



WEEK OF MARCH 7TH 2016 #09/52



Sugar Snap Peas
 We have been adding the pea shoots to your harvest shares over the last month, I hope you have enjoyed them. They are now flowering and bathing in the warm spring rains. We plant the variety 'Oregon Sugar Snap'. This does not need staking, it is a bush variety.

To the left in the picture begins the rows of fava beans. These are also flowering. We hope to have peas for your boxes in 3 to four weeks.



Spraying Blossoms

Last year we sprayed our peaches and nectarines with Raw Milk for the first time. The results gave us our biggest crop of fruit so far. We, like every grower of these crops, has a



problem with 'Peach Leaf Curl' and 'Botrytis'. They can be controlled organically with a copper fungicide. I do not like using this material, even though it is approved for organic use. Copper builds up in the soil and it can be washed off the tree quite easily. Last Year, Lorraine attended a one week class with the Soil Microbiologist, Elaine Ingham, who explained how the bacteria in raw milk have the ability to stick to the plant. This is important if rain is forecasted. The rain over the weekend was heavy, so we will see how effective it is.



Transplanting

Each day last week we picked for your harvest share then, after lunch, got to planting in the field. We are very happy that two years ago, we started leasing our Italian transplanter. It speeds up the job dramatically and very accurately places the young seedlings into the soil. These are herbs which arrived last fall and have been waiting patiently in our greenhouse.



A Love of Food and Cooking

It is very upsetting to me when cooking is referred to as drudgery. I understand that I have an unusual passion for food and cooking, but the drudgery concept has been "fed" to us since shortly after WWII to promote a rapidly growing prepared/packaged/chemically laden "food" industry. We now have a few generations of folks who have no idea how to cook, and we are marketed ridiculous products like pre-peeled hard boiled eggs, or my new favorite outrage, the pre-peeled oranges sold by Whole Foods Market. They say cereal sales are on the decline because millennials say cereal is too much work. How has this happened? Nigel and I kind of live a life of the opposite extreme. We enjoy homemade yogurt, I am soaking and cooking beans, and am attempting to bake really good bread with our flour. We make our own mayo, salad dressings, sauerkraut. I even whip cream with a whisk instead of using an electric mixer because I think it tastes better (also I get everyone involved and I love that!). Sometimes I think I am a bit crazy, but over the past few years I have learned to trade a some things out. I don't make as many "fancy" meals. I have learned that when we are really busy or too tired for a big dinner, a simple omelette and steamed spinach is amazingly satisfying and delicious! But one can not survive on omelettes alone, so how do you make time to cook a few good meals every week? For some that means planning ahead, knowing what you will eat each day, some cook a lot on the weekend and for me I am learning how to work a little more passive cooking into my repertoire. Beans are a great example, in the morning before leaving for work, you put them in a bowl to soak. When you come home in the evening, drain, rinse, and discard bad beans. Then put them into a pot with water and cook on low, covered and they will be done before you go to bed. The next day you can use some for a soup or in chili or add to pasta, or purée and make a dip like hummus. Often while I am cooking one meal, I can have the next night's starting in a separate pot. When I chop onions and garlic for tonight's dinner, I chop a few extra and throw them into tomorrow's pot. This way chopping and cleaning happens just once. If I use only half a bunch of greens, I will wash the entire bunch and sauté or steam up what I am not using. Those extra cooked greens can be added to soup, or enjoyed with that delicious simple omelette. Use temperature and time to your advantage. Cook on a lower temp when it is something that allows for that, so you can be free to walk away and work on something else. This is my new favorite trick, low and slow, because I am forever running out the front door to do something, feed the animals, or muck out the stall, quickly move the fence, or hang laundry. There are many great practices that help us work cooking into our busy modern lives. One tip I would encourage all of us to embrace is to ask for help, even if it is just a little bit of help like chopping the onions. Sharing the process of putting delicious food on our tables makes the entire experience better. I always appreciate feedback, so if you have a favorite time saving tip or two, please pass them on! Oh and if you have any tips on how to make the perfect omelette, I would love to hear that as well:) You can always email me at lorraine@eatwell.com or text me at 530-554-3971.

