



WEEK OF FEBRUARY 15TH 2016 #06/52



### Cultivating

I know we need much more rain, but we are thankful that we can get into the fields to cultivate our beds, plant seeds and potatoes, and remove lots of seedling weeds.

I know I do go on about how wonderful our finger weeder from Germany is, but it is. When farmers ask me about it, I believe they think I am exaggerating about how good it is and how little we hoe by hand. A few have come to see it. One farmer came a few years ago, then his wife came to look at it after they lost their main guy. She ordered one the next day.



## Peaches in Bloom

We just finished pruning the peaches and nectarines last week. Now, the first ones are starting to bloom. Later this week, we will apply the first spray of sour raw milk to colonize the blooms with lots of friendly bacteria. This crowds out the peach leaf curl, making it hard for that disease to take hold. It does not seem to eliminate it just gives it a hard time. I have a 50 gallon drum of the same culture Lorraine uses for making the softers fermenting in front of the house. I will add liquid seaweed, so we will be spraying quite the

cocktail. All natural of course.

We will wait to prune our grapes until late March. We deliberately do this. We look for the first shoots to emerge and then prune. This takes away all the new growth and delays the emergence of the flower by two weeks. Sounds crazy, but the first flowers can be damaged by a late frost. In this way we protect ourselves from losing the crop in the spring.

Our chicken tractors have passed down each row of grapes, so the grass growing between the rows is already thick and tall. It is going to



be a jungle out there. The grapes need more fertility. What better way to apply it than with chickens. We will watch to see if we might have over done it.



## Fava Beans, Peas and Weeding

We now only sow two rows of fava beans on a bed. This makes picking the beans easier and we do less damage to the crop as we pick it. In the middle of the bed we sow peas which are the pea shoots in your box today. The bed on the left has been cultivated by our finger weeder and the one on the right has not. I really do not know anyone who likes hoeing all day, so we try to grow our crops in such a way that allows us to keep the crops clean mechanically. At this time of the year, after some rain, the cultivation lets lots of air into the soil surface. The goal for the future is to grow the crop through a living mulch of low growing plants of many species. I believe the equipment is available to help us do this, but so far I have not found the low growing plants for our climate. My goal is to eliminate any bare soil on the farm so the soil is covered with a growing plant at all times. Yes, I am working to put my beloved finger weeder into retirement.

## Farm Events Announced

Last weeks Friday afternoon email had all the details of the main events this year. Connie will be setting up the links to sign up for these events later this week. Please note we have reduced the amount of spaces to all the Strawberry Days from 400 to 250. We want to make sure there are plenty of delicious berries for everyone and 400 is a lot of people to have on the farm at any one time. We do make a nominal charge for these events which covers the costs for help and setting them up. Plus our insurance went up \$5,000+ once the underwriter understood what we were doing. If you have never visited the farm, especially those of you who have been members for a long time, please come on down.

## Twin Girls Farm

The citrus in your harvest share this week comes from our good friends at Twin Girls Farm. They are organic growers and also pack for a wholesaler in San Francisco, Purity Foods. You may at times see a sticker on the fruit in your box. Sometimes they wash and label everything before our order is packed.



WE WELCOME YOUR COMMENTS AND QUESTIONS!

[ORGANIC@EATWELL.COM](mailto:ORGANIC@EATWELL.COM)

TEXT/VOICE 707-999-1150





## Recipes and Menu Suggestions

Sole Florentine, serve with Kale Quinoa Pilaf

Uses: Spinach, Onion, Green Garlic, Lemon, Lettuce

Pasta with Pea Shoots, serve with a light Salad

Uses: Pea Shoots, Garlic, Lettuce

Cabbage Wraps

Uses: Savoy Cabbage, Mizuna

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

## Pasta With Pea Shoots

Recipe from NYT by Florence Fabricant, serves 2 to 3

2 oz fresh Pea Shoots

1 large clove of Garlic or use the fresh Spring Garlic from the box  
Salt to taste

3 TB Butter or Olive Oil, or a mixture

1/2 lb Bow-Tie Pasta

4 oz Cremini Mushrooms, sliced

1 oz Prosciutto, chopped

3 TB freshly grated Parmesan Cheese, plus additional for the table

Freshly ground Black Pepper

If the pea shoots have long stems, cut them into pieces. Set aside. Mash the garlic with a pinch of salt to form a paste. Mix with the butter or oil. Heat a large pot of salted water for the pasta. Heat 2 TB of the garlic butter or oil in a large, heavy skillet. Add the mushrooms, and sauté over medium heat for a few minutes, until the mushrooms have wilted. Stir in the prosciutto, cook another few seconds, then remove from the heat. When the water has come to a boil, add the pasta and cook about 7 minutes, until al dente. Drain the pasta and add it to the skillet. Return the skillet to the heat. Add the pea shoots to the skillet along with the remaining garlic butter or oil, and cook over medium heat, stirring, for a minute or two, until the pea shoots have just wilted and the ingredients are well mixed. Add the cheese, season with salt and pepper, and serve at once, offering more cheese at the table.

## Kale & Quinoa Pilaf

From [food52.com](http://food52.com) by Deensiebat, serves 2-4

The author initially developed this combination using sautéed kale and leftover quinoa, although this recipe is from scratch, you can also make it with leftover quinoa.

