



WEEK OF MARCH 20TH 2017 #12/52



Everyone Thinks it's Easy

Last week we were in a bind and needed to get as many plants in the ground as possible before the rain came back. We can't get the tractors into the fields if it's too wet, and if we go too long without planting, eventually we'll have a gap in production.



So I went on Thursday and Friday to help out on the transplanter. It's an amazing machine that let's three people pull plant starts from cassettes and drop them into a rotating set of chambers, which then drop the plant into the ground at regular intervals. It looks easy but it's not. Anyone can do it slowly, but in order to get the most out of the machine, to go at a tractor speed of 1 mph vs .5 mph, means you have to be incredibly nimble with your hands, pulling handfuls of plant starts all at once, without breaking them.

A lot of farming is like this - it seems like it should be easy, but if you want to get anything done in an economical amount of time, it's really challenging. It requires an almanac level of knowledge of plants and weather, strength, nimble appendages and endurance to go 10+ hours 5-6 days a week...and do all that rain or shine or else people don't eat. It's rewarding and challenging, but definitely not easy.

A Respite From The Rain

Last week was gorgeous! The sun was warm and smiled on the soil, drying up most of the remaining winter storm water. It was also the first week we could get into the fields to plant. Roberto was ahead of the crew earlier in the week frantically preparing beds. Can't plant if the beds aren't ready, and you can't get out to do that until the soil is ready. Mother Nature always keeps her own time and that doesn't follow a clock or calendar!

A few members came up later in the week to help out. On Thursday, Marilyn helped Connie with herbs, and Cameron, booted from the transplanter, was moved to driving the tractor. Friday, Jonathan came up and he and Cameron helped harvest for the Saturday Market in the morning. In the afternoon, they got the transplanter to themselves, planting many rows of tomatoes. I was every excited to hear that the first San Marzanos are now in the ground! They really do make the best sauce and soup. Many times this winter I have made the fastest meal by simply warming a jar or two of my SM Sauce, adding some of our Rosemary or Thyme Salt, with a splash of cream in the bowl - delicious!

On Saturday, one of our newest members, Ryo, came up and helped Jose harvest citrus for this week's box, while our darling Joyce worked on the transplanter with the guys. They also got a load of potatoes in. A few extra helping hands made all the difference in the world. Having Ryo work with Jose meant one of our guys could stay on the transplanter. Ryo, I have been told, practices Qi Gong and attempted to get the guys to join him, although they weren't game, it is great to expose them to something new. Who knows, maybe someday he might get them to join him! Joyce is in her last semester at UC Berkeley with the goal of becoming a plant breeder, so being out in the field here on the farm was loads of fun for her. In all seriousness though, having a few extra hands really made a difference. It makes me realize volunteering on the farm is a great way for members to enhance your connection to the farm and the food you eat. I know Jonathan and Cameron will appreciate the tomatoes in a new way, and Joyce and I were already salivating over the thought of new potatoes with butter, and I hope Ryo really enjoys his first CSA Share this week, with visions of the farm as he opens that box!

Caring For Those Who Are Ill

It has been some time since I wrote about Nigel and the state of his cancer, and I know we have many new CSA members who may not be aware of his condition. For those of you who don't know, a little over 5 years ago Nigel was diagnosed with Multiple Myeloma, cancer in the bone marrow. During these 5 years, we have



had times of good health when Nigel could be quite active on the farm. This past year though has been one attack on his body followed by another. Two weeks ago, he was once again admitted to UCSF for another round of chemo. Nigel came home last Tuesday. Living with this constant fight, we are often reminded of the importance of good food. I know there are periods of time when it is impossible for the ill to eat much of anything, as it has been for Nigel much of this past year. Now that his appetite has improved, I can see his strength building with each and every meal. But during all of these times the care givers need good food as well. 5 years ago, I started the Care Share program, free CSA subscriptions for people battling a serious illness. Each week, Eatwell offers 10 CSA boxes to that program. When you put your box on hold and opt to donate it, it can be offered as an additional box if we need it. At the moment, we have Care Shares available. If you know of anyone who might benefit from a box of fresh, organic produce please let them know about our program. All they need to do to sign up is email Connie at organic@eatwell.com, and let us know which member referred them. They will have to find a way to get the share from their local drop site. Connie has added the Box for 2 to the donation option, which I think is a much more manageable size for many fighting the good fight. I know how crazy life can be with doctor visits and treatments etc, there isn't always time to cook. I would love to see the Care Share program really grow. If you would like to help us reach more people there are a few ways to help. As I already mentioned, if you know anyone who could benefit let them know this is available. When you go on vacation and put your box on hold, consider donating it to the program or make a cash donation directly to the Care Shares. If you work in the medical/healing fields please consider passing out our postcard or contact information. Thanks for your support and helping us get the information out!



Event Dates

Strawberry Days on the Farm

Sunday, April 30th; Sunday, May 7th; Sunday, May 14th; Sunday, May 28th

Lavender Harvest Weekend

Friday, June 9th - Sunday, June 11th

Summer Solstice Sleepover and Garlic Braiding Party

Saturday, June 24th - Sunday, June 25th

Tomato Sauce Canning Party and Sleepover

(Tentative Dates)

Saturday, July 29th; Saturday, August 5th; Saturday, August 19th

Pumpkin Party

Sunday, October 15th

How to get anyone to eat broccoli...