WE WELCOME YOUR COMMENTS AND QUESTIONS!
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Recipes and Menu Suggestions

- Brazilian Black Bean Soup, serve with good bread and a Salad
Uses: Onion, Garlic, Celeriac, Oranges, Lettuce
- Sorghum Brined Chicken with Cabbage, serve with Roasted Turnips and Celeriac and Sautéed Kale or Spinach
Uses: Green Cabbage, Turnips, Celeriac, Kale or Spinach
- Simple Omelette and Steamed Spinach
Uses: Onion Greens, Spinach, Parsley
- Chard with Lentil and Feta, served as a side to Roasted Salmon or Lamb
Uses: Chard, Parsley, Onion, Garlic

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

Chard With Lentils and Feta

Recipe Found on Chowhound

- 2 TB Olive Oil
1/2 cup diced Onion
2 stalks Spring Garlic, finely chopped
1 cup Brown or Green Lentils
2 cups Water
12 oz Chard
1 TB chopped Parsley
1/2 tsp Kosher Salt, plus more for seasoning
1/2 tsp freshly ground Black Pepper, plus more for seasoning
4 tsp Red Wine Vinegar
1/2 cup crumbled Feta Cheese (about 2 1/2 oz)
- Heat 1 TB of the oil in a medium saucepan over medium heat until simmering. Add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes. Add the lentils, stir to combine, and add the water. Increase the heat to high and bring to a simmer. Reduce the heat to low and simmer, stirring occasionally, until the lentils are just tender and the water has evaporated, about 30 minutes. Remove from the heat and set aside. Meanwhile, trim the ends from the chard stems and discard. Cut off the stems at the base of the leaves and slice the stems crosswise into 1/4" pieces. Place in a small bowl and set aside. Stack the leaves, cut them in half lengthwise, then coarsely chop into bite-sized pieces; set aside. Heat the remaining tablespoon of oil in a large frying or straight-sided pan over medium-high heat until simmering. Add the reserved chard stems, season with salt and pepper, and cook stirring occasionally, until softened, about 5 minutes. Add the chopped chard leaves, measured salt, and measured pepper and cook, stirring occasionally, until wilted, about 2 minutes. Stir in the red wine vinegar and reserved lentil mixture until evenly combined. Remove from the heat and allow to cool slightly, about 3 minutes. Sprinkle in the feta and parsley, stir to combine. Taste and season with salt and pepper as needed. Serve warm or at room temperature.

That Simple Omelette

I have been watching cooking shows with French Chefs trying to learn how to make an omelette like the one I had in France. Unlike the big American version, which is all about stuffing as much filling into a tortilla of egg, this was creamy, small, virtually nothing inside of it, and so delicious! What I have learned so far is this: Crack 2 eggs into a bowl. Beat really, really well with a whisk, you don't want to see any egg white at all. Add a pinch of salt and some pepper. And maybe a dash of cream. Mix well. While you are beating the eggs, put a small pan on to heat, medium temp, with a small amount of butter. One chef said the trick is to not overheat the pan, the eggs should never sizzle when added to the pan. I am still trying to find that perfect temp. Add the eggs to the pan, stirring and shaking the pan. When it looks like large curd cottage cheese, give the pan a good shake or bang to flatten/even out the egg mixture and let it cook. This is where I have problems. I'm a little too impatient to leave it alone. The bottom should never brown, but should be cooked enough to be able to roll the omelette out of the pan and onto your plate. I typically add a little bit of either cream cheese, or smoked salmon spread while I am waiting for the bottom to finish cooking. The egg on the top should still look rather undercooked. With a rubber spatula try to lift the edges of the omelette all the way around. Hopefully it will move, which means you are nearly there. When it is cooked to your preference either roll or fold it on to your plate. I top with finely chopped spring onion greens and parsley.

