



WEEK OF MARCH 28TH 2016 #12/52



Lilacs Selling Fast Sunshine was very welcome at the market last Saturday. It was about three weeks before the Super Bowl since we had a regular market. The Lilacs sold fast One lady could not decide between the last two bunches. Her decision was made when another customer came along and bought one of them. She then picked up the last to make sure she did not loose that one.



Potatoes, Road Rock and Daisy

There is equipment on the farm that we use frequently and then there is this rolling cultivator. It cultivates and rolls soil onto the ridge where the potatoes are popping through the top now. WE use it on three days a year for an hour or so. It does a great job which no other can. The rest of the year it rests and meditates on a nice grassy patch with other equipment. Edwin calls me when he has a load of road rock or road grindings and is in our area. Last week he brought us another load. This will be used for parking at The Nest this year. We hope to have it all up and running later in April. Lorraine already has bookings. If you want to book it for any of the events do so soon.



Daisy came rolling into the packhorse area in the back of Agustins pick up. She had the look on her face 'I am behaving myself, let me ride around with the guys today' She apparently was waiting for the early morning feed truck after clocking off from her night shift keeping Coyotes away from the chickens. She is very much one of us on the farm taking her work seriously. Once she realized I was not going to send her back she relaxed. She is almost nine years old and appears to be in great shape. Daisy is guard dog which is why we insist that she has no visitors of the four footed kind. Her job is to keep dogs away. Coyotes fear her and so should your dog. Please leave your dog at home.

Daisy is guard dog which is why we insist that she has no visitors of the four footed kind. Her job is to keep dogs away. Coyotes fear her and so should your dog. Please leave your dog at home.

Mixing It Up

Roberto replaced the blades on his fail mower last week while waiting for the soil to dry out. This seven foot wide mower chews up vegetation at a dramatic rate. These were beds that we sown to lettuce, greens etc back in November. We like to keep the soil covered over the winter to protect it. We were not able to keep all the weeds at bay as it was often too wet when we needed to run the brush weeder through. So now we need these beds for summer crops such as Peppers and Tomatoes. Other crops planted in the fall such as these Daikon have flowered. The pollinators have been loving the flowers since they opened about a week ago. Making sure that there is food for all the native bees and their friends on the farm year round is important. These beds will be needed to plant with Onions and shallots in a couple of weeks time.



These beds will be needed to plant with Onions and shallots in a couple of weeks time.

The First Ladybugs

Our Fava Beans are a magnet of Aphids every spring. I was very happy to find that there are the first ladybugs starting to consume them. Normally the ladybugs take some time to catch up on the aphids. The ladybugs over winter in the Sierras and move down to the farm late March. The warm February has made this possible sooner this year alas it has also given the aphids a head start. We will see how they duke it out.



Recipes and Menu Suggestions

Stir Fry Mix Dumplings, you can use these as a starter to a larger Chinese dinner, maybe using up the rest of the vegetables in the dumplings to make a quick stir fry served over rice, OR if you don't brown/fry them you can cook them in a good stock and make a big soup.

Uses: Stir Fry Mix, Onion, Garlic, Cabbage, Carrots

Farro and Roasted Beet and Greens Salad serve with your preferred protein, I think this would be really delicious with some slices of steak or roast beef

Arugula or Spinach Pizza or Quiche, served with Salad

Uses: Arugula or Spinach, Lettuce, Radishes, Apples, Oranges, Carrots, Lemon, Onion, Garlic

All recipes can be found at: www.eatwell.com under the "CSA

Stir Fry Mix Dumplings

Eatwell Farmhouse Kitchen

Today Joyce came up to spend the day with me. She is one of our most enthusiastic CSA members and Farmers Market helpers, working every Saturday, rain or shine. I love it when she comes to visit, her energy is such an inspiration. While she was here today we worked on this pot sticker recipe, we actually tried out a couple of versions, but this is the one that we all liked the best. They are a perfect way to use up some of that Stir Fry Mix, and if you are ambitious, you could make a double recipe and freeze half. If you want to freeze some lay them out flat on a parchment lined baking tray until they are frozen, then you can put them into a ziplock bag.

36 Wonton Wrappers
4 TB of Oil
4 TB Onion, finely minced
4 TB Garlic, finely minced
2 TB Celery, chopped very small
2 tsp Ginger, finely minced
1/3 cup Carrot, grated
1 cup Cabbage, chopped very small
1 cup Stir Fry Mix, chopped very small
2 TB Mushroom, chopped very small,
we used Crimini Mushrooms
1/2 cup Baked Tofu, cut into very small cubes
- we used the Aloha flavor
If you prefer to use meat you can substitute
ground chicken or pork
Seasoning
1 tsp Toasted Sesame Oil
2 TB Soy Sauce 1 tsp Rice Vinegar
2 tsp Cornstarch
1 to 2 tsp Cilantro, finely chopped
1/2 tsp Pepper 1/2 tsp Salt