So, small confession. I really don't enjoy broccoli. I don't hate it (such a strong word), but it's not my go to veg. I'm more of a potato, carrot, kale kinda lady. Also, according to spell check I cannot even spell broccoli, so my general feeling about it is pretty much "pfffffft".

But, there is one way to get me to eat a ton of broccoli, and if you haven't heard of No. 7 Sub Shop in NYC, prepare to have your mind blown. Tyler Kord makes amazing sandwiches, and you may have even seen his cookbook around "A Super Upsetting Cookbook About Sandwiches". It will change your sandwich world.

The No. 7 Broccoli Sub is as delicious as it is well-known (amongst a certain bunch of people), and I'm super happy to be handing it over to you today. It needs a few specialty ingredients, but they aren't hard to find and the end result is totally worth it.

I've also included a few basic broccoli to dos this week as well. Deb Perelman is a genius, and if you aren't familiar with her outstanding blog, Smitten Kitchen, now is the time! She tests her recipes extensively, they are small household friendly, and most importantly: nothing I've ever made from her blog has been anything less than awesome.

Enjoy! And eat your veggies!

No. 7 Broccoli Sub

Tyler Kord, A Super Upsetting Cookbook About Sandwiches

Makes two huge subs

1 can pitted lychees (available at Asian markets), drained and quartered
1 garlic clove, minced
One 1-inch piece of ginger, peeled and minced
1 medium shallot, finely chopped
A few drops of sesame oil
1 tablespoon sugar
2 small dried chiles, chopped (a teaspoon of red chile flakes will work)
1 cup white vinegar
2 scallions, thinly sliced on a bias
2 soft Italian sub rolls, split lengthwise
4 tablespoons mayonnaise
1 pound broccoli, roasted
4 ounces ricotta salata or other salty cheese such as queso fresco, shredded (about 1 cup)
1/2 cup pine nuts, toasted
1/2 cup fried onions (the crispy kind from the grocery store are what you're looking for)

In a mixing bowl, combine the lychees, garlic, ginger, shallot, sesame oil, sugar, chiles, vinegar and scallions. Let sit for at least an hour.

In an oven preheated to 375 degrees, toast the sub rolls and reheat the broccoli if necessary.

Spread 2 tablespoons of mayonnaise on each of the sub rolls.

Use tongs to stuff the rolls with broccoli.

Top each sandwich with a little bit of the lychee mixture, followed by the ricotta salata, pine nuts, and fried shallots.

Basic Crispy Broccoli with Lemon and Garlic

Adapted from Smitten Kitchen
Serves 2 as a side

1 pound fresh broccoli
3 tablespoons olive oil, divided
1/2 teaspoon coarse or kosher salt
A few pinches of pepper flakes, to taste
Finely grated zest of half a lemon, or more to taste
1 large or 2 small garlic cloves, minced
Juice of half a lemon, or more to taste, to finish

Heat oven to 425°F (220°C).

Prep your broccoli: Slice straight through the broccoli stem(s) as close to the crown of florets as possible. Don't let the stems go to waste. I peel off the tough outer skin and knots and cut the stems into 1/2-inch segments; they cook up wonderfully this way, and at the same speed as the florets.

Drizzle the first tablespoon of oil over your baking sheet or roasting pan and brush or roll it around so it's evenly coated.

In a large bowl, toss prepared florets and stems with remaining olive oil, garlic, pepper flakes, salt and lemon zest until they're evenly coated. Spread broccoli in an even layer in prepared pan.

Roast for 20 minutes, then use a spatula to flip and move pieces around for even cooking. Roast another 10 to 15 minutes, checking every 5, until broccoli is toasty and as crisp as you like it.

From the oven, taste a floret for seasoning and add more salt and pepper flakes if needed. Shower with fresh lemon juice and eat immediately.

This Week's Box List

**Items in Box for 2*

Dandelion Greens or Chard

*Red Kale

*Lettuce

*Bok Choy

*Beets

*Spring Onions

Green Garlic

Parsley

*Mandarins

Lemon (Twin Girls Farm)

*Raisins (Capay Canyon Ranch)

Broccoli Slaw

Adapted from Smitten Kitchen
Makes about six cups of slaw

2 heads of broccoli
1/2 cup thinly sliced almonds, toasted
1/3 cup dried cranberries
1/2 small red onion, finely chopped

Buttermilk Dressing

1/2 cup buttermilk, well-shaken

1/3 cup mayonnaise (this is more than is in the original, to thicken the dressing further)

2 tablespoons cider vinegar

1 tablespoon sugar

3 tablespoons finely chopped shallot (or, you could just use a little extra red onion to simplify it)

Trim broccoli and cut it into large chunks. From here, you can either feed it through your food processor's slicing blade, use a mandoline to cut it into thin slices, or simply had chop it into smaller pieces.

Toss the sliced broccoli with the almonds, cranberries and red onion in a large bowl.

Meanwhile, whisk the dressing ingredients in a smaller one, with a good pinch of salt and black pepper.

Pour the dressing over the broccoli and toss it well. Season well with salt and pepper to taste.

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

