



WEEK OF FEBRUARY 19TH, 2018 #8/52

A Different Way Of Looking at the Farm

When Nigel and I would walk the farm, we saw everything from very different perspectives. He saw crops and yields, I saw dishes and dinner. I was reminded of this as I was walking back to the house and passed a field of leeks and fennel. My first reaction was Oh, I love roasting fennel and leeks together, yum! I am sure Nigel's would have been, looks like we are getting to the end with these crops. Fennel is beginning to bloom, leeks are looking a little weak. I wonder if I will ever become a farmer first, cook/lover of food second? I doubt it.



Growing The CSA

We are slowly gaining members, thanks to great CSA members reaching out. With a little effort from a few people last week we gained 8 new members. We have had very limited experience with CSA members posting about us on NextDoor, but it seems the results are fairly effortless on your part, and pretty positive on our end. If you use NextDoor, please consider sharing with your neighbors how much you love your CSA. They are your neighbors, so we know there is a drop-site near them!

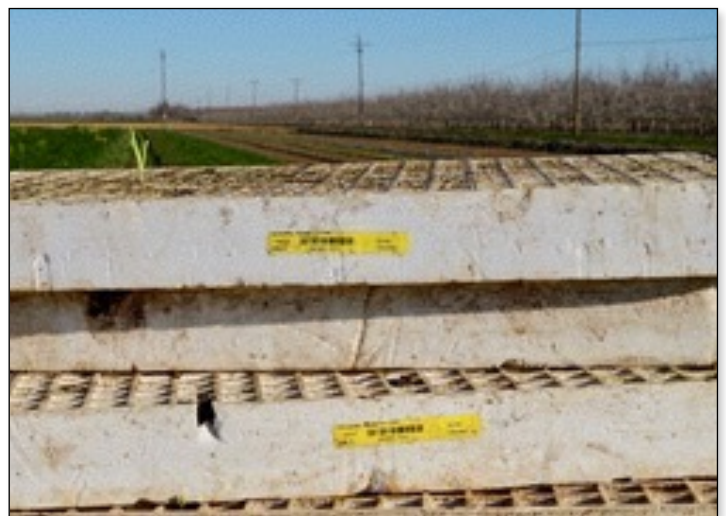
Another way to help is if you are a bi-weekly Family Box subscriber, consider switching to the Box for 2 and getting it every week. This alone would bring our numbers up tremendously. There are 7 items in the Box for 2, and getting a box every week means you are always eating fresh veg. And don't forget, if you are out of town, you can go into your account to put your box on hold. If you have visitors, you can add on an extra box.

My goal is to get the CSA back to 700 boxes a week, this week we are around 480, so we have some work to do. I am confident, if we all work together we can make it happen. Cameron and Noelle are calling members to check in. It is important for us to learn what makes you happy and what doesn't. This is your CSA, and although we have limitations, making direct and personal connections with you is not one of them. We are here to talk if ever you want to share something or have a question. You can always reach me at 530-554-3971 (text is best because of sketchy cell service). Thanks for your support!



Planting & Tracking

For months Cameron worked on the data base of all that we grow. That task was completed and all the seed and transplant orders for the entire year, were sent off to Headstart in December. The first transplants arrived a week ago, and this week the first of them went into the ground. This is a giant circle of life and processing. As a mom, I am extremely proud of Cameron for taking on this challenge and getting it done. Most starting farmers begin with a few acres, Cameron had to jump in, with no prior training, at a rather large level. The stress of keeping mistakes to a minimum is fairly significant, well at least for me it is.



The next step in creating a system that tracks and duplicates Nigel's brain is to track what goes where. Which plants are in which bed, in which rows, in which field. How many plants and which variety? Dates it was planted, then eventually dates harvested. Cameron has been working on an AirTable that the guys will have access to as an app on their phones, so this info can be entered in as it all happens. Progress is a great thing, and in our own little way, modern technology plays an enormous role. To help the guys track what bed, row, field, Cameron put out colored flags to help with the counting. We have discovered that on the leased side of the farm, there are over 200 beds in one field! A lot to keep track of.

Join us on Slack! Go to <http://bit.ly/SlackEatwell> to sign up. You'll be able to share recipes and chat with the Eatwell Community.

RECIPES AND IDEAS FROM LORRAINE

Wow, what a box we have this week! This past week, 70 more of you joined our Slack group and there has been some great recipe sharing. This week I am including a couple of recipes that members shared on Slack; the Chicken Ragu with Bacon & Fennel posted by Lisa posted, and Miso Sesame Glazed Bok Choy, posted by Elianna. This sounds and looks so delicious! Hope you give it a try. And keep posting recipes.