Sorghum Brined Chicken With Cabbage

Michael Twitty

We included this recipe in last Friday's email, but it works so nicely with this week's box, I am including it again here in print.

- 3 cups Eatwell Farm Chicken Stock
1/2 cup Kosher Salt
1/4 cup Sorghum Molasses
5 cups cold Water
For the Chicken
One 5-pound roasting chicken, giblets removed or an Eatwell Bruce
2 TB coarsely ground Black Pepper
1 tsp freshly ground White Pepper
1/2 tsp crushed Red Pepper Flakes
1 tsp ground Mace
1 tsp ground Cinnamon, preferably Ceylon
1 tsp freshly grated Nutmeg
1 tsp ground Allspice
1 tsp ground Ginger
8 TB (1 stick) unsalted Butter, at room temperature (may substitute lard or canola oil)
Leaves from 1/2 head Green Cabbage, or more as needed
For the marinade: Heat the broth in the microwave or on the stove top, just enough so the salt and sorghum molasses dissolves when you stir them in. Transfer to a container large enough to hold all the brine and the chicken. Add the water and let cool completely.

For the chicken: Submerge the bird in the brine. Cover and refrigerate for 2 to 4 hours. Discard the brine; rinse and pat the chicken dry with paper towels. Preheat the oven to 350 degrees. Have a Dutch oven at hand that's just large enough to hold the chicken and cabbage. Combine the black pepper, white pepper and crushed red pepper flakes, the mace, ground cinnamon, nutmeg, allspice and ginger in a spice container; seal and shake until well blended. Mix 2 tablespoons of the spice blend into the softened butter until well incorporated (reserve the remaining spice blend for another use). Lay crossing lengths of kitchen twine on a clean work surface, then place enough cabbage leaves on top to cradle the chicken. Spread the spiced butter all over the chicken, including under the skin of the breast and legs. Place it on the cabbage leaves, then cover the bird with more cabbage leaves (cupped sides down). Secure by tying up with the kitchen twine. Transfer the bundle to the Dutch oven. Cover with a tight-fitting lid and roast for 70 to 90 minutes; when you carefully lift the lid, you'll see the cabbage is browned on top and the chicken is fragrant, with drumsticks and wings that pull away easily. Discard the twine. Serve hot, with or without the cooked cabbage, but be sure to strain the pan juices for passing at the table.

This Week's Box List

Lettuce
Spinach
Spring Onions
Green Garlic
Parsley
Red Kale
Green Cabbage
Chard
Celeriac
Turnips
Navel Oranges (Twin Girls Farm)
Apples (Hidden Star Orchards)

Brazilian Style Black Bean Soup

Recipe inspired by one found in The Moosewood Cookbook by Mollie Katzen

- 2 TB Vegetable Oil
2 Onions, chopped, save the tops for serving
2 stalks Green Garlic, chopped
1/2 Celeriac, cubed
1 or 2 Carrots, diced
1 tsp each ground Coriander and Cumin
2 tsp Chili Powder
3 cups Eatwell Chicken Stock/Vegetable Broth/Water or a combination
1 tsp Salt, add more to taste
Black Pepper to taste
1 1/2 tsp Sherry (The original recipe calls for actual Sherry. I don't have any, so I used Sherry Vinegar which worked rather nicely, so you choose!)
- 1/2 cup Orange Juice
1 Orange, peeled and cut into bite sized pieces
Heat oil, over medium heat, in a sauce pan. Add onion and garlic and sauté, while you are chopping the celeriac and carrots. Continue to sauté about 3 minutes longer. Then add coriander, cumin and chili powder. Mix well and cook another 2 minutes. Add the liquid and cook until vegetables have softened some, then add the beans and cook another 20 minutes. When you are ready to serve add the orange juice and orange pieces. Top with some chopped onion tops after you have served it up in the bowl and if you like, add a dollop of sour cream.