In a large skillet or wok, heat the oil on medium high. Add the onion, garlic, ginger and celery, stirring quickly. Cook a minute or so, it will be nicely fragrant. Next add the carrot and cabbage, stir and cook a short 2 minutes, add the stir fry mix and mushrooms. When vegetables are sufficiently soft add the tofu, toss and cook one more minute. Remove to a mixing bowl. For the seasoning mix together in a small bowl all of the seasoning ingredients, then pour over the cooked vegetables and mix well. Once cool enough to handle, place one wrapper in the palm of your hand and spoon about 2 tsp onto the center or off to one side, depending on the shape and how you like to fold yours. Dip your finger into a little bit of water to wet the inside edge of the wrapper all the way around before folding, this will help keep your seal. To cook, heat 2 to 3 TB of oil in a clean skillet over medium high (my medium high is pretty hot, so that is what works for me, you want your oil to be quite hot). Quickly place as many dumplings into the pan as will fit and allow to brown. We let ours brown quite a bit, but that is really a personal preference thing, so flip them over when they are browned to your liking. Cook just long enough to start the browning process, then quickly pour over 2 to 3 TB of water and put on a tight fitting lid. It will splatter so be quick. Let them steam a couple of minutes, then enjoy with your favorite dipping sauce.

Sugar Snap Peas!

These are the first of the season, so there are only a few. But the good thing is you can eat them straight from the bag, as they are, raw, fresh and delicious. Simply snap off the tippy top and munch away! Nigel brought a few into the house for me this morning, what a treat. With all the great salad ingredients in this week's share you could certainly enjoy those snappy peas in a big salad made with the lettuce, some of the arugula or spinach, radishes and roasted beets, even a little or orange would be great.

Farro Salad With Beets, Beet Greens and Feta

Recipe by Martha Rose Shulman NYT sent to me by a CSA Member Susan K.

2 to 3 Beets with greens, the beets roasted, the greens stemmed and washed in two changes of water

1 cup Farro, soaked for one hour in water to cover, then drained

Salt, preferably Kosher Salt, to taste

2 TB Sherry Vinegar

1 tsp Balsamic Vinegar

1 small Garlic clove, minced or puréed

1 tsp Dijon Mustard

1/2 cup Extra Virgin Olive Oil

1/2 cup broken Walnut pieces

2 oz Feta or Goat Cheese, crumbled (more if desired for garnish)

1/4 cup chopped fresh herbs, such as Parsley, Tarragon, Marjoram, Chives, Mint

Bring 2 qts water to a boil in a medium saucepan. Fill a bowl with ice water. When the water boils, add salt to taste and the greens. Blanch for two minutes, and transfer to the ice water. Allow to cool for a few minutes, then drain and squeeze out excess water. Chop coarsely and set aside. Bring the water back to a boil, and add the Farro. Reduce the heat, cover and simmer 45 minutes, stirring from time to time, or until the Farro is tender. Remove from the heat and allow the grains to swell in the cooking water for 10 minutes, then drain. While the Farro is cooking, make the vinaigrette. Whisk together the vinegars, salt, garlic and mustard. Whisk in the oil. Add to the Farro. Peel and dice the beets and add, along with

the beet greens, feta or goat cheese, herbs and walnuts. Toss together, and serve warm or room temperature with a little more cheese sprinkled over the top if you wish. Tip: Roasted beets and cooked greens will keep for three or four days in the refrigerator, and the cooked Farro for five days. You can assemble this salad hours or even a day ahead' it will redden with time.

This Week's Box List

Navels (Twin Girls Farm)
-Lemons
-Stir Fry Mix
-Onions
-Carrots
-Lettuce
-Beets
-Apples (Hidden Star Orchards)
-Radish
-Savoy Cabbage
-Arugula or Spinach
-Bonus Item Peas (just a taste)

The First for a While

Carrots are challenging for us to grow here, but they are always a welcome addition. If you make the dumplings you will not use all of the carrots, so enjoy some raw, maybe with those delicious peas. They are always delicious in a salad if you don't add too many, grated keeps them lighter and probably would work better with our more delicate lettuce.

Since lemons are in season, lemon juice is what I prefer to use for my salad dressings, even in my homemade blue cheese dressing. Don't forget to use the zest! Lemon zest, even just a tiny bit, can transform a rather flat, not quite there, dish to perfect. It is one of my favorite and easiest tricks.

Spinach or Arugula Quiche

Recipe found in *Mastering the Art of French Cooking* by Julia Child

If you use the Arugula keep in mind it will add quite a bit more flavor but certainly will be delicious! Also, we do offer savory pastry dough which you can order with your CSA share as an extra item. Quiche and savory tarts are great to make for quick meals or lunches enjoyed throughout the week.

2 TB Green Onion tops, finely minced
2 TB Butter
1 1/4 cups chopped Spinach or Arugula, blanched
1/2 tsp Salt
1/8 tsp Pepper
Pinch Nutmeg
3 Eatwell Farm Eggs
1 1/2 cups Whipping Cream
1 8" Pastry Shell, partially cooked on a baking sheet
1/4 cup Swiss Cheese, grated
1 TB Butter, cut into pea sized dots

Cook the green onion tops for a moment in the 2 TB butter. Add the spinach/arugula and stir over moderate heat for several minutes to evaporate all its water. Stir in salt, pepper, and nutmeg and taste carefully for seasoning. Beat the eggs, and cream in a mixing bowl to blend. Gradually stir the spinach/arugula into the eggs and cream. Pour into pastry shell, sprinkle with cheese, dot with butter and bake for 25 to 30 minutes in a preheated 375 F oven.