Bok Choy with Miso Sesame Glaze

Recipe from nourishedkitchen.com

2 TB White or Yellow Miso Paste
1/2 cup Dashi, Fish Stock or Eatwell Chicken Stock
1 to 2 tsp Fish Sauce
2 TB unrefined Virgin Coconut Oil
1" knob of Ginger, peeled
1 bunch Bok Choy, rinsed and patted dry
2 TB Sesame Seeds

Dissolve two TB white or yellow miso paste and 1/2 cup of warm dashi or stock, until clumps of miso have been thoroughly combined with the stock, and the mixture is smooth and thinly velvet-like texture. Stir in one to two tsp fish sauce and set aside. Heat 2 TB coconut oil in a skillet over a medium flame until melted and sizzling. Julienne the freshly peeled ginger by cutting it into thin matchsticks and toss these into the hot fat, gently stirring until the ginger perfumes the fat with its bright and vibrant fragrance. Add a whole, intact bunch of bok choy to the seasoned fat and fry on one side for one to two minutes until the bok choy begins to blister slightly, then turn it over to the other sideband continue to cook foremother one to two minutes. Pour the mixture of a stock and miso over the bok choy, reduce the heat to medium-low and cover. Simmer for six to eight minutes or until the bok choy wilts and is pierced easily by the tines of a fork. Plate the cooked bok choy and any remaining juices, then sprinkle one tote TB Sesame Seeds over the dish before serving right away.

Citrus Salad

This is another suggestion from one of our Slack members. JB's version used Pomelo, actually this is hubby's recipe, but JB posted! It was also made with arugula but I would suggest spinach since that is what is in the box this week.

Salad:
Grapefruit sections, cut into bite size pieces
Slivered Fennel
Spinach, well washed
A bit of Orange for some sweetness (maybe use some Mandarins?)

Dressing:
Olive Oil
Red Wine Vinegar
Salt and Pepper

How to Store Your Produce:

Lettuce- Keep damp in an airtight container in the fridge. Keeps for one week.

Romanesco- Will last up to one week in a closed container in the fridge. Cut florets away from the core and soak in warm soapy water or salt water for 10 minutes to wash away any aphids. Rinse before preparing.

Leeks- Leave in an open container in the crisper wrapped in a damp cloth or in a shallow cup of water on the counter (just so the very bottom of the stem has water). Will last at least a week.

Cilantro- As soon as you arrive home with fresh cilantro, place the stems in a glass of water and cover the top loosely with a plastic bag. Refrigerate. Snip off leaves as you need them and recover. The water should be changed every 2 to 3 days. Do not wash the herb until you are ready to use it. Will last up to a week.

To view storage tips for the rest of your box items, go to eatwell.com >> "CSA Farm Box" >> "This Week's Box" tab.

Chicken Ragu with Bacon & Fennel

Recipe by Faith Durand from The Kitchn

6 oz thick Bacon, about 3 strips, diced
1 large Onion, diced (perhaps use your Leeks)
6 cloves Garlic, minced
1 small Fennel Bulb, trimmed and diced
1 lb boneless, skinless Chicken Thighs, cut into large pieces
2 TB Flour
2 cups Chicken Broth
Salt and freshly ground Pepper, to taste
Cook the bacon over low heat in a Dutch over heavy pot for 5 to 10 minutes, until the fat has rendered out and the bacons getting crispy. Stir in the onion, garlic, and fennel until coated

with the bacon fat, and cook over low to medium heat for 5 to 8 minutes or until soft and glistening. Push the vegetables to the edge of the pan and turn the heat to medium-high. Sear the chicken thigh pieces in the center of the pot for about 3 minutes, turning frequently. The goal is not to develop a dark sear or crust on the chicken, but just to start the cooking. Stir in the flour. Pour in the chicken broth, brig to a boil, then lower the heat to a simmer. Partially cover the pot and cook for 1 hour or until the chicken is very tender. Vigorously work through the pot with two forks to shred the meat fine. Taste before serving and add salt or other seasonings, if needed. Serve with gnocchi, or pasta, brown rice or roasted vegetables. Leftovers freeze very well.

Romanesco Couscous

Funny thing happened tonight, as I was working on recipes I thought it would be nice to include a Romanesco Couscous recipe. So I googled it, and guess what I found? Couscous at Eatwell Farm, recipe by Lorraine Walker! How funny life is sometimes, anyway, hope you enjoy this recipe repeat!

There are a few different ways you can make this very simple alternative to grain based couscous or rice. Wash a Romanesco and break the florets apart. If you do not have a food processor, grate it on the large holes of a box grater. If you do have a food processor, you have two options - fill the processor bowl no more than 1/2 full and pulse until the florets are broken down to the size of rice or couscous OR you can use your grater attachment and run it through there. Romanesco couscous can be enjoyed raw or lightly cooked. To cook either steam it in a pot using a steamer basket or cook in a skillet, with just enough water to cover the bottom. To the skillet add a little olive oil or butter, salt and pepper if you like. Cover and cook until tender. Toss with butter and cilantro. You can freeze this in an airtight container.

Sauteed Kale and Radishes in Tomato Bagna Cauda

Recipe by Kay Chun from Food & Wine

1/4 cup Extra Virgin Olive Oil
5 Garlic cloves, finely chopped
7 Anchovy Fillets in oil, drained and chopped
3 TB Tomato Paste
1 1/2 LBs Kale, stems discarded and leaves chopped
6 oz Radishes, halved if large
3 TB Lemon Juice
2 TB Chives, chopped
Kosher Salt and freshly ground Pepper
In a large saucepan, heat the olive oil. Add the garlic, anchovies and tomato paste and cook over moderately low heat, stirring frequently, until the tomato paste is deep red, about 7 minutes. Add the kale, radishes and 1/2 cup of water and cook, stirring, until the kale is softened, about 5 minutes. Stir in the lemon juice and chives, season with salt and pepper and serve warm.