saucepan of water to a boil, add the quinoa and simmer for 10 minutes. Drain into a fine sieve, run under cold water and then shake well to remove all the water. Leave to cool down.

While the quinoa is on the go, put the vinegar, sugar and salt in a medium mixing bowl and whisk to dissolve. Add the onion and, using your hands, rub the liquid into it. Add the olive oil, stir and set aside to marinate.

Peel the celeriac, cut it into 1/4" matchsticks.

Place these at once in a large mixing bowl, along with the lemon juice, and stir well - this will help prevent discoloration. Do the same with the apples and add to the celeriac bowl and stir well.

To finish, add the onion and any juices from its bowl to the apple and celeriac mix, then stir in the cooked quinoa, poppy seeds, chili and coriander. Taste and add extra salt, sugar or vinegar, if you need them - you're aiming for a pungent, sweet and sour flavor.

This Week's Box List

Butternut Squash
 Bok Choy
 Broccoli
 Carrots (Terra Firma Farm)
 Celeriac
 Cabbage
 Leeks
 Spinach
 Pomelo
 Navel Oranges
 Lemons

"Popeye's Potion"

By Yottam Ottolenghi

This is great as it is, with toasted

sourdough, or alongside roast chicken or lamb. Serves four, as a side.

3 1/2 tbsp olive oil
 1/4 cup pine nuts, roughly chopped
 1 tbsp sherry or red wine vinegar
 1/4 cup golden raisins
 1/4 tsp turmeric
 1/2 cup Greek yogurt
 1 onion, peeled and thinly sliced
 2 garlic cloves, peeled and crushed
 1/4 tsp chilli flakes
 1/2 tsp cumin seeds, lightly crushed
 1 tbsp thyme leaves
 Salt

1/2 lb washed spinach leaves

Heat a teaspoon and a half of the oil in a small saucepan on a medium flame. Fry the pine nuts for two to three minutes, stirring frequently, until golden-brown, then set aside.

Wipe the saucepan, add the vinegar and raisins, and put the pan on a medium-high heat for a minute, just until the vinegar comes to a boil. Tip into a second small bowl and leave the raisins to plump up.

Wipe the saucepan again, add the turmeric and the yogurt, stir, and set to one side.

On a medium-high flame, heat the remaining three tablespoons of oil in a large sauté pan for which you have a lid. Fry the onion for eight minutes, until soft and golden-brown, then stir in the garlic, chili, cumin, thyme and an eighth of a teaspoon of salt. Fry for two minutes, until the garlic is browned, then add the spinach in three batches, stirring in each batch slowly and covering the pan for 30 seconds before adding the next.

Once all the leaves are wilted, cook uncovered for a minute or two, so most of the liquid evaporates, then stir in the pine nuts, raisins and a quarter-teaspoon of salt.

Just before serving, gently heat through the yogurt/turmeric mix for a minute on a medium heat, until just warm, then spread the yogurt on the serving platter. Spoon the warm spinach in the center, leaving a rim of yogurt all around, and serve at once.