2 cups Salted Water

1 cup Quinoa

1 bunch Kale, washed and chopped into 1" lengths

1 Meyer Lemon, zested and juiced or the Lemon from your box

2 Scallions, minced or one of the smaller Spring Onions from this week's share

1 TB toasted Walnut Oil

3 TB toasted Pine Nuts

1/4 cup crumbled Goat Cheese

Salt and Pepper

Bring the water to a boil in a covered pot. Add the quinoa, cover, and lower the heat until it is just enough to maintain a simmer. Let simmer for 10 minutes, then top with the kale and re-cover. Simmer another 5 minutes, then turn off the heat and allow to steam for 5 more minutes. While the quinoa is cooking, take a large serving bowl and combine half of the lemon juice (reserving the other half), all of the lemon zest, scallions, walnut oil (you can substitute olive oil if you desire) pine nuts, and goat cheese. Check the quinoa and kale when the cooking time has completed - the water should have absorbed. The quinoa will be tender but firm and the kale tender and bright. If the quinoa still has a hard white center, you can steam a bit longer (adding more water if needed). When the quinoa and kale are done, fluff the pilaf, and put into the bowl with the remaining ingredients. As the hot quinoa hits the scallions and lemon it should smell lovely. Toss to combine, seasoning with salt and pepper and the remaining lemon juice if needed.

## Sole Florentine

The Farmhouse Kitchen

I love Petrale Sole, it is probably my favorite fish; so delicate and just a bit sweet. You really don't need to do much, just let the delicious flavor shine on its own. I do believe it pairs perfectly with our spinach though, and that is why I love a simple Florentine. I made this for Nigel for our Valentine's Dinner, but paired it with a big baked potato, which was perfect. The Kale Quinoa Pilaf would also be fantastic and if you don't eat it all you can use it in the Cabbage Wraps.

1 lb Spinach, washed well

3 TB Butter

1 Small Onion (About 4 TB), finely minced

4 TB All-Purpose Flour

1/3 cup Cream

1 tsp Salt

Freshly Grated Nutmeg

White Pepper, to taste

2 TB Parmesan Cheese, plus a bit extra for the top

Bread Crumbs

1 lb Petrale Sole

All Purpose Flour for Sole

Salt for Sole

Butter for frying

In a saucepan, melt butter on medium low heat. Add the minced onion and cook until quite soft. While the onion is slowly cooking work on washing the spinach. Nigel always says the sweetest part of the spinach is the bottom. So we go through the extra work, when the spinach isn't particularly muddy, of scrubbing those to get the dirt off. If you need to, just cut the very tip off. When you're done, chop it all, leaving it pretty chunky. Heat some water (enough water to cover the bottom to about 1/2" up) in an ovenproof skillet and cook the spinach until done. It doesn't need to be mushy or completely soft. Drain the spinach over a bowl, keeping the spinach water. Wipe out the skillet, then put it back on the heat - medium low for now, add 2 to 3 TB of butter and a good glug of olive oil - this is for the fish, so you are letting the pan heat up slowly while you finish up the spinach. Back to the onion and butter, add the flour, stir well, cook until just turning the slightest bit golden. Add the cream, whisk well. Slowly add some of the spinach water until you have a very thick sauce. Add the salt, nutmeg and pepper if you are using it, and the Parmesan cheese. Add the cooked spinach. Stir it all in and if it seems too thick (pasty), you can add a bit more of the spinach water. Now - on to the fish! Rinse your filets and dry off with a paper towel. Turn the heat up on your skillet to a good medium. Turn the broiler on in your oven. On a large plate mix some flour and some salt and pepper if you like. Dredge the fish in the flour, then gently place it into the heated skillet. Fry on both sides until a lovely golden. It shouldn't take too long, Petrale doesn't need to cook for long. When the fish is done remove it from the skillet, and set aside for the moment. Pour out any butter/oil left in the pan into a little bowl and save for the topping. Spoon the creamed spinach into the skillet and spread evenly. Place the fish on top. Grate on some Parmesan and sprinkle with some breadcrumbs, then pour over any of the butter/oil that you have left. Pop it under the broiler for 2 to 3 minutes and done!

### This Week's Box List

Red Russian Kale  
Lettuce

Fuji Apples (Hidden Star  
Orchards)

Savoy Cabbage  
Spinach (Large Bag)

Onions

Green Garlic

Red Frills Mizuna

Pea Shoots

Lemons (Twin Girls Farm)

Navel Oranges (Twin Girls Farm)

BONUS ITEM: Mint

## Savoy Cabbage & Mizuna

Not a recipe, but what I hope to try out this week is a wrap or a bowl using the Savoy Cabbage, some Frilly Mizuna, maybe a few chunks of orange, and some of the Kale Quinoa Pilaf. I am planning on topping this with a Miso Tahini dressing. I am also thinking of adding some cubed baked tofu or maybe cubed chicken breast, and a sprinkling of toasted sunflower seeds and maybe some pumpkin seeds. Lastly, a garnish of fresh mint. Wraps and bowls are not things I think to make, so I would love some suggestions from any of you who do make these types of meals. You can email me recipes at [drinkwellssofters@gmail.com](mailto:drinkwellssofters@gmail.com) or text me at 530-554-3971.

### A Note From Lorraine

Summer will be here in a blink and that means the Bay Leaf Kitchen campers will be coming up to the farm for their campouts. These are my favorite days of the year. If you have kids between the age of 9 and 12 or Jr Chef helpers ages range 13 to 16, please visit their website [www.bayleafkitchen.org](http://www.bayleafkitchen.org). Early Bird Enrollment for Summer Camp beginning Feb 22nd. I will be talking about BayLeaf more over the next couple of weeks.